



# NEWS

“Informing,  
Educating,  
&  
Caring”

Commission on Aging

[www.rcco.net](http://www.rcco.net)

March 2019

1015 Short Drive, Suite A  
Prudenville, MI 48651  
COA Fax Number 989.366.0136

**Thomas Pettit**, Director  
989.366.0205

**Betty Kimble**, Admin. Asst.  
989.366.0205

**Vivian Balmes**, Bookkeeper  
989.366.0205

**Pam Schaft**, Receptionist  
989.366.0205

**Chuck Corwin**, RN  
Consultant 989.366.3800

In-Home Services 989.366.3800

**Dana Clayton**  
**Sheila Englehardt**  
**Kathy Miles**  
**Mikki Stegall**

**Cassie Jentzen**, Lodge  
Coordinator 989.366.0205

**Debra Looney**, Activities  
Coordinator 989.366.0205

**Douglas Ellsworth**, Houghton  
Lake Center Manager  
989.366.9168  
Fax: 989.202.2008

**Johnna Ancel**, Roscommon  
Center Manager  
989.275.8421  
Fax: 989.275.6232

**Varlya Hanusik**, St. Helen  
Center Manager  
989.389.7551  
Fax: 989.389.3684

**All Centers open 9:00 a.m.-  
3:00 p.m. Monday through  
Friday. Lunch served at noon.**



Join us at your center of choice for a

## St. Patrick's Day Corned Beef Boiled Dinner

Complete with potatoes, carrots,  
onions and cabbage!

For dessert enjoy **Green Jello Cake**

Friday, March 15, 2019

12:00 Noon



Be sure to call your  
center of choice by  
**Wednesday, March 6**  
to make reservations.



### Our Mission:

*The purpose of the Roscommon County Commission on Aging is to promote the welfare, independence, safety and health of our senior citizens through various programs.*

Roscommon County Commission on Aging, Inc.,  
Board of Directors' will hold its regular meeting:  
**Wednesday, March 20, 2019, 1:00 p.m.**

Houghton Lake Center  
2625 S Townline Road  
Houghton Lake, MI 48629

Everyone is welcome to attend.

**Note Location!**

## Mr. P's Adventures

Thanks for helping Mr. P find the RSVP date for the Valentine's lunch. He was able to make his reservation and they both enjoyed the meal immensely.



Mr. P was able to visit the **Serenity Day Lodge**. It is so nice! He just knows people will feel good about bringing their person to **The Lodge** for a stay. He loved the recliners in the living room—they were so comfy. He almost fell asleep when he sat in one! February's weather—wow! Mr. P hasn't seen a winter like this in quite a few years. It reminds him of when he was a kid. The snow would be so deep they could build snow forts and tunnels and have so much fun playing in it. Of course, at this stage in life it is different. All this snow makes it challenging to get out to go anywhere. Plus these cold winds and temps—they go right through to the bone. So he has been spending his time looking at the seed catalogs and planning his garden. He has some spring bulbs he didn't get in last fall...and he is trying to remember where he stored them. He would like to get them planted now. He needs your help! When you find them, let your Center Manager know where it is so she/he can enter you in a drawing for a gift card. And while you are on the phone with them, you can sign up for lunch that day, too! The drawing will take place at each center at lunch on **Monday, March 11**. Deadline to enter is **Friday, March 8, 3:00 p.m.** You don't have to be present to win—just make sure the center manager has your phone number so she/he can call if you're the lucky winner. "Meals-on-Wheels" people, you can participate, too. Just call the center manager. If you happen to win, your meal driver will deliver the gift card.

The *News* is published monthly by the Roscommon County Commission on Aging (RCCOA) and is distributed free of charge to Roscommon County residents. "Views and comments expressed in the *News* are not necessarily the views and comments of the RCCOA, its staff or its board. The *News* is funded in part by advertising dollars, but the RCCOA does not necessarily endorse any one business or organization." **For information on advertising in the *News*, contact Betty at 989.366.0205.**

## From the Director...

Well, I have good news and bad news... The groundhog saw his shadow which means an early spring. But Mother Nature decided to make up for lost time and has given us (and the plows) a run for our money. Just remember, we are in the home stretch! At least I hope we are!



I am happy to announce that **The Lodge** is open and taking guests. It seems like it has taken a while to get it up and running but it is.

Honestly, I'm saddened knowing we couldn't get it completed in time to help everyone who could've used the service. My heart is heavy because of that. If you have lost your person, or have had to place them, while waiting for **The Lodge** to open, I am so very sorry.

On a happier note, I am so proud to lead our crew of dedicated employees. When we recently abandoned our closure policy in order to get much needed services to the homebound, the staff really came through. All of them rose to the occasion and got the job done, braving frigid temperatures and dangerous road conditions. Thank you for having heart and truly caring for our seniors!



As we move forward into spring and have completed one project, we will get to work on the "honey-do-list". We will continue to grow to meet the needs of our community.

As always, wishing you the best! *Tom*



**Sunday,  
March 10**

**Daylight Savings Time Begins**

Spring forward one hour before you go to bed, Saturday, March 9.

It's also time to check the batteries in your smoke alarms and carbon monoxide detectors. If you are unable to check them yourself, we can help. Call our In-Home Service office, 989.366.3800 for assistance.



May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

Irish Blessing

**30 YEARS = TRUST**



Free Hearing Tests & Cleaning

**Long's Hearing HealthCare**  
30 YEARS EXPERIENCE

**1-800-286-1378**

Cadillac • Prudenville • Traverse City • Rudyard



**A.A. Tree Service**

Houghton Lake, MI 48630

**989-422-2815**

.....  
*Buying old coins and antiques*

**SKOP'S TAX SERVICE, LLC**

**Diane J. Skop**

Enrolled Agent • NTPI Fellow

**(989) 366-5100**

3840 W Houghton Lake Dr.  
Houghton Lake

**Elizabeth Fortino**  
Agent



**989-366-5356**  
**989-275-5454**

1576 W. Houghton Lake Dr.  
Prudenville, MI  
www.FortinoAgency.com



THIS SPACE IS  
**AVAILABLE**

**Thrive**  
*Locally*



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0755

## Neurogenic Support Group

### “Brain Matters”

Lead by Julie Ignatowski, MA, CCC, SLP  
Speech Language Pathologist Alliance Health

will meet

**the second Wednesday**

**4:30—6:00 p.m.**

**Houghton Lake Center**

Anyone affected by stroke, traumatic brain injury, (TBI/ Concussion Syndrome), Parkinson’s Disease, Multiple Sclerosis (MS), Amyotrophic Sclerosis (ALS), or other neurogenic disease/disorder is encouraged to attend, including survivors, caregivers, or anyone wanting more information. Call Debra at 989.366.0205 to sign up.



**Please mark your calendar to donate at this blood drive!**

Appointments preferred

**Here’s where and when:**

**Houghton Lake Center**

**Tuesday, April 9, 2019**

**10:00 a.m.-3:00 p.m.**

**2625 S Townline Road**

**Houghton Lake**



**Sponsored by the RCCOA**

To make an appointment, call Deb,  
989.366.0205

Michigan Blood is a local nonprofit and their mission is to help people make a life-saving difference through blood products and service excellence.



**Cancer Support Group** will begin meeting:

3rd Wednesday of the month

1:00 p.m.

Houghton Lake Center

The support group is designed to provide educational, emotional and social support for those touched by cancer. It will be led by one of our seniors, Loralie Reinhardt. Questions call Debra.

## CAREGIVER SUPPORT GROUP

**Monday, March 4**

**Monday, March 18**

1:00 p.m.

RCCOA Offices &

**Serenity Day Lodge**

1015 Short Drive, Suite A

Prudenville, MI 48651

**Caregivers:** Feel alone, stressed out, at your wits end? Need someone to talk to—just to listen...or maybe learn some new ideas of how to cope with caregiving? Come to our caregiver support group. This group is open to all—whether you are caring for a child, a parent, a spouse, or someone else. Interested or have questions, contact Betty at the RCCOA, 989.366.0205.



## RCCOA’s Closure Policy



With winter weather here, the need to close our centers may arise. The RCCOA’s policy is as follows:

- If the **Houghton Lake Public Schools** are **closed due to weather**, the **Houghton Lake Center is closed** and no meals will be delivered.
- If the **Roscommon Area Public Schools** are **closed due to weather**, the **Roscommon and St. Helen Centers are closed** and no meals will be delivered.

For the homebound, an emergency meal will be sent out in advance for those days we may be closed. Please stay safe if you choose to travel.



Saint Patrick's  
Day



Oh so  
**LUCKY**  
to have  
you!

KEEP  
CALM  
AND  
PINCH  
ON



S A S S E N N I U G E V E N T S P  
 I Y A D I L O H N T Y Y P A E P O  
 C T H I S T O R Y R A R P K G O T  
 I L S O D A B R E A D A A I R H A  
 S C O K L H T N E E T N E V E S T  
 U C I V N V H D E R S O I D E I O  
 M E I C E U A C O N A I T L N B E  
 E L C H E R A N R I E S E K B F S  
 G T H T A L S H R A F S C F E U F  
 A I R P R A E E C T M I I E F E D  
 T C I G I A L B S E R M B T S G H  
 I C S N N A D A R E R D H T Y A O  
 R R T R N I F I M A E P I C E B L  
 E O I D E L C I T N T V E K A B Y  
 H S A S E E L N R I A I R L R A D  
 E S N B H N B O A L O O O T L C A  
 S H A M R O C K U D C N R N Y Y Y

BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNED BEEF

DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY  
HOLIDAY

HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT

POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY

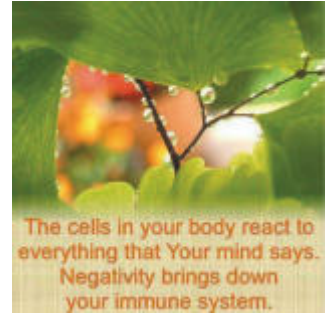


Everyone's Irish  
On March 17th.

Find and circle all of the hidden words. The remaining 34 letters spell a secret message.



# 8 Ways to Boost Your Immune System



What you eat, your attitude, and the amount of exercise you get can all play a role in strengthening your immune system and preventing illness.

## Get Moving

Your immune system responds to exercise by producing more of the blood cells that attack bacterial invaders and the more regularly you exercise, the more long lasting the changes become. U.S. research shows that people who exercise moderately five or six days a week have half as many colds and sore throats as people who don't.

## Have a Giggle

We all know laughter is good for the soul but did you know it can also strengthen your immunity along with your mood? It raises levels of antibodies in the blood and those of the white blood cells that attack and kill bacteria and viruses. It also increases the number of antibodies in the mucus made in the nose and respiratory passages, the entry points for many germs.

## Choose Friendly Fats



Some fats are essential for building cells and for the production of prostaglandins, hormone-like compounds that help to regulate the immune system's response to infection, such as the way it reacts by making white blood cells that combat invaders. Italian athletes on very low-fat diets were found to be significantly short of these cells. The secret is to choose your fats with care. Avoid trans fats, manufactured fats labeled as "hydrogenated" or "partially hydrogenated." Often found in processed foods and baked goods, they can interfere with the immune system.

## Stay Away from Sugar

Just 10 teaspoons of sugar, the amount in two 12-ounce cans of soda or carbonated lemonade—impairs the ability of white blood cells to deactivate or kill bacteria. Opt instead for a natural sweetener, such as one made from the stevia plant. Try to limit calorie-free alternatives such as aspartame.

## Feast on Fish

Oily fish such as sardines, herring, and mackerel contain protein—essential for building the cells that fight off invaders—and the fatty acids called omega-3s, which regulate immune system function. When the body is attacked, acute inflammation is the body's first response. But omega-3s lower the production of inflammatory compounds and increase the production of anti-inflammatory ones, thus aiding recovery and even suppressing the growth of cancer cells.



In clinical trials, omega-3s have also been found to activate parts of the immune system that switch off the activities of attack cells once their job is done.

## Make Room for Mushrooms

The rare reishi mushroom has been valued in the Far East for more than 2,000 years. Experts now know that this fungus stimulates the production of T-cells—white blood cells involved in protecting the body from infection. It increases levels of substances that strengthen the immune response. And it promotes sleep and reduces stress by suppressing the production of the stimulant hormone adrenaline.


Source: Health Secrets: The Best Remedies from Around the World (Reader's Digest Association Books)

# Fruits and Vegetables For Dogs

If you're on the lookout for new and fun ways to rev up your furry best friend's diet, adding fruits and vegetables can be a really healthy way to do that. Of course, certain ones are better for your dog than others. Fruits and vegetables can improve your dogs health too, especially if you feed your dog the right kind of produce. Consider adding some of these to your own dog's meal routine.



Many dogs love carrots straight from the bag, and carrots placed in the freezer can make soothing and nutritious treats for teething pups.

 Apples are an excellent source of vitamin C and pectin, a fiber that can improve your dog's digestive health. Do not feed your dog the seeds. They contain cyanide, which can be poisonous to dogs.

Dogs can eat green beans as they are a powerhouse of vitamins and nutrients. You can feed your dog fresh or frozen beans. If you choose frozen, make sure they don't contain salt. Salt is poisonous to dogs.



Some other fruits and vegetables that are safe to feed your dog include: blueberries, broccoli, brussel sprouts, cantaloupe, lettuce, oranges, pumpkin (not pie filling), spinach, strawberries, sweet potatoes, cucumbers, and watermelon (no seeds).

Some fruits and vegetables you should not give to your dog include: Avocado—the pit, skin and leaves contain persin, a toxin that often causes vomiting and diarrhea in dogs. Cherries—the plant contains cyanide and is toxic to dogs. Grapes—and raisins are very toxic for all breeds of dogs and can lead to acute kidney failure. Onions—can cause red blood cells to rupture, vomiting, diarrhea, stomach pain, and nausea. Tomatoes—the green parts of the plant contain a toxic substance called solanine.

Source: petmd.com; akc.org

**Autumnwood of McBain...**

- Rehabilitation
- Skilled Nursing
- Memory/Dementia Care
- Hospice Care/Respite

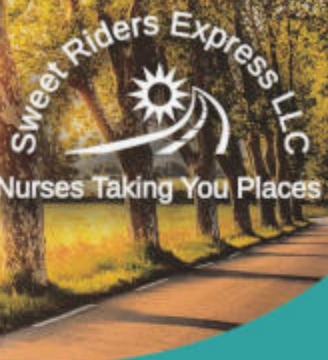


**AUTUMNWOOD OF MCBAIN**  
**231-825-2990**  
 220 Hughston St., McBain  
[www.cienafacilities.com](http://www.cienafacilities.com)

**Skilled Nursing & Rehabilitation Center**



**Sweet Riders Express LLC**  
 Nurses Taking You Places



At Sweet Riders Express, nurses will take you to medical appointments/procedures, to run errands or any other transportation needs you may have. Give us a call today!

231-942-2961  
 231-942-3120  
[sweetridersexpress@gmail.com](mailto:sweetridersexpress@gmail.com)  
[sweetridersexpress.com](http://sweetridersexpress.com)

Nikki Riedel (231) 499-1729



Tom Pettit (989) 202-5281

Capture The Dream  
 Photography for all occasions!  
 11269 Aqua Rd. • Houghton Lake, MI 48629  
[www.capturethedream.morephoto.net](http://www.capturethedream.morephoto.net)  
[capturethedreammi@gmail.com](mailto:capturethedreammi@gmail.com)

**MODERNDISTRICT**  
 FINANCIAL SOLUTIONS  
 IMO American Senior Benefits

**Richard Wells**  
 PARTNER  
 862 S. GARFIELD AVE.  
 TRAVERSE CITY, MI 49686  
[RICHARD.WELLS.MDF@GMAIL.COM](mailto:RICHARD.WELLS.MDF@GMAIL.COM)  
[WWW.MODERNDISTRICT.COM](http://WWW.MODERNDISTRICT.COM)  
**OFFICE: 231-421-8331 | CELL: 231-590-9104**

# How to Buy Prescription Medications Online Safely



Ordering prescription drugs online couldn't be easier. With a few clicks of the mouse, you can have medications delivered right to your door, without ever having to see a doctor or go to the local pharmacy. People living with chronic illnesses depend on prescription medications, but many have trouble affording the drugs they need and getting to doctor's appointments to obtain prescriptions. The lure and appeal of internet pharmacies is obvious, but it almost seems too good to be true. An important question looms: Is buying medications online safe?

## The Rise of Counterfeit Drugs

Around the world, criminal rings have turned counterfeiting medicines into a lucrative global enterprise. Counterfeiters use fake online pharmacies to peddle their wares to unsuspecting Internet users who are trying to save time and money.

A report from the National Association of Boards of Pharmacy (NABP) examined more than 8,000 online pharmacy sites and found that:

- 40% of medicine may be fake in some countries.
- 96% of online pharmacies are not following state and federal laws and regulations.
- 85% don't require a prescription.
- 43.9% sell non-FDA approved medicines.
- More than 4,000 do not provide a physical address on their websites.

Counterfeit medicines claiming to treat cancer, diabetes, asthma, heart disease and other serious illnesses have all been discovered on these sites, the report says. These sketchy online pharmacies are typically unlicensed, unaccredited and operating illegally by ordering and shipping drugs from foreign countries. Therefore, the products these websites sell are not tested, verified or deemed reliable by any regulatory agency in the United States or abroad.

Prescriptions ordered online can be problematic in several ways. Fake drugs might contain too little or too much of an active ingredient, they may contain the wrong medicine, or they may contain no medicine at all. Investigations have found counterfeit drugs containing dangerous ingredients, such as fentanyl, arsenic, floor wax and even paint.

"Counterfeiters do not take a patient's overall health or immune system into consideration when selling fake or sub-standard forms of life-sustaining medicines," says a report by the Partnership for Safe Medicines, a public health group comprised of 69 non-profit organizations committed to protecting consumers. "They are not interested in whether the patient is taking other medications or if the combination of medications will result in an adverse reaction. They aren't concerned that the products sold to treat potentially deadly diseases aren't effective either."

## The Advantages of Brick and Mortar Pharmacies

When patients go to a pharmacy and pick up their medicines, they can be confident that what they're purchasing is effective, safe and precisely what the doctor prescribed. FDA-approved medicine goes through an extensive regulatory and oversight process before entering the market, including steps to ensure secure transit throughout the production, packaging and distribution processes. The biggest advantage that state-licensed pharmacies provide is quality assurance. Continued on page 12



# Center / COA ACTIVITIES & NEWS



**Tuesday, March 26**

Leave: Houghton Lake 11:00 am

Cost: \$15 pp

Includes: lunch at 12:00 Noon

West Branch, tour, transportation

Rose Valley Winery is committed to making quality wines from locally-grown, cold-hardy grapes. We strive to present the Gifts of Nature in a simple and personal manner. As one of the first wineries of our kind on the eastern side of Michigan's Lower Peninsula, we seek to encourage others to make wine as well, and have led the way in forming an eastern wine community in the state.



Simply Sinatra with  
Tommy Vale

Thursday, April 18

Houghton Lake Center

**Doors open:** 4:45 p.m.

**Beer & Wine Tasting:** 5:00 p.m.

**Show:** 6:00 p.m.

**Cost:** \$20 per person

**Includes:** Beer & wine tasting with snacks and 2 hour show with 20 minute intermission with coffee and dessert.

**Thank you** to John and Jeannie Bennick of Fifth Street Wine of Roscommon for your support and providing the beer and wines.



**Mardi Gras Celebration**

**Fat Tuesday, March 5**

**Houghton Lake Center**

**1:00 p.m.**

**Cost: \$5.00** (does not include lunch)

Our bus will pick up at

**Roscommon Center, 11:00 a.m.,**

**St. Helen, 11:30 p.m.**

Lunch served at Noon with celebration to follow

Join us at the Houghton Lake Center for some Mardi Gras fun. Wear your favorite Mardi Gras attire, colors: purple, green, and gold, add a jester hat or masquerade mask, don't forget the beads. Coming for lunch? Call Doug (989.366.1968) to make your lunch reservation and Deb (989.366.0205) for your bus ride.



**Glitter Jar**

Monday, March 11

**St. Helen 11:00 a.m.**

**Roscommon 12:45 p.m.**

Persis Sopariwala, RSVP Services Coordinator, will lead this class. Some people use the jar for time outs, others for a stress reliever and others just enjoy watching the glitter slowly sink to the bottom. This class is **free** and **limited to 10 people**.

Call your center manager to sign up. While you are at it, why not make a lunch reservation for that day too!



**Houghton Lake Center**

**BAKE SALE**

**Tuesday, March 26**

**11:00 a.m.—1:00 p.m.**

If you plan on donating baked goods, bring them the day before or by 10:30 a.m. the day of. Please price your items. This is a RCCOA fundraiser.

**ASK THE BANKER!**

Need help with your banking, checkbook? Sandy Egbers from Chemical Bank will be available to assist:

**When:** Thursday, March 14

**Time:** 11:00 a.m.-1:00 p.m.

**Where:** Houghton Lake Center



## Last Year for Couples to Use 'Claim Now, Claim More Later' Social Security Strategy



This is the last year that spouses who are turning full retirement age can choose whether to take spousal benefits or to take benefits on their own record. The strategy, used by some couples to maximize their benefits, will not be available to people turning full retirement age after 2019.

The claiming strategy -- sometimes known as "Claim Now, Claim More Later" -- allows a higher-earning spouse to claim a spousal benefit at full retirement age by filing a restricted application for benefits. While receiving the spousal benefit, the higher-earning spouse's regular retirement benefit continues to increase. Then at 70, the higher-earning spouse can claim the maximum amount of his or her retirement benefit and stop receiving the spousal benefit. To use this strategy, the lower-earning spouse must also be claiming benefits. Workers cannot claim spousal benefits unless their spouses are also claiming benefits.

A 2015 budget law began phasing out the strategy. If you were 62 or older by the end of 2015, you are still able to choose which benefit you want at your full retirement age. However, when workers who were not 62 by the end of 2015 apply for spousal benefits, Social Security will assume it is also an application for benefits on the worker's record. The worker is eligible for the higher benefit, but he or she can't choose to take just the spousal benefits and allow his or her own benefits to keep increasing until age 70.

The budget law's phase-out of the claiming strategy does not apply to survivor's benefits and benefits on an ex-spouses record. Surviving spouses will still be able to choose to take survivor's benefits first and then switch to retirement benefits later if the retirement benefit is larger. Ex-spouses who are divorced for two or more years can also file a restricted application for spousal benefits and wait to claim on their own record.



Source: **Jordan Balkema Elder Law Center**, Big Rapids, Traverse City, Gaylord, Cadillac Phone: (800) 395-4347

**CEMETERY MEMORIALS** WHY PRE-PLAN?

- ☑ PEACE OF MIND
- ☑ SAVES YOU MONEY
- ☑ MAKES IT A SHARED DECISION
- ☑ COMPLETES YOUR ESTATE PLANNING



**ST. HELEN-ROSCOMMON MONUMENT, INC.**  
 101 E. FEDERATION HWY-ROSCOMMON  
 989.389.4921 • www.shmonument.com  
 TUES-FRI 10-4 - SAT 10-2



**Tel: 989-343-2470**

Locations in West Branch, Michigan & Atlanta, Michigan  
**Compassus.com**  
 Serving Roscommon County with Hospice Care since 2010

**Roscommon County Transit**



Monday through Friday:  
 6:00 a.m. to 7:00 p.m.  
 Saturday:  
 9:00 a.m. to 4:00 p.m.  
**Call (989) 366-5309 to Make Ride Reservations**

**Credit Purchases are available!**

**EXECUTIVE TRANSPORTATION**

LIMOUSINE AND TRANSPORTATION SERVICES  
**MEDICAL TRANSPORTATION AVAILABLE**  
 DIRECT BILLING AVAILABLE

AIRPORT, HOTEL, SHUTTLE BUS  
 9041 WEST HOUGHTON LAKE DRIVE  
 (989) 422-6457  
 989-302-0015/989-213-9196  
 transportationexecutive@yahoo.com  
 24/7

**The Pet Parlor**



**(989) 366-7500**

Professional Pet Grooming & Pet Supplies

3537 W. Houghton Lk Dr.  
 Houghton Lake

**Walk-in Nail Trim \$8**

Joe Sanders  
**The Handyman**

Home Maintenance - No job too small  
**989-808-2118 Cell**  
**989-202-4539 Home**  
 216 Windsor Dr.  
 Prudenville, MI 48651

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Richard Sawyer to place an ad today!**  
 rsawyer@4LPi.com or (800) 950-9952 x2570

*Serving Roscommon and surrounding counties as a general practitioner for over 24 years.*

**Roberta Eckert Chrispell**  
 Attorney at Law

(989) 366-8177 3179 W. Houghton Lake Drive  
 Houghton Lake, MI 48629

**Great Orthopedic Care is here in Grayling**

You don't have to suffer anymore with joint pain. The orthopedic team at Munson Healthcare Grayling Hospital is here to help.

Whether your pain is in your hip, knee, shoulder, ankle, or feet, our team is ready to assist.

Find relief with us. Make an appointment today by calling **800-533-5520** or visit **munsonhealthcare.org/grayling-ortho**.



**Providers are Welcoming New Patients**

**Medical Care Discount Available For Those Who Qualify**

- Laboratory Services and Imaging
- Behavioral Health Counseling
- Physical Therapy
- Primary Care
- Visiting Specialists

To schedule an appointment, call **(989) 422-5122**

**Urgent Care**

- Open 7 days a week
  - Monday - Saturday, 9 a.m. to 9 p.m. • Sunday, 10 a.m. to 6 p.m.
- (989) 422-2181**

**Pharmacy**

- Open Monday - Friday, 8 a.m to 5 p.m.
- We take all major prescription insurance plans including Caremark (except Humana)
- Medical Care Discount available to patients that qualify
- Prescriptions can easily be transferred to and from any pharmacy (including both chain and independent)
- No need to be a patient of the clinic to use the pharmacy

**(989) 202-4605**



**The Horizon Senior Living**  
 Assisted Living Homes in Central Michigan

*Caring for the people you care about...*

10059 East Airport Road • St. Helen, MI 48656

**Tel: (989) 389-4900 • Fax: (989) 389-4919**

**TheHorizonSeniorLiving.com**

Locations also in: Clare, West Branch, Standish and Gladwin  
 A state licensed facility



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0755

# How to Buy Prescription Medications Online Safely

Continued from page 8

## How to Buy Medications Online Safely

If a trip to your local pharmacy still isn't a possibility, there are legitimate retailers online. Not all Internet pharmacies are shady fronts selling fake medications. Many websites operate legally and offer convenience, privacy and safeguards for consumers, but differentiating them from illegitimate entities is easier said than done. The Partnership for Safe Medicines and regulatory agencies like the FBI, FDA and DEA urge consumers to do their homework before making a purchase online.

When conducting research, keep in mind that legitimate online pharmacies:

- Always require a prescription from a licensed doctor, usually by mail (if they accept a fax copy, they will always call the doctor to verify the prescription).
- Make you submit a detailed medical history.
- Are located in the United States.
- Have a licensed pharmacist available to answer questions.
- Have a website that clearly states accepted payment methods, privacy policies and shipping fees.

When you receive your medication, check that:

- Your name is printed correctly on the medication label.
- The name of the medication is correct.
- The dosage matches the prescription.
- The packaging is intact.
- It is the same size, shape and color that you normally get from the pharmacy.
- The expiration date is clearly listed on the packaging.

If you have any questions or concerns, check with your doctor or pharmacist before taking the medication. A simple phone call may help you avoid a potentially serious mistake.

The Food and Drug Administration recommends that consumers only use sites that are accredited through the Verified Internet Pharmacy Practice Sites (VIPPS) program. VIPPS-accredited pharmacies comply with all applicable state licensing and inspection requirements and adhere to extensive quality, privacy and security standards. Visit the National Association of Boards of Pharmacy website for a list of VIPPS-accredited pharmacies.

Source: AgingCare Newsletter ([newsletter@agingcare.com](mailto:newsletter@agingcare.com))

# Did You Know?

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or extended period of time? Please call one of the centers for more information.



We are partially funded through grants by the Roscommon County United Way!



Get Connected. Get Answers.  
SERVING NORTHEAST MICHIGAN

- ★ Free, confidential information and referral
- ★ Available 24 hours a day, 7 days a week
- ★ Call to GET and GIVE help
- ★ Efficient, fast and easy to use
- ★ Connect with a caring professional

Connecting people in need with people who can help.

DIAL 211 OR TOLL-FREE (888) 636-4211

E-mail & chat available at: [www.211nemichigan.org](http://www.211nemichigan.org)



Save \$10.00  
Have

*Pastor Jack Metzler*

Tune your piano  
State of the art computer tuning  
at your convenience.

Call:  
989-387-5483 and mention this ad.



Are you an online shopper? Consider buying from Amazonsmile. If you already have an Amazon account, you are able to log into Amazonsmile with your current email and password. Once in, it will prompt you to choose a nonprofit organization to support and they will donate .5% of your sales to that group. It doesn't cost you anything! Isn't that cool? Please check it out and consider supporting Roscommon County Commission on Aging as you do your online purchasing. Remember, it doesn't cost you a penny.

## Roscommon County Food Pantry

(formerly Project Hope) is open:

**Monday, Tuesday, Wednesday**

10:00 a.m.-1:00 p.m.

**Thursday**

4:00-6:00 p.m.

**Friday, Saturday, Sunday**

CLOSED



The pantry is available to help those in need of food during the above hours. They are located in the Save A Lot Plaza, Houghton Lake Heights.

## Commodity Supplemental Food Program—Held

every month for seniors age 60 and over.

St. Helen / Roscommon Centers — 3rd Wednesday

Houghton Lake Center — 3rd Thursday

Call 1/800-443-2297 for more information



## Alzheimer's Support Group

Roscommon County Alzheimer's Support Group meets at the Houghton Lake Center the second Wednesday every month from 1:00 - 2:00 p.m. It is co-sponsored by the Alzheimer's Association and Munson Home Care and Hospice. All are welcome to attend. Contact Taylor Cramer (989.370.9811 or [tcramer@aiz.org](mailto:tcramer@aiz.org)) for more information.



**RCCOA  
Gift Shop  
Houghton Lake  
Center**

Come on in and browse. You may find that special birthday, baby, or anniversary gift you have been looking for...or even something for yourself. We have many unique items that just might be the right fit!

**NEW PROGRAM!** Family Fare is doing the "Labels for Learning" program again. Simply save the UPC barcode from any of the 2,000 "Our Family" items and bring them to your Center. Each bundle of 500 UPC barcodes will earn us \$25.00.

Keep bringing those *Family Fare* receipts in so we can earn another \$1,000 offered through the "*Direct Your Dollars*" program. Simply keep dropping off your receipt(s) at your local center and we'll do the rest.



*Thank you for your continued support!*



### Telephone Reassurance

#### *What is Telephone Reassurance?*

Retired senior volunteers call seniors, with their permission, daily, Monday through Friday, first thing in the morning. The reason we call is two-fold: to do a well-being or safety check for seniors who live alone and to provide a friendly contact. This program is for any senior in the county who lives alone and may or may not be currently receiving services from our agency. If you are interested in this free program or know of one who would benefit from receiving a call, contact our In-Home Service Office at 989-366-3800. The staff will ask a few questions to help enroll you/them in the program. It is our mission to "promote and safeguard the independence and well-being of senior citizens in Roscommon County, Michigan." Let us help!



### Check Out Our Resources!

We have books that may be helpful. Stop by sometime to see what we have and maybe even take one home with you to read. The Health Resource Library is located at the Commission on Aging administrative office 1015 Short Dr, Prudenville. If you are interested in finding out more, contact Betty at 989.366.0205 or stop by to see our selection.

The RCCOA also has health resource computers available at each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

Donations of resources that would be helpful for others are always accepted.



### VETERANS:

#### WE ARE HERE TO ASSIST!

The **Roscommon County Department of Veterans Affairs** will be at the **Houghton Lake Center Tuesdays** from

**11:00 a.m.-1:00 p.m.** This is a full working office with a staff who is able to assist veterans and/or dependents in locating missing separation documents, filing of service connected claims for disabilities, processing applications for low income pensions and assisting veterans in arranging transportation for VA appointments and/or clinics. If you have any questions or wish to make an appointment for our office in Roscommon, please call 989.275.6047.

### AND THE WINNERS

Of the \$10 gift cards are....



- |               |                 |
|---------------|-----------------|
| Houghton Lake | Bob Link        |
| Roscommon     | Lee Martin      |
| St. Helen     | Joyce Marquardt |

Congratulations for winning the drawing. Be sure to read about Mr. P's latest adventures in this month's newsletter.

# Houghton Lake Center News



Hello Everybody,

If it's the weather we're talking about, there is no shortage for conversation. A true **Polar Vortex** including frigid record-breaking temps, unprecedented school closures and ice, ice, ice everywhere. I heard reports of 19 deaths related to our recent cold snap. We had several calls from people with frozen pipes, malfunctioning furnaces and concern over homebound loved ones. This community has a great habit of pulling together when needed and February's weather was no exception. To my understanding we were able to avoid any major catastrophes in Roscommon County. Thank you to the multitude of volunteers and organizations that stepped up when needed most.

**Our closure policy dictates that when the schools are closed due to weather our centers will also be closed and meals will not be delivered.** After 4 days of frigid weather and no meal deliveries our Director decided it was in the best interests of our seniors to resume "Meals-On-Wheels" deliveries. We are all concerned about our homebound seniors, especially after a long weekend of frigid weather. A special thanks to our "Meals-On-Wheels" drivers who answered the call and braved the frigid temps. I really am proud of our meal drivers and feel they justly deserve the motto: "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds" **Thanks Tom and Nicole** for your dedication! While our deviation from policy may have caused some confusion, thank you for your understanding as we make every effort to complete our **Mission: "The Purpose of the Roscommon County Commission on Aging is to promote the welfare, independence, safety and health of our Senior Citizens through various programs."** Anomalous weather aside you can expect our closure policy to remain as it has been. In the event we open our centers in adverse weather, please, use your best judgement when going out.

March... sounds good don't it? March, March, March toward spring and get this deep freeze behind us! Some highlights include a **Mardi Gras Party, music, a 4-H S.P.I.N. Club presentation, "Be Red Cross Ready" with Sue Huffman and 10 signs of Alzheimers with Taylor from Munson.** As always, check the entire newsletter for other events and don't forget to stop in to see what's really going on.



Doug Ellsworth

Center Manager  
Houghton Lake Center  
2625 S Townline Rd  
Houghton Lake  
989.366.9168



## DAILY ACTIVITIES

Mon:	9:00 a.m. Exercise 10:00 a.m. Chair Yoga 10:30 a.m. Line Dancing 1:00 p.m. Pool practice, Adult Coloring
Tues:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:45 a.m. Arthritis Exercise 1:00 p.m. Bingo, Mahjong 1:00 p.m. Cribbage 1st & 3rd Tuesdays
Wed:	9:00 a.m. Exercise 10:00 a.m. Choose To Lose 10:30 a.m. Houghton Lake Jam Band 11:00 a.m. Pool League 1:00 p.m. Bridge
Thurs:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:00 a.m.-12:00 Noon Hand and Foot 10:45 a.m. Arthritis Exercise 12:00 Noon Pinochle 1st & 3rd Thursday 1:00 p.m. Bingo 1:00 p.m. Euchre 2nd & 4th Thursday
Fri:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:00 a.m. Coffee Clutch 12:00 p.m. Quilters

# Roscommon Center News



What a Winter Wonderland February was. On the way to work Friday, February 8<sup>th</sup>, the tenth day of the winter-non-stop-storm, I stopped to take pictures of the trees. Although this turned out to be unsuccessful, the sight to the naked eye was simply beautiful. The sun shining through the iced over trees made them look like they were dripping with diamonds. Although rough sometimes, try to take the time to see the beauty that winter does bring.

On the other side of the coin old man winter sure pushed us to the limit. Big hats off to our drivers who went out and delivered meals in that freezing cold. Normal policy is that we don't deliver meals when the local schools are closed for snow days. But for our seniors' good, the decision was made to send meals out and to check on them after so many days off. A **BIG** thank you to Deanna, Bill and Desiree'.



With the weather causing extended closed days we missed a few activities. I want to remind you to think outside of the box. For daily activities if your center closes, check out the other two centers to see if they have something you might be interested in. Take the time to look at the newsletter and see the many things that the Roscommon COA has to offer. In April a Matter of Balance class will start in Houghton Lake. Also, a Cancer Support Group will begin meeting the 3<sup>rd</sup> Wednesday of the month at 1:00 p.m. in Houghton Lake.

The answer to the Trivia for February was Paul Bunyon. The winner of Mr. P was Lee Martin. Don't forget to read the Mr. P column, then call me to tell me what he is looking for and where it can be found.

Trivia for March: This began March 11 and lasted for 36 hours, about 400 people lost their lives to this, an estimated 25 million in loss was caused just by fires alone. One man boasted that during this he was kicked by a dead horse. Some made reference that it was a surprise party of the worst kind. Drifts were reported to be 60 ft high. Good Luck!



Smile Spring is coming!!!!!!

## Johnna Ance!

Roscommon Center Manager  
510 South Street (across from  
The Brook) Roscommon  
989.275.8421



### Daily Activities

Mon:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 12:30 p.m. Cards, Pool
Tues:	10:00 a.m. Bountiful Bingo 1:00 p.m. Euchre, Pool, Games
Wed:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 1:00 p.m. Board Games, Unlucky 7's , Pool
Thurs:	10:00 a.m. Chair Yoga 1:00 p.m. Euchre
Fri:	10:00 a.m. Penny Bingo 1:00 p.m. Pool, Wii Bowling



# St. Helen Center News



We had a great Valentine’s Day party. Watch for pictures in next month’s newsletter. Everyone is always welcome at all of our celebrations. We have a good group and enjoy having fun together. Just sign up by the deadline in person or over the phone.

February was quite the month—especially with all the cold and snow we had! A big thanks to Karen, our “Meals-on-Wheels” driver, for her commitment in delivering the meals to our

homebound and Andy, Center Cook, for loading her vehicle. We really appreciate their efforts!



Monday, March 4<sup>th</sup> St Helen will have their Fat Tuesday Celebration right before lunch, so come join us. And don’t forget the Mardi Gras Celebration that’s for all the centers. It will be held at the Houghton Lake Center on Tuesday, March 5, beginning at 1:00 p.m. For more information on this event, look on page 9 of the newsletter.

Deb has planned a trip to the new Aldi’s in West Branch on Tuesday March 12. The group will have lunch here at our center and then head out shopping. Call Deb at 989.366.0205 to sign up. Don’t forget our St Patrick’s Day Party on Friday, March 15<sup>th</sup> at 11:00 a.m. We are famous for our “Green Beer”. Make sure you sign up early. Wednesday, March 27<sup>th</sup> the duet *Just the Two of Us* will be here from 11:00 a.m. to 12:00 Noon.

We are still looking for additional Cribbage players on Thursday mornings. We now have about 4 people participating. Also, Bunco will be available at this time. Come, join us. The men are still looking for people to play pool at 10:30 on Thursday mornings. Our Chair Yoga class meets Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m. This group is also growing but there is still room for you. Don’t forget bingo on Tuesdays!

Don’t forget to look for Mr. P, you never know where he or something of his might be. Our winner for February was Joyce Marquardt, who received a \$10.00 Walmart gift card.

Varlya Hanusik, Center Manager  
10493 E Airport Rd, St. Helen  
989.389.7551



## DAILY ACTIVITIES

Mon: 10:00 a.m. Chair Dancing  
12:30 p.m. Pinochle  
6:30 p.m. Euchre  
Tues: 10:00 a.m. Penny Bingo  
12:30 p.m. Bingo  
1:00 p.m. Chair Yoga  
Wed: 10:00 a.m. Exercise  
12:30 p.m. Pinochle  
Thurs: 10:00 a.m. Cribbage &  
Bunco, Chair Yoga  
12:30 p.m. Euchre  
Fri: 10:00 a.m. Exercise  
12:30 p.m. Pinochle

## MONTHLY ACTIVITIES

- 4 12:00 Noon Fat Tuesday Celebration following lunch  
1:00 p.m. Caregiver Support Group — RCCOA offices, Short Drive (pg 4)
- 5 1:00 p.m. Mardi Gras party—Houghton Lake
- 6 11:15 a.m. Lighthouse of Roscommon B.P.C.
- 11 11:00 a.m. Make a **Glitter Jar** with RSVP services Coordinator Persis Sopariwala (limited to 10 people, make reservation with Varlya)
- 12 12:00 Noon Lunch and a trip to Aldi’s in West Branch, (pg 24)
- 15 11:00 a.m. **St. Patrick’s Day** party  
12:00 Noon **St. Patrick’s Day lunch**
- 18 1:00 p.m. Caregiver Support Group — RCCOA offices, Short Drive (pg 4)
- 19 11:30 a.m. Intelicare B.P.C.
- 20 1:00 p.m. RCCOA Board Meeting—Houghton Lake Center (pg 1)
- 27 10:00 a.m. Senior Advisory Meeting  
11:00 a.m. *Just the Two of Us* — music
- 28 12:00 Noon **Birthday Party**



# Monthly Center Activities — March

## Houghton Lake

- 1 10:00 a.m. **Friday Coffee Clutch**
- 4 1:00 p.m. Caregiver Support Group—  
RCCOA Offices Short Drive (pg 4)
- 5 11:30 a.m. Senior Advisory Meeting  
12:00 Noon Mardi Gras Party (pg 9)
- 6 11:30 a.m. 10 Signs of Alzheimer's with  
Taylor Kramer from Munson
- 8 10:00 a.m. **Friday Coffee Clutch**
- 12 11:30 a.m. 4-H S.P.I.N Club with Paige  
from MSU Extension
- 13 11:30 a.m. "Be Red Cross Ready" with Sue  
Huffman
- 14 11:00 a.m.-1:00 p.m. **Ask the Banker** with  
Sandy Egbers, Chemical Bank
- 15 10:00 a.m. **Friday Coffee Clutch**  
12:00 Noon **St. Patrick's Day Lunch**
- 18 11:00 a.m.-12:00 Noon Blood Pressure Clinic  
with Marie from Intellicare  
1:00 p.m. Caregiver Support Group— RCCOA  
Offices (pg 4)
- 20 1:00 p.m. RCCOA Board Meeting—  
Houghton Lake (pg 1)  
**First Day of Spring**
- 22 10:00 a.m. **Friday Coffee Clutch**
- 26 10:00 a.m.-1:00 p.m. Hearing Clinic with  
Lynn from Miracle Ear  
11:00 a.m. Bake Sale
- 28 12:00 Noon **Birthday Celebration**
- 29 10:00 a.m. **Friday Coffee Clutch**

## Roscommon

- 4 12:45 p.m. Senior Advisory Meeting  
1:00 p.m. Caregiver Support Group — RCCOA  
Offices, 1015 Short Drive, Suite A (pg 4)
- 6 National Oreo Day —Oreos for Everyone
- 7 12:45 p.m. Color Clutch
- 8 Wear **Purple** today
- 11 12:45 p.m. Make a **Glitter Jar** with RSVP  
Services Coordinator Persis Sopariwala  
(limited to 10 people, make reservation with  
Johnna)
- 15 Wear **Green**  
12:00 Noon **St. Patrick's Day Lunch**  
**12:45 p.m. St. Pat's Fun**
- 20 1:00 p.m. RCCOA Board Meeting —Houghton  
Lake (pg 1)  
**First Day of Spring**
- 21 1:00 p.m. Color Clutch
- 22 National Chip and Dip Day—bring some to  
share during penny bingo (not exclusive to  
potato chips & dip)
- 28** 12:00 Noon **Birthday Celebration**  
1:00 p.m. Color Clutch
- 29 Wear a homemade Spring hat

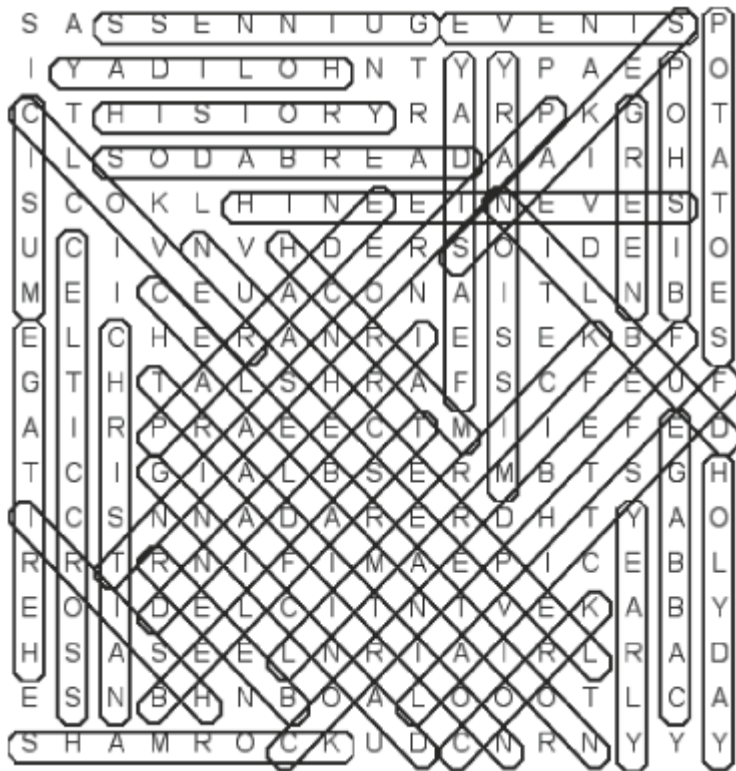


**SAVE the Date**

Tuesday, May 7th  
Holland Tulip Trip  
Leave Houghton Lake Center  
Return 7:30 p.m.



7:30 a.m.



The hidden message is: SAINT PATRICK LIVED IN THE FIFTH CENTURY.



## HOW WE SERVED YOU DURING January 2019



Meals-on-Wheels Delivered:	5,552
Meals Served at Centers:	1,409
Homemaking Service Hours:	496
Personal Care Hours:	143
Respite Care Hours:	295.5

## EDEN FIELDS

ASSISTED LIVING AND MEMORY CARE

Everyone deserves to feel *right* at home.

**989-718-3117**

EdenFieldsAssistedLiving.com  
3567 Deep River Rd. • Standish, MI



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)



Worried you'll outlive your retirement savings?



### Lori L Middleton

Financial Advisor

888 W Houghton Lake Dr  
Prudenville, MI 48651  
989-366-8981

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC



**KING**

NURSING & REHABILITATION  
COMMUNITY

2280 Tower Hill Road,  
P.O. Box 397  
Houghton Lake, MI 48629



**Phone: (989) 422-5153**  
[www.atriumlivingcenters.com](http://www.atriumlivingcenters.com)



## THE LIGHTHOUSE

AT ROSCOMMON

HEALTH AND REHABILITATION CENTER

Short-term rehabilitation

Long-term care • Memory care unit

Physical, Occupational & Speech therapy services

**(989) 275-8936 • 1290 E Michigan Hwy • Roscommon, MI 48653**

## FAMILY EYE CARE, P. C.

Houghton Lake  
989-422-5731

Roscommon  
989-275-4347

*Dr. Jay C. Jenkins has been providing eye care services in the area for over 25 years*  
Experienced in the diagnosis and treatment of Diabetic eye diseases, Cataracts, Glaucoma and Macular Degeneration  
Full spectrum of low vision services are available

**JAY C. JENKINS, O.D.**

[familyeyecaremi.com](http://familyeyecaremi.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)




15-0755

# Bumper Stickers the Elderly Would Appreciate



Sometimes I wake up grumpy...  
and some days I let him sleep.



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)

**CREMATION?**  
THINK OUTSIDE THE BOX




[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)

I asked my wife if old men wear boxers or briefs?  
She said Depends.

[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)




When I was younger, all I wanted was a nice **BMW**.  
Now, I don't care about the **W**.



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)


I'm so old that whenever I eat out,  
they ask me for money up front.



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)




**We got married for better or worse.**  
He couldn't do better, I couldn't do any worse.



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)

"The secret of staying young is to live honestly...  
eat slowly, and lie about your age."



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

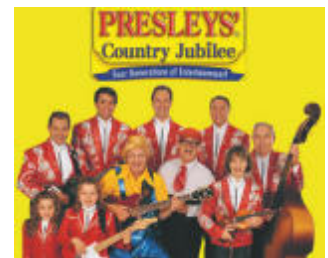
Branson Show Extravaganza



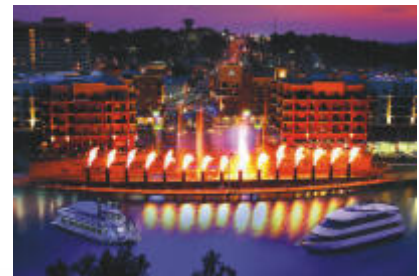
Incredible Price Includes:

- ❖ Motorcoach transportation
- ❖ 6 nights lodging including 4 consecutive nights in the Branson area
- ❖ 10 meals: 6 breakfasts and 4 dinners
- ❖ Admission to 7 Fabulous Branson Shows! Including:
- ❖ Three morning shows: The Blackwoods, Amazing Acrobats of Shanghai, and Doug Gabriel
- ❖ Three evening shows: Presley's Country Jubilee, Million Dollar Quartet Show, and Sinatra and Friends
- ❖ One Dinner Show: Showboat Branson Belle
- ❖ *and much more*

**\$675\***  
**7 DAYS**  
**6 NIGHTS**  
**Per person, Double Occupancy**  
**(Sun—Sat)**  
**June 16-22, 2019**



**Depart: Houghton Lake Center, 2625 South Townline Rd, Houghton Lake, MI**  
**8:00 a.m.**



**FOR INFORMATION & RESERVATIONS CONTACT: Debra Looney, 989.366.0205**



**\*Price per person, based on double occupancy.**  
**Add \$209 for single occupancy.**  
**\$75 Due Upon Signing.**  
**Final payment due: 4/9/2019**

# Education



## “A Matter of Balance”

Many older adults experience concerns about falling and have to restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels by emphasizing practical strategies to manage falls.

### WHO SHOULD ATTEND?

- Anyone concerned about falling
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

### LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

### THE CLASS:

- **FREE**
- RCCOA Offices, 1015 Short Drive, Suite A, Prudenville
- **9:30—11:30 a.m.**
- Twice weekly (Tuesdays and Thursdays) for four weeks—starts **Tuesday, April 2**, goes through **Thursday, April 25**



## Why Do We Celebrate St. Patrick's Day?



Every March 17th St. Patrick's Day is celebrated with parades, parties, and a lot of green. This date marks the death of Saint Patrick, the Patron Saint of Ireland. Thought to have been born Maewyn Succat in late-4th Century Britain, the historical figure known as St. Patrick used the name "Patricius" in his writings. St. Patrick was neither Irish nor initially a devout Christian. At the age of 16, he was kidnapped and brought to Ireland as a slave. After years of enslavement, it is said a voice came to him in his sleep and urged him to escape. Reunited with his family, St. Patrick studied to become a priest and spent the remainder of his life as a missionary in Ireland. St. Patrick is attributed with using the three leaves of the shamrock to explain the Holy Trinity and banishing snakes from Ireland (although no evidence supports their existence on the island). St. Patrick's Day was only a minor holiday in Ireland until the 1970s. In the United States, it has been celebrated since before the Revolutionary War, when Irish members of the Colonial Army held the first Saint Patrick's Day Parade in New York City in 1762. Today, the holiday has evolved to become a secular celebration of Irish culture.



To register for the class, call 989.366.0205 and ask for Debra. Classes will end in time for you to attend your Center of Choice for lunch.

# Menu

## MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Breaded Pork Cutlet Garlic Mashed Potato Asparagus Berry Applesauce Wheat Bread
				<b>4</b> Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll
<b>11</b> Chicken & Broccoli Casserole Green Peas Fruited Gelatin Honey Wheat Roll	<b>12</b> Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn	<b>13</b> Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread	<b>14</b> BBQ Chicken Scalloped Potatoes Beets Cornbread	<b>15</b> <b>St. Patrick's Day</b> Corned Beef Boiled Dinner Green Jello Cake 
<b>18</b> Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple	<b>19</b> Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	<b>20</b> Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread 	<b>21</b> Breaded Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread	<b>22</b> Salmon Patty Brown Rice Green Peas Fresh Orange Wheat Bread
<b>25</b> Chicken & Noodles Succotash Diced Pears Honey Wheat Roll	<b>26</b> Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread	<b>27</b> Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll	<b>28</b> Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread <b>Birthday Party</b>	<b>29</b> Tuna & Noodles Garlic & Herb Broccoli Fruited Gelatin Wheat Bread

### Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

# COA Trips



## Bussin' Beauties

Kirtland Community College—Cosmetology

Leave: **Roscommon Center**

Wednesday, March 6

11:45 a.m.

Leave: **Houghton Lake Center**

Tuesday, March 19

11:30 a.m.

Please eat before leaving the Center

3 treatments and ride to the college

All for \$10.50 — Limit 6 people

This trip is open to both men and women.



## Erth's Prehistoric Aquarium Adventure

Kirtland Center for Performing Arts

Friday, March 15, 2019

Leave Houghton Lake Center

9:30 a.m., 10:30 show

Cost \$12 pp, includes show, ride, lunch at St. Helen

Take an adventure to the bottom of the prehistoric ocean! This immersive experience lets you explore unknown ocean depths where marine reptiles lived eons ago, and maybe even today. Erth uses actors, tech, puppets, science and imagination to create an amazing visual experience that connects audiences to the science of paleontology.



Join us for a shopping excursion to the new Aldi's store located in West Branch.

Tuesday, March 12

Leave: **Houghton Lake 11:15 a.m.** Return: **3:30 p.m.**

Cost: **\$10 per person, includes lunch and transportation**

Lunch: **St. Helen, 12:00 Noon**

Shopping: **1:00-2:30 p.m.**



## Overnight get-away

Sunday & Monday

March 17-18, 2019

Leave Houghton Lake Center 10:30 a.m., pick up at Roscommon Center 11:00 a.m.

Cost: \$80 per person (dbl occp)

Casino Package: \$30 free play, \$10 food voucher, FREE breakfast, plus room and transportation.

An overnight get-away to Kewadin Casinos in Sault Ste Marie is being planned. Interested in going? To sign up or ask questions, contact Debra at the number below.

## Casino Trips

Soaring Eagle Casino, Mt. Pleasant  
Tuesday, March 21, 2019

Leave: Houghton Lake Center 9:30 a.m.

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher, \$20 comp play. Buffet, buy 1 get 1 free

Odawa Casino, Petoskey  
Wednesday, March 27, 2019

Leave: Houghton Lake Center 9:30 a.m.

Pickup at Roscommon and St. Helen available

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher Super Seniors Day, 50+ = 3x Pointspoints all day!



We now accept MasterCard and Visa as a debit or credit for our trips and donations. We ask for a minimum charge of \$10 per transaction.

**RESERVATIONS REQUIRED for all trips**  
**Call Debra today 989.366.0205**  
**Trips must be PREPAID at registration and are non-refundable.**