



NEWS

“Informing,
Educating,
&
Caring”

Commission on Aging

www.rcco.net

May 2019

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

Monday, May 27, 2019



*Join us **Friday, May 24**, at the Houghton
Lake Center as we remember our fallen
heroes—the reason we are free!*

Program begins 11:30 a.m.

Lunch 12:00 Noon

*(Please RSVP for lunch by 5/15/19
with the Center Manager)*

*We will honor those who gave their all
during their time of service. Photos are
welcome.*

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*

Roscommon County Commission on Aging, Inc.,
Board of Directors' will hold its regular meeting:
Wednesday, May 15, 2019, 1:00 p.m.

Roscommon Center
510 South Street (across from
the Brook)
Roscommon, MI 48653

Mr. P's Adventures

Mr. P's friend sure does appreciate you helping Mr. P find the scoop on that Grand Rapids trip to see *Waitress*. His friend is very interested in going. May is looking to be another very busy month. Mr. P is hoping the last of the snowstorms are past and we can move on with spring weather. He is just itching to get his spring planting done and his mouth is already watering thinking about home grown tomatoes...Mrs. P is looking forward to all the beautiful flowers in bloom again. As Mr. P was looking through the newsletter he noticed the article on military mothers. How hard that must be?! The worry of a mom whose son or daughter is deployed and the mother who willingly gives of her life to ensure the freedom of her children. He just can't imagine it. Kentucky Derby Day and Cinco de Mayo are coming up. He needs to get his hats out so he can wear them for those events. So where did they get packed away at? He can't remember. He needs your help! Can you help him find his derby and sombrero? When you do, let your Center Manager know where they are so she/he can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Thursday, May 9**. Deadline to enter is **Wednesday, May 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 you if you won. "Meals-on-Wheels" people, you can participate, too. Call your center manager, give them the answer and they will enter you in the drawing.



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...

Welcome Spring!!!!

Wow is Mother Nature angry, or what?



It's tax day and as I'm writing my article we have about 8 inches of snow. With Easter being a week away it is safe to say we won't have flowers in bloom. And Easter isn't even early this year. I am looking forward to nicer weather. We have a lot to work on once the weather breaks and stays nice.

Perhaps the biggest job slated for this spring is the resurfacing of the parking lots at the Roscommon and St. Helen Centers. They are in pretty bad shape and are a hazard to the people who attend those centers. I noticed earlier this year that we actually had standing water right at the main entrance in St. Helen. We will make sure the grade is fixed so any water runs off like it does in Houghton Lake with the new lot. Eventually we will have all 4 locations up to snuff! It is nice to say 4 locations. We have changed a lot over the years and will continue to do so in order to meet your needs.

As you get out and about after a long winter, don't be shy about giving us your ideas for activities or trips. Deb does a great job planning things to keep y'all busy. If there is something she is overlooking, mention it. Perhaps if there is enough interest, you may see it come to fruition. And please, let us know if you have any questions or unmet needs.

Wishing you all the best!

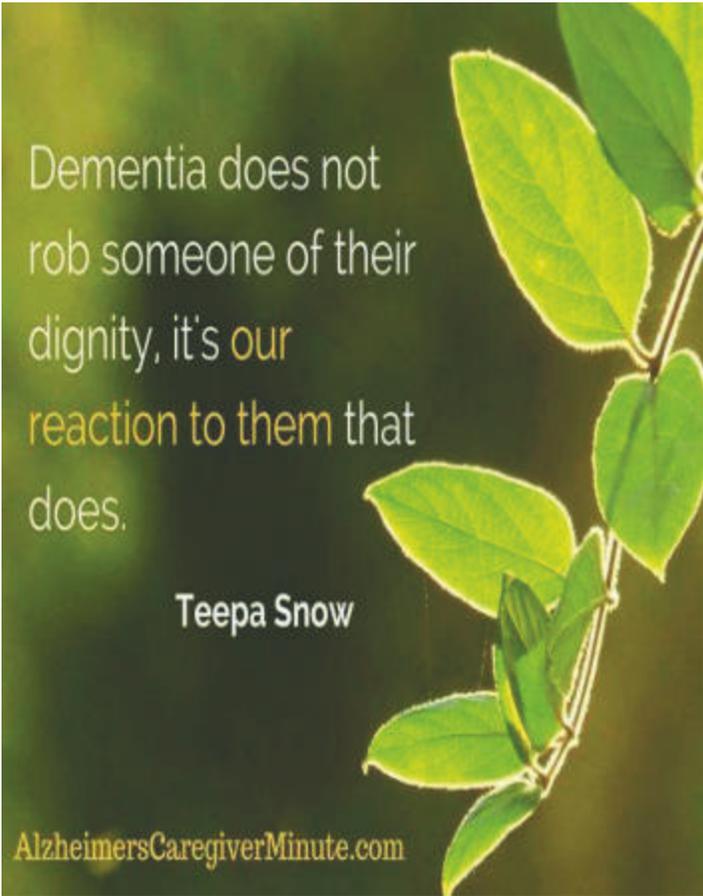
Tom



Dementia does not rob someone of their dignity, it's our reaction to them that does.

Teepa Snow

AlzheimersCaregiverMinute.com




The Roscommon County Commission on Aging, its 3 centers and Serenity Day Lodge will be closed for Memorial Day, Monday, May 27, 2019.

Please remember our veterans and the sacrifice they made for our freedom.

 <p>Worried you'll outlive your retirement savings?</p>		<p>Lori L Middleton Financial Advisor</p> <p>888 W Houghton Lake Dr Prudenville, MI 48651 989-366-8981</p> <p>www.edwardjones.com Member SIPC</p> 	
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Neurogenic Support Group

“Brain Matters”

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

No May Meeting

See you in June

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

June 25, 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.



CAREGIVER SUPPORT GROUP

Monday, May 13

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.



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.



Cancer Support Group will begin meeting:

2nd Friday of the month

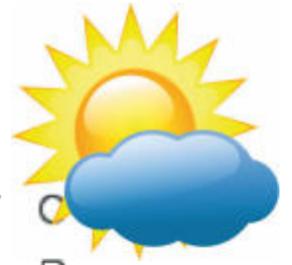
10:00 a.m.

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.



WEATHER



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



- | | | | |
|------------|-----------|-----------|-------------|
| BAROMETER | FLOOD | ICE | STORM |
| BLIZZARD | FLURRIES | LIGHTNING | SUNNY |
| CELSIUS | FOG | MIST | TEMPERATURE |
| CLOUDS | FORECAST | MONSOON | THERMOMETER |
| COLD | FREEZE | OVERCAST | THUNDER |
| CYCLONE | FROST | RAIN | TORNADO |
| DOWNPOUR | HAIL | SHOWER | TSUNAMI |
| DRIZZLE | HOT | SLEET | TYPHOON |
| DROUGHT | HUMIDITY | SNOW | VISIBILITY |
| FAHRENHEIT | HURRICANE | SQUALL | WINDY |

Find and circle all of the hidden words. The remaining letters spell an additional weather word.





Food Safety at Barbecues and Picnics

Region 9 Area Agency on Aging
Kelly Robinette, DTR
Health, Wellness, Nutrition Information and Updates

Outdoor barbecues and picnics are a great way to connect with family and friends. However, careless food handling could cause foodborne illness and quickly make you an unpopular host.

Stay Out of the Danger Zone!

Just like humans, bacteria thrives in temperatures that are too hot or too cold. The “danger zone” is 40 to 140 degrees Fahrenheit. Dangerous bacteria are more likely to grow in this temperature range. *Keep cold foods below 40 degrees and hot foods above 140 degrees.* When the outdoor or surrounding temperature is less than 90 degrees, perishable foods should not be left out for more than two hours. When the outdoor or surrounding temperature is more than 90 degrees, perishable foods should not be left out for more than one hour. **Wash hands with soap and water before and after preparing food.**

Thaw Appropriately

Frozen meat should never be thawed at room temperature. Instead, thaw in the refrigerator ahead of time. If it's last minute, submerge sealed packages in cold (not warm or hot) water, or thaw in the microwave. Thoroughly cook foods immediately after microwave thawing.

Marinate Well

Marinating can improve tenderness, juiciness and flavor. Always marinate food in the refrigerator, not on the countertop. If you plan to use marinade as a baste during grilling, reserve some for basting before you put raw meat in it. Discard marinade as soon as you take the meat out of it.

Precook Wisely

Precooked meats such as hot dogs, smoked sausages, chicken breasts, or burgers are great options that are available at many retail stores. Simply follow package instructions for reheating on the grill. If you precook foods yourself, make sure they go immediately on the grill; don't hold them at room temperature before putting on the grill.

Use Coolers Properly

Prepare food as close to the time you're leaving as possible. When traveling, keep all perishable food in an iced cooler or use freezer-pack inserts until cooking or serving time. Fill cooler with 25% ice or freezer-packs and 75% food. Don't open the cooler repeatedly; it melts the ice faster. Consider having a separate cooler or tub for drinks to avoid repeatedly opening the cooler with perishable foods. Always separate raw meat from ready-to-eat foods like salads or dessert.



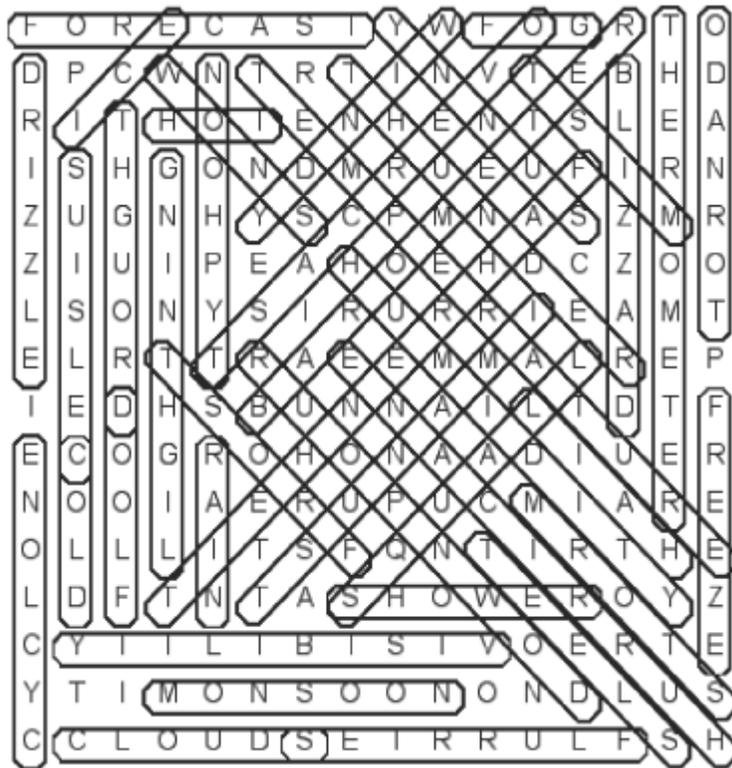
Cook to Temp

It is best to use a meat thermometer to assess doneness. Allow 30 minutes for charcoal to heat before adding food. Cook ground meat and poultry to 160-165 degrees internal temperature, steaks or chops should be cooked to 145 degrees. Cook all cuts of pork to 160 degrees. Cook whole poultry or poultry parts to 165 degrees for safety and 170-180 degrees for optimum quality.



Serve Safely

Keep cold foods cold by placing the bowl of food inside of a slightly larger bowl filled with ice. Keep hot foods hot on the grill (not directly over the coals) and with crock pots, chafing dishes, or “beer baths.” To make a beer bath, fill a pan with beer, juice, broth, or other liquid, and place it on the grill; after cooking burgers, chicken, or brats, place in hot liquid to keep the food hot and add extra flavor. Never put cooked meat or other foods on the same plate that held raw meat—raw meat juice contains bacteria that will contaminate other food. Source: Arizona and Mississippi State University Cooperative Extension



The hidden message is:



HOW WE SERVED YOU DURING

March 2019





Meals-on-Wheels Delivered:	7657
Meals Served at Centers:	2035
Homemaking Service Hours:	1039.5
Personal Care Hours:	328.5
Respite Care Hours:	527.25
Serenity Day Lodge Hours:	302

Autumnwood of McBain...

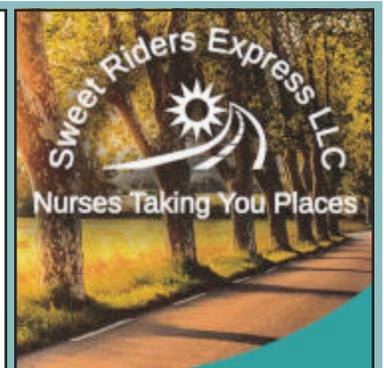


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- Memory/Dementia Care
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15-0755



Military Mothers A Mother's Day Tribute



The term "**Military Mothers**" describes two distinct groups of women. On the one hand, it describes mothers whose sons and daughters are members of the military. On the other, it describes mothers who are themselves members of the military. Both groups are heroes.

Active Duty Mothers

It takes a truly exceptional mother to be able to leave her children behind to be cared for by other family members while she deploys in service to her country. Some criticize these women as selfish, and more interested in their own careers than their children, for doing so. These women care **so much** about the future of their children and grandchildren (and ours) that they are determined to personally do their part to ensure their children have the opportunity to grow up in peace and freedom. How can a mother care more than that?

But these **brave and loving mothers know that SOMEONE has to defend our country and the freedom we enjoy** as its citizens, and if they aren't willing to, who will? So they go, and they serve proudly and with honor, knowing that they have done all they can to give their children the gift of freedom to live the lives they choose. Sacrificing the ability to share those occasions with their children is the price they pay so that their children will be able to live in freedom. There's probably not one minute that goes by when they're not thinking of their children, and counting the days till they get home.

Mothers of Active Duty

Mothers whose children are in the military and deployed to a war zone far from home, live with daily fear and worry for the lives of those to whom they gave birth, and nurtured into the fine young men and women they are. They worry that those children may return home with missing limbs or with PTSD, and may not be the same person who deployed, or that they may return in a flag-draped casket. They all begin as Blue Star Moms. A Blue Star Service Banner indicates a family member is serving in the military. The blue star is either covered or replaced with a gold star when a family member dies in service or from injuries received in service. Multiple stars on a banner represent multiple family members serving. Many Gold Star Mothers have turned their grief into a positive force.

One such example is Gold Star Mom Debbie Lee, proud mother of Marc Alan Lee, the first Navy SEAL killed in Iraq. Marc gave his life to save that of a fellow SEAL who had been injured, standing in the line of fire to create a diversion that allowed the rescue. Debbie has been a powerful force in speaking out in support of our troops and their mission, and has been active in Move America Forward and its efforts to defend our troops against attacks from leftists like Code Pink. She chooses to honor Marc's service by standing up for his fellow service members. There are thousands more, choosing to honor their loved ones' service and sacrifice in a number of different ways. All hoping to make life better for another mother's child in uniform, or for another mother unwillingly inducted into the sisterhood of Gold Star mothers.

And there are thousands upon thousands of proud Blue Star mothers throughout the country, bursting with pride at the service of their sons and daughters. To read the stories of some of these moms visit:

<http://www.military-money-matters.com/military-mothers.html> . You will be encouraged by these women.

We'd like to wish all military moms, and all the other mothers out there:

Happy
Mother's
Day!

Center / COA ACTIVITIES & NEWS

Ladies Day Out



Come to the Houghton Lake Center for a delicious lunch and stay for an afternoon of pampering and fun all geared to make our ladies feel special!

Thursday, May 23

Houghton Lake Center

2625 S. Townline Rd, Houghton Lake
12:00 Noon Lunch

Right after lunch the pampering begins!

\$10.00 per ticket

Covers lunch, demonstrations, drawings, pampering and more

Vendors participating:

Paparazzi: Consultant Deanna Fasbender

Bonbon Chocolates:

Bonnie Kitchen

Pat's Delicious Desserts:

Pat Leasure

Our Whey Dairy "Goat Soap":

Barbara Keipinger

And more



Lunch is open to the public as usual

All proceeds go to "Meals-on-Wheels"



He's Back!

Whose Back?

Elvis, of course!

Jake Slater, an Elvis impersonator, will provide a two-hour show at the **Houghton Lake Center, Monday, May 13**, hosted by the Roscommon County Commission on Aging.

Doors open 5:00 p.m.

Houghton Lake Center

2625 S. Townline Rd

Tickets \$20.00 per person

Beer and Wine sampling; Dessert and Coffee

5:00—6:00 p.m.

Beer and wine provided by Fifth Street Wines of Roscommon



Evening Entertainment with

"Elvis" from 6:00—8:00 p.m.

The proceeds will benefit our "Meals-on-Wheels" program. This event is not limited to seniors but open to the general public, 21 and over. *We ask that you please drink responsibly. The RCCOA assumes no liability.*



Houghton Lake Center

NO BAKE SALE

Pat will have her **delicious deserts** available at the **May 23 Ladies Day Out** at the Houghton Lake Center.

ASK THE BANKER!

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

When: Sandy will see you in June

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



A Tax Break to Help Working Caregivers Pay for Day Care



Paying for day care is one of the biggest expenses faced by working adults with young children, a dependent parent, or a child with a disability, but there is a tax credit available to help working caregivers defray the costs of day care (called "adult day care" in the case of the elderly).

In order to qualify for the tax credit, you must have a dependent who cannot be left alone and who has lived with you for more than half the year. Qualifying dependents may be the following:

- A child who is under age 13 when the care is provided
- A spouse who is physically or mentally incapable of self-care
- An individual who is physically or mentally incapable of self-care and either is your dependent or could have been your dependent except that his or her income is too high (\$4,150 or more) or he or she files a joint return.

Even though you can no longer receive a deduction for claiming a parent (or child) as a dependent, you can still receive this tax credit if your parent (or other relative) qualifies as a dependent. This means you must provide more than half of their support for the year. Support includes amounts spent to provide food, lodging, clothing, education, medical and dental care, recreation, transportation, and similar necessities. Even if you do not pay more than half your parent's total support for the year, you may still be able to claim your parent as a dependent if you pay more than 10 percent of your parent's support for the year, and, with others, collectively contribute to more than half of your parent's support.

The total expenses you can use to calculate the credit is \$3,000 for one child or dependent or up to \$6,000 for two or more children or dependents. So if you spent \$10,000 on care, you can only use \$3,000 of it toward the credit. Once you know your work-related day care expenses, to calculate the credit, you need to multiply the expenses by a percentage of between 20 and 35, depending on your income. (A chart giving the percentage rates is in IRS Publication 503.) For example, if you earn \$15,000 or less and have the maximum \$3,000 eligible for the credit, to figure out your credit you multiply \$3,000 by 35 percent. If you earn \$43,000 or more, you multiply \$3,000 by 20 percent. (A tax credit is directly subtracted from the tax you owe, in contrast to a tax deduction, which decreases your taxable income.)

The care can be provided in or out of the home, by an individual or by a licensed care center, but the care provider cannot be a spouse, dependent, or the child's parent. The main purpose of the care must be the dependent's well-being and protection, and expenses for care should not include amounts you pay for food, lodging, clothing, education, and entertainment.

To get the credit, you must report the name, address, and either the care provider's Social Security number or employer identification number on the tax return.



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

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15-0755



“MEALS-ON-WHEELS” CAR SHOW



“THIRD ANNUAL”
Saturday, August 10, 2019

Where

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Roscommon, MI 48653

Schedule

Pre-register by July 26,
for a chance to win a
\$ 25.00 Gas Card
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\$20.00 booth fee

Registration — 7:00 a.m.-11:00
a.m.

Lunch — “Meatloaf Dinner”
Served 12:00 Noon—1:00 p.m.
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Trophies Awarded — 3:00 p.m.
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Best Patriotic Display
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Name: _____ Phone # _____

Address: _____ City: _____

State & Zip: _____ Club: _____

Year, Make & Model: _____

Signature: _____

Return to: 1015 Short Drive, Suite A, Prudenville, MI 48651 or drop off at your nearest Center. Call Debra at **989-366-0205** with any questions. The Roscommon County Commission on Aging and Firemen’s Memorial Committee accepts no responsibility for injuries, property damage or theft happening before or during this event. By signing above you agree to this statement.

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!



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- ★ 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



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) for more information.

AND THE WINNERS

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

Houghton Lake Agnes Harmon

Roscommon

St. Helen Bernadette Weiler

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



Castle Farms

Charlevoix

Michigan

Wednesday, May 29, 2019

Leave: Houghton Lake 9:45 a.m.

Lunch: 12:00 Noon, Charlevoix Senior Center

Cost: \$25.00 per person

Includes transportation, lunch, Castle Tour

Limit: 23 people

Step back in time with a visit to Castle Farms, one of Michigan's premier historical attractions, as well as a celebrated Northern Michigan wedding venue. Located in the beautiful resort community of Charlevoix, Castle Farms offers families the chance to explore acres of gardens, discover dragons, and experience Michigan's largest outdoor model railroad.

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!



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.



Telephone Reassurance

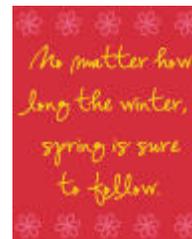
What is Telephone Reassurance?

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!

Houghton Lake Center News

Hello Everybody!

Welcome Spring and all the warmth and sunshine it brings! It's been a long winter but **"no winter lasts forever, and no spring skips its turn"**. Ideas for summer fun are flowing in and frankly, a little hard to keep up with. That's the kind of problem I like to have. I also like to have too much money and too much fun.



There is a lot to celebrate in May in addition to the warmer weather. We are planning on some fun events for The Kentucky Derby, Cinco de Mayo, and, of course, Mother's Day. Ladies, join us on Wednesday, May 8, to make Mother's Day hats for you to wear on Friday, May 10, for the Mother's Day lunch. Memorial Day is May 27th and we appreciate another opportunity to celebrate our freedom by honoring our veterans on Friday, May 24. Just a reminder we will be closed Monday, May 27.

April was a great month for welcoming home a lot of our Snowbirds. It's great to see everybody. Welcome back to beautiful Northern Michigan where the nights may be chilly, but the bugs won't kill ya. It was also a great month for fun and comradery at the center. Card playing has seen a huge jump in numbers with Euchre and Pinochle groups now meeting every Thursday.

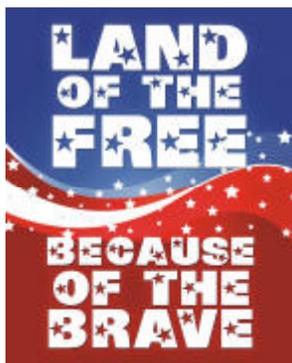
It always impresses me how a kind word or just a smile can brighten an entire room and set the tone for a beautiful day. Remember kindness matters and your good efforts can make a huge difference in someone's day (that someone may even be you). We have all seen how one person can light up an entire room or building. A beloved friend of mine told me **"Your light comes with a lifetime warranty no matter how bright you shine it."** So, shine on friends and let's witness for ourselves what kind of an impact we can create in our own little environment. I know we don't feel we can do much about some of the larger problems facing us today. However, I do feel we can all have a huge effect on our immediate surroundings. Give it a try, you'll like it.

I would like to remind everyone that the Senior Advisory board is hosting an A.M. Coffee Clutch every Friday Morning and a new Cancer Support group meets the 2nd Friday. Help me get the word out and let's brighten somebody's day!

See you soon!

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
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 1:00 p.m. Bingo 1:00 p.m. Euchre
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

COPY NOT RECEIVED
By deadline



Johnna Ance!

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



Roscommon Seniors celebrating
Tiger Opening Day!

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

I'm like everyone, hoping Spring is finally here!! Looking for some balmy 60-degree days.

Wishing all Mothers, a very Happy Mother's Day on Sunday, May 12th. May you enjoy time spent with family and friends. Please come and celebrate our Mother's Day Tea on Friday, May 10, 2019, 11:30 a.m. Ladies, wear your best hat (store bought or handmade) to celebrate this day. We will have prizes for the hats.



The duet *Just the Two of Us* was a smash here at St. Helen. Thanks, Deb, for having them come back.

Our Monday, Wednesday and Friday exercise classes keep growing, please come in and enjoy the group and do yourself some good, too. See times below. Gentlemen are welcome also.

We are always looking for more Cribbage players on Thursday mornings. We now have about 4 people participating. Also, Bunco is also 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 growing but we always have room for more. Don't forget bingo on Tuesdays! Penny Bingo begins at 10:00 a.m. and regular bingo meets after lunch.

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

Don't forget we will be closed Monday, May 27, for Memorial Day!

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



Andy's trophies for winning the Chili Cook-Off competitions—watch next month's newsletter to see if he maintains his title!!

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

1 11:15 a.m. Lighthouse of Roscommon B.P.C.
10 11:30 a.m. Mother's Day Tea
10:00 a.m. Cancer Support Group with Loralie—Houghton Lake
13 1:00 p.m. Caregiver Support Group (pg 4)
5:00 p.m. Elvis Returns — Houghton Lake (pg 9)
14 1:00 p.m. Pantry Bingo sponsored by The Brook (pg 19)
15 7:30 a.m. Older Michiganians Day — Lansing Capital (pg 20)
1:00 p.m. RCCOA Board Meeting —Roscommon (pg 1)
21 11:30 a.m. Intelicare B.P.C.
22 11:15 a.m. Senior Advisory Meeting
23 12:00 Noon **BirthDay Party**
27 **Closed for Memorial Day**

Monthly Center Activities — May

Houghton Lake



- 2 11:30 a.m. Phone, Mail, and E-mail scams with Dawn Petrowski
- 3 11:00 a.m. Kentucky Derby Races (wear your Derby hat)
- 6 11:30 a.m. Cinco de Mayo celebration pinata and hat dance 
- 8 10:30-11:30 a.m. Mother's Day Hat decorating
- 10 10:00 a.m. Cancer Support Group with Loralie (pg 4)
10:00 a.m. Zentangle Art Class (pg 22)
11:30 a.m. Mother's Day Celebration
12:00 Noon **Special Mother's Day Meal**
- 13 1:00 p.m. Caregiver Support Group (pg 4)
5:00 p.m. Elvis Returns (pg 9)
- 15 7:30 a.m. Older Michiganians Day — Lansing Capital (pg 20)
1:00 p.m. RCCOA Board Meeting — Roscommon (pg 1)
- 16 11:30 a.m. Habitat for Humanity with Lori Roberts
- 20 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Marie from Intellicare
- 21 1:00 p.m. Pantry Bingo sponsored by The Brook (pg 19)
- 22 11:00 a.m. Elder Law Presentation sponsored by The Lighthouse of Roscommon
- 23 11:30 a.m. Smart Energy Conservation with Scott Spiker from DTE
12:00 Noon **Birthday Celebration**
12:30 p.m. Ladies Day Out
- 27 **CLOSED FOR MEMORIAL DAY**

Roscommon

- 7 10:00 a.m. Pantry Bingo sponsored by The Brook (pg 19)
- 10 10:00 a.m. Cancer Support Group with Loralie— Houghton Lake (pg 4)
12:00 Noon **Special Mother's Day Meal**
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- 23 12:00 Noon **Birthday Celebration**
- 27 **CLOSED FOR MEMORIAL DAY**



Virtual Dementia Experience

Experience Dementia/Alzheimer's for 15 minutes in our Virtual Dementia Training. This unique tour simulates the effect of dementia, so you can gain valuable insight and a better understanding of people affected with this disease and their behaviors.

Free

Open to the Public

Wednesday, June 5, 2019

1:00 p.m.—3:00 p.m. by appointment

Family, caregivers, and professionals are encouraged to attend this eye-opening tour, which within 15 minutes may change your entire perception of Dementia and Alzheimer's.

Contact Sheila ASAP at 989.366.0205 to set your tour time!

Mother's Day



Immunization Services Available

at Houghton Lake Center

Rite Aid offers a variety of immunization services. And they would like to make their services available to you. The immunizations they can do include:

- Pneumococcal 13 & 23 — 2 dose series
- Shingles (Shingrix) — 2 dose series
- T-dap
- Hepatitis A
- Others available upon request.

If you are interested, talk to Doug, Center Manager. He will take down the necessary information. Then Rite Aid will set up a clinic date for June at the Center.



Pantry Bingo Coming to your center

Roscommon, Tuesday, May 7, 10:00 a.m.

St. Helen, Tuesday, May 14, 1:00 p.m.

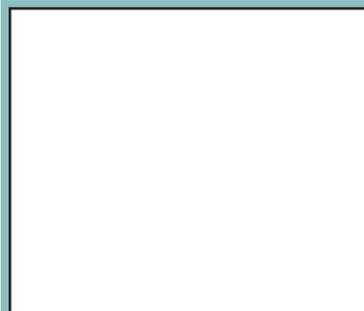
Houghton Lake, Tuesday, May 21, 1:00 p.m.

Did you just ask *What's Pantry Bingo?*

Good question...It's like regular bingo except you're not playing for money. Instead you win a food product of some sort. Give it a try. Join us for a fun time and win some groceries in the process...and bring a friend with you! You can even attend all three events! And don't forget about lunch at noon at the center.

Sponsored by The Brook Retirement Communities

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 Long-term care • Memory care unit
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FAMILY EYE CARE, P. C.

Houghton Lake **Roscommon**
989-422-5731 **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



**Dow Gardens 2019 Lunchtime
Concert Series
Midland, Michigan**

Join us for a guided tour of the garden grounds, lunch and the concert of the day at Dow Garden in Midland, Michigan. You may bring a summertime drink with you if you would like. Time to shop in the Dow Garden gift shop is also possible. We will be ready to return back to Houghton Lake around 2:30 p.m.

Leave Houghton Lake Center 10:00 a.m.

Arrive back in Houghton Lake around 3:30 p.m.

Cost: \$25.00 per person, per concert date

Includes: guided tour, lunch, concert, transportation



2019 Concert Schedule

June 12 – Indigo Moon

June 19 – Allie & Jim

June 26 – Robertson Brother’s Band

July 3 – Casey Lane Music

July 10 – Monte Pride

July 17 – Donny Brown

July 24 – Dwight Douglas Experience

July 31 – Chris Zehnder

August 7 – MFR & Oni

August 14 – Jim Pagel Trio

August 21 – Josh Ramses Band

August 28 – Charlie Millard Band



Space is limited so call Debra, 989.366.0205, to make your reservation ASAP. When you call, be sure to mention the date(s) you would like to go.



OLDER MICHIGANIANS DAY

Wednesday, May 15, 2019

Plan to Join 1,000+ Older Adults
from Across Michigan
at the 11th Annual
Older Michiganians Day!



Older Michiganian's Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers.

This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

The Roscommon County Commission on Aging plans on taking a group from Roscommon County on our bus to the event. To sign up, contact Debra at 989.366.0205.

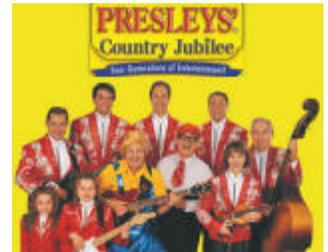
Branson Show Extravaganza



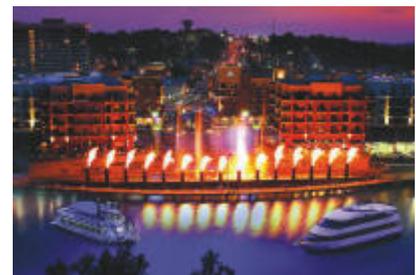
Incredible Price Includes:

- ❖ 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.



LAST CHANCE TO SIGN UP



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.

Education



Caring for a Loved One with Alzheimer's or Dementia?

Help is Only a Phone Call Away!

Creating Confident Caregivers (CCC) is an exciting six-session workshop for family caregivers of persons with dementia and/or memory loss and still live at home.

This workshop has been found to reduce the stressors of caregiving by providing tools and information thus increasing your effectiveness as a caregiver.

YOU WILL GAIN INFORMATION AND TOOLS IN 4 MAIN AREAS:

- Managing daily life
- Managing behavior
- Managing the caregiver's personal care
- Managing resources

YOU WILL LEARN STRATEGIES TO:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan daily activities for your loved one

THE CLASS:

- FREE
- **Once** a week for **6 weeks**
- 9:30-11:30 a.m.
- Begins **Wednesday, July 24**
- RCCOA Administrative Offices, 1015 Short Drive, Suite A, Prudenville, MI
- Last day of class is **Wednesday, September 4**

Zentangle Art Class



What is Zentangle art?

It is unplanned so you can focus on each stroke and not worry about the result. There is no up or down to Zentangle art. In fact, you can most easily create Zentangle art by rotating your tile as you tangle — always keeping your hand in a relaxed position. You don't need to know what a tangle is going to look like to draw it. You just need to know the steps. The result is a delightful surprise.



Linda Ermi has agreed to lead this Zentangle Art Class.

THE CLASS:

- **FRIDAY, May 10**
- **10:00-11:30 a.m.**
- **Houghton Lake Center**, 2625 S. Townline Rd, Houghton Lake
- Cost — **Free**
- All materials needed for class will be provided
- **Class is limited to 10 students**
- **Not just for seniors — but everyone**
- Plan on staying for **lunch** at the Center at Noon.

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

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Remember - our fallen heros. They are the reason that we are free.</p>		<p>1</p> <p>Maple Glazed Fish Oven Roasted Potatoes Carrots Banana</p>	<p>2</p> <p>Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll</p>	<p>3</p> <p>Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll</p> 
<p>6</p> <p>Taco Salad with meat & refried beans, lettuce, tomato, onion & sour cream Black Beans & Corn</p> 	<p>7</p> <p>Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread</p>	<p>8</p> <p>Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread</p>	<p>9</p> <p>Chicken Marsala Mashed Potatoes Sour Cream & Chives Green Peas Chilled Peaches Wheat Bread</p>	<p>10</p> <p>MOTHERS DAY MEAL Grilled Chicken Salad, lettuce, tomato, cheese Marinated Cucumbers Ambrosia Salad Assorted Rolls</p>
<p>13</p> <p>Chicken & Broccoli Casserole Green Peas Fruited Gelatin Honey Wheat Roll</p>	<p>14</p> <p>Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn</p>	<p>15</p> <p>Meatloaf Mashed Potatoes with Brown Gravy Whole Baby Carrots Fresh Orange Wheat Bread</p>	<p>16</p> <p>BBQ Chicken Au Gratin Potatoes Beets Assorted Rolls</p>	<p>17</p> <p>Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread</p>
<p>20</p> <p>Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple</p>	<p>21</p> <p>Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll</p>	<p>22</p> <p>Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread</p>	<p>23</p> <p>Chef Salad Lettuce, Tomato, Cucumber, Onion, Egg, Ham, Turkey, Cheese Assorted Rolls Birthday Party</p>	<p>24</p> <p>Smothered Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread</p>
<p>27</p> 	<p>28</p> <p>National Hamburger Day Hamburger on a Bun Potato Salad 3 Bean Salad Mixed Fruit</p>	<p>29</p> <p>Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll</p>	<p>30</p> <p>Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread</p>	<p>31</p> <p>Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread</p>

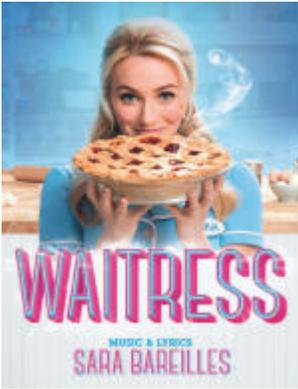
Suggested Donation

All Meals Served with Milk

60+ (or younger spouse): \$2.50

Menu Subject to Change

COA Trips



Another Great Show

Devos Center
Grand Rapids

Saturday, May 4

Leave: Houghton Lake
10:30 a.m.

Cost: \$95.00 per person

Includes: Lunch; the show;
transportation.

WAITRESS tells the story of Jenna—a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start. But Jenna must summon the strength and courage to rebuild her own life. "**WAITRESS** is a little slice of heaven!" says Entertainment Weekly and "a monumental contribution to Broadway!" according to Marie Claire. Don't miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie.



IRIS FARM Traverse City

Thursday, June 6

Leave: Houghton Lake Center 10:15 a.m.

Return: 4:00 p.m.

Cost: \$22 per person

Includes lunch, tour and transportation

The farm features six acres with over 1000 varieties of hybrid German Iris, with peak Iris bloom open house first two weeks of June. They also grow over 200 varieties of new hybrid daylilies and hybrid Asiatic lilies. Fresh bouquets are available for sale, and rhizomes and plants can be ordered for fall planting.

Casino Trip

Soaring Eagle Casino, Mt. Pleasant
Thursday, May 16, 2019



Leave: Houghton Lake Center
12:00 Noon

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher, \$20 comp play. Chance on hourly drawing from 12:00-3:00.

Tulip Time, Holland, MI
Tuesday, May 7

Trip is Full.



Leave: Houghton Lake
7:30 a.m.

Return: 7:30 p.m.

Overnight get-away

Sunday & Monday
May 19-20, 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 with a stop in Bay Mills. Interested in going? To sign up or ask questions, contact Debra at the number below.

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.