



# NEWS

“Informing,  
Educating,  
&  
Caring”

Commission on Aging

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

October 2019

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



Check out the centers to see  
what they have happening for Halloween.  
Then plan on coming in  
to join them in the fun!



## 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, October 16, 2019, 1:00 p.m.**

**St. Helen Center**  
**10493 E Airport Rd**  
**St. Helen, MI**

Everyone is welcome to attend.

## Mr. P's Adventures

Mrs. P sure did like her sunflower bouquet you helped Mr. P put together. It was absolutely gorgeous! And it brought a lot of cheer to their table, too. As always, Mr. P noticed how the newsletter is jam packed with activities and information. So much to take in—he hopes you find it interesting to read through. He also realized lots of changes are going on. He saw the parking lots at Roscommon and St. Helen. They are sooo nice—so much better than they were. That will be really good for winter—which is right around the corner. Mr. P has been talking with Mrs. P about making a trip south this winter but they haven't decided for sure yet...just don't know what to do. But in the meantime he needs to think about cleaning the leaves up and getting his snow shovel out. That way he will be ready for when those white flakes begin to fall. He also needs to put his summer chairs and table away. A cup of coffee and a doughnut sure sounds good about now...where did Mrs. P hide those doughnuts...Mr. P loves pumpkin doughnuts this time of year. He needs your help in finding them. When you find the dozen doughnuts, let your Center Manager know so she can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Thursday, October 10**. Deadline to enter is **Wednesday, October 9, 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 can call you if you won. “Meals-on-Wheels” people, you can participate, too. Call your center manager, give her the answer and she will enter you in the drawing. If you win, your meal driver will deliver the gift card to you.



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## From the Director...

It's hard to believe summer is over already. The warm weather has left us too soon and we know what is around the corner. Yep, that 4 letter winter word ... I mean snow. 🤔👍

We've done a lot this summer: trips, activities at all three centers, the parking lots at St. Helen and Roscommon Centers are now finished, and that is just the beginning. We've automated the In-Home Service Department by using a computer tracking program and we have successfully consolidated the logistics of all 5 “Meals-on-Wheels” routes to the administrative office. The reason we changed the “Meals-on-Wheels” was to allow the three center managers more time to focus on center activities.

We all want to see each center thrive and we hope this added time will result in new and different activities as well as new friends coming into the centers. Debra Looney will be working with the managers to offer some joint activities amongst the centers. We are fortunate to have three centers within our county; there is no reason why ya'll shouldn't enjoy offerings at any of them. With that in mind, if you have any ideas for new activities, events, trips, themed days, let your center manager know. You can always let Debra know, too. Let's really make the centers welcoming. According to the census bureau, 43% of Roscommon County is over the age of 60. That's roughly 10,750 people, let's get them all to our centers!

As we move into the Fall remember to enjoy what the day offers. Try to find the good in all things.

Wishing you all the best!

*Tom*



Please mark your calendar to donate at this blood drive!

Here's where and when:



**Houghton Lake Center**  
 October date to be announced  
**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  
 Versiti Blood Center of Michigan is a local nonprofit and their mission is to help people make a life-saving difference through blood products and service excellence.



## Telephone Reassurance

*What is Telephone Reassurance?*

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. The 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 a call, contact our In-Home Service Office, 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!

### PRODUCE TRUCK GIVE AWAYS

**October 8, 10:30 a.m.-2:00p.m.** Roscommon County Sherriff Office, 111 S. Second Street, Roscommon

**October 22, 10:30 a.m.-2:00 p.m.**  
 Roscommon County Food Pantry, Save-a-Lot Plaza, Houghton Lake



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



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## Neurogenic Support Group "Brain Matters"

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

**Wednesday, October 9, 2019**

**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.



**Cancer Support Group** will meet:

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 is led by one of our seniors, Loralie Reinhardt. Questions, call Debra, 989.366.0205.

## CAREGIVER SUPPORT GROUP



**Monday, October 14, 2019**

**Monday, October 28, 2019**

**1:00 p.m.**

**RCCOA Administrative  
Offices**

**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 care for a child, a parent, a spouse, or someone else. Interested or have questions, contact Betty at the RCCOA, 989.366.0205.

## Munson Healthcare Hospice

### Grief Support Group

**4th Thursday of the month**

**3:30 p.m.**

**Houghton Lake Center**

All are welcome. No registration required.

Please remember that anything shared in the group is confidential. Support groups create a safe, confidential, and supportive community by offering participants knowledge of the grief process and mutual support.

For more information on Munson Healthcare Hospice and bereavement activities, contact them at 800.252.2065 or online, [munsonhomehealth.org](http://munsonhomehealth.org).



## VETERANS:

### WE ARE HERE TO ASSIST!

**Roscommon County Department of  
Veterans Affairs** is at the

**Houghton Lake Center**

**Tuesdays, 11:00 a.m.-1:00 p.m.**

A full working office with staff able to assist veterans and/or dependents in filing of service connected claims for disabilities, locating missing separation documents, processing applications for low income pensions and assisting veterans in arranging transportation for VA appointments and/or clinics. If you have questions or wish to make an appointment in Roscommon, call 989.275.6047.

## Alzheimer's Support Group

Roscommon County Alzheimer's Support Group

**Houghton Lake Center**

**second Wednesday of the month**

**1:00 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.



# Classic Toys



Find and circle all of the toy words. The remaining letters spell a quote by G. K. Chesterton.

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



- BALLOON
- BARBIE
- BEACH BALL
- BOP BAG
- CAP GUN
- CHATTY CATHY
- EASY BAKE OVEN
- ETCH A SKETCH
- FINGER PAINT
- FLATSY DOLL
- FRISBEE
- G.I. JOE
- GUMBY
- GYROSCOPE



- HOT WHEELS
- JACKS
- KALEIDOSCOPE
- KAZOO
- KEN
- LEGO
- LITE BRITE
- LITTLE PEOPLE
- MATCHBOX CAR
- MECCANO
- MR POTATO HEAD
- NERF BALL
- PADDLE BALL



- PLAY-DOH
- PLAYMOBIL
- POGO STICK
- POKEY
- POP GUN
- RADIO FLYER
- RUBIK'S CUBE
- SILLY PUTTY
- SIZZLERS
- SKIPPING ROPE
- SLINKY
- SOCK MONKEY
- SOMA CUBE


- SPIROGRAPH
- SUPER BALL
- TEDDY BEAR
- TINKERTOY
- TIN SOLDIERS
- TONKA TRUCK
- VIEWMASTER
- WATER PISTOL
- WEEBLES
- WIFFLE BALL
- WIZZER
- YO-YO



## Why We Crave **Comfort Food**



If you ever longed for a piece of your grandmother's apple pie or had an intense need for potato chips, then you've probably had a craving for comfort food. Comfort foods are typically energy-dense high fat and sweet. They give distinct pleasure or make us temporarily feel better. The following factors can contribute to comfort eating.

- ◇ **Feeling good.** Eating food high in fat, sugar or salt activates the brain's reward system. Chocolate has a strong effect on mood, generally increasing pleasant feelings and reducing tension. Carbohydrates, a large component of many comfort foods, may raise serotonin levels producing a feel-good sensation in your brain. Highly palatable foods activate the same brain regions of reward and pleasure that are active in drug addiction. 
- ◇ **Comfort food as self-medication.** There seems to be a consistent connection between negative emotions and unhealthy foods. A phenomenon called emotional eating. In a bad mood people are drawn to unhealthy foods. If a person is feeling very stressful, they want to reach for something that they think will make them feel better. We go to foods that we really enjoy.
- ◇ **They need to belong.** We tend to associate certain foods with members of our family, social gatherings, and people taking care of us (Thanksgiving holidays with family). So when we feel lonely we crave for these foods to give us comfort and security. That is, comfort food's power may lie primarily in the associations it calls to mind of memories.
- ◇ **Nostalgic eating.** There is a strong link between scents and emotional memory. Smell of foods can evoke vivid and detailed emotional memories from the past. Our learning history predisposes us to enjoy certain foods. For example, the scent of deep-fried corn dogs may remind you of your childhood days at the state fair. Because order-evoked memories tend to be positive, the smell improves mood and produces feelings of social connectedness.

When it comes to comfort food men and women want different things. Researchers found when it comes to foods eaten in hopes of gaining psychological comfort men like hearty meals, while women look for snacks that require little or no preparation. Men find comfort in foods associated with meals prepared by their mothers (mashed potatoes) rather than from snacks and sweets.

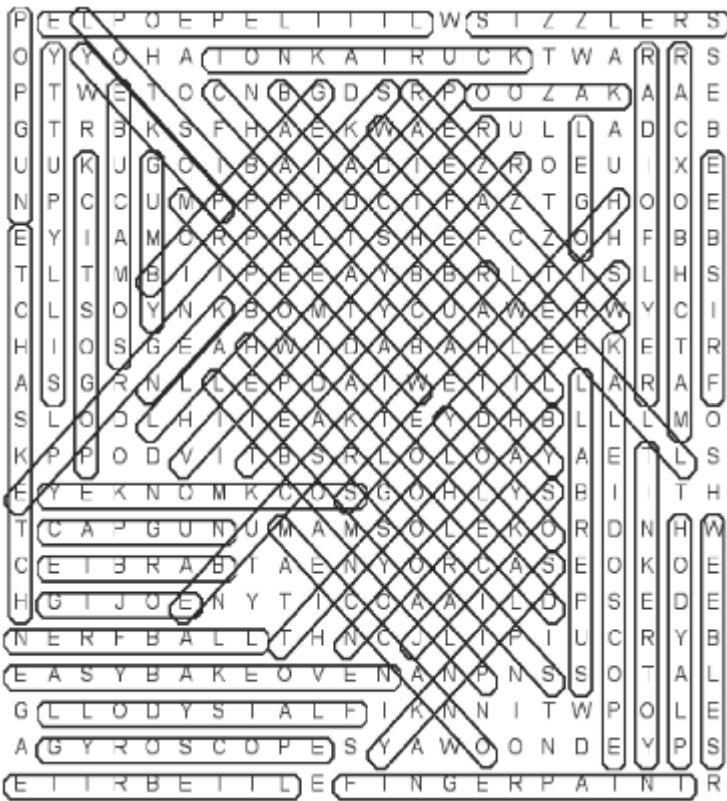
Women, however, want foods that don't involve preparation, such as pre-packaged sweets. Because adult females are not generally accustomed to having hot food prepared for them and as children saw the female as the primary food preparer, they tend to gain psychological comfort from, less labor-intensive foods such as chocolate, candy and ice cream. Adults often crave foods that connect with specific personal events or to people in their lives.

Some comfort foods may not be as bad as you think. Take a chocolate sandwich cookie. At around 52 calories. It might be a far better choice than a medium frosted cake donut with more than 250 calories.

Source: Howstuffworks, and webmd







The hidden quote is: WHAT WAS WONDERFUL ABOUT CHILDHOOD IS THAT ANYTHING IN IT WAS A WONDER.



## HOW WE SERVED YOU DURING

**August 2019**

Meals-on-Wheels Delivered:	8757
Meals Served at Centers:	2360
Homemaking Service Hours:	1211.25
Personal Care Hours:	330.25
Respite Care Hours:	425
Serenity Day Lodge Hours:	551.5

### AND THE WINNERS

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

Houghton Lake	Sharon Serviss
Roscommon	Wanda Beehler
St. Helen	Gerri Willobee



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

## Autumnwood of McBain...

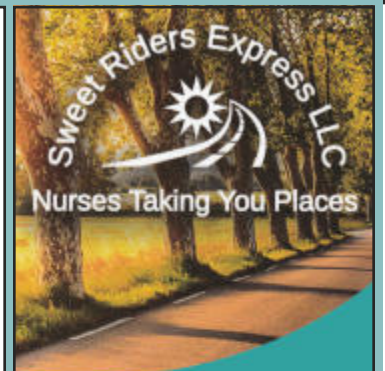


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15-0755

# It Pays to Read the Fine Print in Contracts

by Bob Sullivan, AARP Bulletin, September 9, 2019

We've all been there. Contracts are full of fine print that can cost you big bucks. Buried within the language are many legal words and phrases that should serve as a red flag to potential hassles or rip-offs. Here's a list of common phrases in contracts and service agreements that should cause you to proceed with caution.



## Before you buy

- **“Free”** Nothing is free. If you aren't paying for the product, then you are the product — your information is likely being sold to advertisers who will barrage you with online solicitations. Or, maybe it is “free” now, but you are committing to pay later.
- **“Free trial”** It's often accompanied by phrases like “We will not charge your credit card [until 30 days from now].” This enters you into a game of “Will you remember to cancel on the 29th day?” That's a game corporations often win.
- **“For 6 months”** Along with the similar “introductory price,” this is a variation of the free trial game. Maybe \$39 a month for cable TV sounds good to you in January, but if it's \$137 by August, is that really a good deal? Will you remember to cancel in July?
- **“Automatically renews”** The zombies of the consumer universe; such clauses mean you keep paying even if you don't realize it or want the service anymore. Sure, if you want the convenience, sign up. (For the record, AARP offers automatic member renewal for those who choose it.) But beware if such an arrangement is tucked in the fine print.
- **“Fees”** Consumers rarely compare late payment fees and other penalty charges when shopping, but they should. We all eventually screw up; the cost of such a mistake shouldn't be unreasonable.

## 'I wish I hadn't'

- **“Restocking fee”** Sales folks will talk you into taking a product home to try it and promise that you can bring it back for a refund. But restocking fees can be steep — 15 percent for electronics, for example.
- **“Extended warranty”** Consumers can find extended warranty costs snuck into monthly payments. The value of such warranties is debatable, but consumers should always be fully informed about the cost.
- **“Not covered”** Many warranties are full of exclusions that can lead to disappointment. In cars, “wear” parts like brake pads usually aren't covered, for example.
- **“Void the warranty”** Sometimes, warranties become useless if consumers break terms that make them “void,” such as getting an electronic gadget wet.

These are just a few of the things to watch for when signing contracts. For the complete article visit AARP's website <https://www.aarp.org/money/budgeting-saving/info-2019/how-to-read-fine-print.html> . If you don't have internet access, visit our local library or contact the RCCOA, 989.366.0205 for a copy of the article. The RCCOA is not able to give legal counsel regarding these matters but is providing information that could be helpful.



# Center / COA ACTIVITIES & NEWS



## Enjoy Singing?

We are looking for people to join our new singing group! No experience (or talent) needed. All are welcome. We meet:

**Every Wednesday, 1:00 p.m.  
Houghton Lake Center  
(behind the Pines Theater)**

Our goal is to create a singing group that has fun singing together and provides cheerful entertainment for the community!

**Let's Sing Together!**

## More Art Classes with Linda

Linda Ermi has agreed to lead several art classes at our centers. You may remember her from the Zentangle classes. What a talented artist! Here's your opportunity if you haven't already taken one of her classes. Anyone may sign up for any of the classes at any of the centers. So mark your calendar and call Deb to sign up or for more information. Space is limited.

October 10 Houghton Lake Center  
Acrylic — \$8.00

October 24 Roscommon Center  
Waterless Watercolor for  
beginners — \$5.00



## Unique Resources for Hearing Loss

Tuesday, October 15  
10:00-11:30 a.m.

Houghton Lake Center

Have a hard time hearing on the phone? Find out how you can get a captioned/amplified phone at NO COST  
Want a FREE hearing screening or have questions about your hearing aids? Dynamic Hearing will be on hand.

Would you like to connect with others that have hearing loss in a supportive environment? HLAA is a support and advocacy group for those with hearing loss and will share how you can get involved. Plan on staying for lunch. This is a fabulous opportunity to learn about resources for those with hearing loss.

Call Debra today, 989-366-0205, to set up an appointment.



Check the November newsletter for dates and times of our annual veterans programs.



**Mr. P  
out for a  
moonlight  
stroll.**

## ASK THE BANKER!

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

**When:** Will be back in November

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

**Where:** Houghton Lake Center



## Houghton Lake Center

**Thursday, October 31  
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. that morning. Please price your items. This is a RCCOA fundraiser.

# Will My Advance Directive Work in Another State?

Making sure your end-of-life wishes are followed no matter where you happen to be is important. If you move to a different state or split your time between one or more states, you should make sure your advance directive is valid in all the states you frequent.



An advance directive gives instructions on the kind of medical care you would like to receive should you become unable to express your wishes yourself, and it often designates someone to make medical decisions for you. Each state has its own laws setting forth requirements for valid advance directives and health care proxies. For example, some states require two witnesses, other states require one witness, and some states do not require a witness at all.

Most states have provisions accepting an advance care directive that was created in another state. But some states only accept advance care directives from states that have similar requirements and other states do not say anything about out-of-state directives. States can also differ on what the terms in an advance directive mean. For example, some states may require specific authorization for certain life-sustaining procedures such as feeding tubes while other states may allow blanket authorization for all procedures.

To find out if your document will work in all the states where you live, consult with an attorney in the state.





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# SOUP FUNDRAISER

*By The Soup Queen* **Desiree Marshall**

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**FEED YOUR  
SOUL!**



**Saturday, October 19, 2019**

**1:00 – 5:00 PM**

**Zesty Chicken Vegetable**

**Butternut Squash**

**Stuffed Pepper**

**Taste test each, decide which one's for you!**

**\$5.00 will get you**

**3 samples, 1 bowl of your  
choice**

**Slice of bread**

**dessert**

**drink**



**\$10.00 Special**

**3 samples, 2 bowls of your choice**

**slice of bread**

**dessert**

**drink**

**plus 1 bowl to take home**

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.



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**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!*

### 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.



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! Please check it out, then consider supporting the RCCOA as you do your online purchasing. Remember, it doesn’t cost you a penny.

**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



### 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.



### RCCOA Gift Shop

Open 9:00 a.m.-3:00 p.m.

Our gift shop is located in the Houghton Lake Center, 2625 S. Townline Rd, Houghton Lake. 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!

## Michigan Trivia

Michigan license plates were first issued by individual cities beginning in 1903. The state issued its first official license plate in 1910.



Michigan includes 56,954 square miles of land 1,194 square miles of inland waters; and 38,575 square miles of great lakes.

The Packard Motor Company in Detroit manufactured the first air-conditioned car in 1939.

The city of Novi was named from its designation as Stagecoach Stop #6 or No, VI.

Michigan was the first state to guarantee every child the right to tax-paid high school education.

If you are in Detroit and want to let your pig wander the streets freely, make sure it has a nose ring. Only pigs with rings in their noses are allowed to wander the streets.



The Detroit Zoo was the first zoo in America to feature cage less open-exhibits that allowed the animals more freedom to roam.

Vernors ginger ale was created in Detroit and became the first soda pop made in the United States. In 1862, pharmacist James Vernor was trying to create a new beverage when he was called away to serve our country in the Civil War. When he returned, 4 years later, the drink he had stored in an oak case had acquired a delicious gingery flavor.



Forty of the state's 83 counties adjoin at least one of the Great Lakes.

Michigan has more shoreline than any other state except Alaska

The nation's first regularly scheduled air passage service began operation between Grand Rapids and Detroit in 1926.



## Advanced Care Planning

The unthinkable happens and suddenly you are injured or have an illness that takes away your ability to speak for yourself. Who would you want to speak for you? Does someone you trust know about what your personal health care goals, values and preferences for care are? Advance care planning can help you with making these decisions.

To learn more process and the services offered by the Resource Coordination Department at Munson Healthcare Grayling Hospital join Steve Peterson for an advance care planning presentation:

**Tuesday, October 1, 2019**  
**St. John Lutheran Church**  
288 W Houghton Lake Dr  
Houghton Lake  
**1:00—2:00 p.m.**



How are you at making words out of other words? Here's the challenge: Make as many words as possible from

**Worksheet**

Here's another one to try:

**Friday afternoon**

Have fun!!!!





# Houghton Lake Center News

Hello everyone! My name is Deanna and I am so glad I have the opportunity to introduce myself. First and foremost, I've been happily married to my high school sweetheart now for 17 years. I am a proud mother of three growing boys and one adorable girl. While I was born and raised in Northern Michigan, almost immediately after having our first child, my husband and I decided we wanted to move down to the Gulf Coast. For many years we hopped around between Texas and Florida. We were able to enjoy the culture and cuisine of the South. Most of my life I've been self-employed, helping individuals make decisions on what would best suit their financial needs through presenting a plethora of health and life insurance policies. I've had the opportunity of working closely with military service organizations and heading up fundraisers for the Wounded Warriors Project. In the past I have volunteered my time to Habitat for Humanity. About 10 years after my high school graduation and 6 months after birthing my fourth child, I decided it was time to earn a college education. I began my journey into biomedical sciences but in 2009 changed my mind a couple times, ending up in interdisciplinary studies and earning my Bachelor of Applied Science in 2015. I have a great passion for helping the community! For the past year and a half, I have delivered "Meals-on-Wheels" to our homebound clients in Roscommon. This brings an immeasurable amount of joy to my life. I'm very excited about the move to the Houghton Lake Center. I look forward to tapping into my talents, seeing new faces, and making new friends!



Your new Center Manager,  
Deanna Fasbender

Houghton Lake Center  
2625 S Townline Rd  
Houghton Lake  
989.366.9168 Fax 989.202.2008



**THANK YOU** to the Houghton Lake kitchen staff and drivers for keeping the meals and the center going while the COA found a new center manager! (Missing from the picture is "MOW" driver Nicole.)

## DAILY ACTIVITIES

- Mon: 9:00 a.m. Exercise  
10:30 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, Dominoes  
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  
**10:30 a.m. Pool League**  
1:00 p.m. Bridge  
1:00 p.m. Let's Sing Together
- Thurs: 9:00 a.m. Exercise  
**9:00 a.m. Mahjong**  
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. Sr Advisory BD Coffee Clutch  
12:00 p.m. Quilters

# Roscommon Center News



I always start out letting you know October is my national holiday month. I think it started when that house fell on my one friend. Ah ha ha ha. Seriously though it is breast cancer awareness month. I have a very close family member who is a survivor. So I now take more note of this month. My hat is off to all of you who are affected by this disease.

Our County Fair was a success again this year (even without the dunk tank). We had enough baked goods to divide into three categories of food. Oh, it was some of the best pies and baked goods you ever had. We also did arts and crafts. Everyone went home winners. Our annual auction was an even bigger hit. Thanks to everyone who donated items. For sure your "junk" is someone else's treasure. Much money was spent, and lots of laughs were had. The funniest is that people outbid each other and then shared what they won with their opponent.

We took our first trip to play bountiful bingo at the Lighthouse Nursing Home. The stories coming back are nothing but lots of fun and laughter. We would love for anyone to join us, at any age. We are planning to do this the third Tuesday of every month.

October is looking like a busy month. Please check your newsletter for an agenda of activities. If you don't see an activity you want to do here, please go check out Houghton Lake or St. Helen to see what's going on.

October 2019, might be called the guys month. Tuesday October 8, Rite Aid will have a flu shot clinic at the our center from 11 a.m.-1 p.m. Thursday, October 10, Bob Greene will bring in his lathe to show us how he makes bowls out of pieces of wood. They are beautiful. He donated one for our auction and it was one of the highest bid items. Bob says he will now have to up the price. Lol. Monday, October 14, Howard from Wellington Farms returns. If you missed him last time, this is your chance. He is an awesome storyteller and singer. He can for sure make you laugh. And Thursday, October 24, Linda will teach a waterless watercolor class. You will want to call ahead to sign up. The monthly dance for October is Wednesday, October 30, 12:45-3:00 p.m.

New--we are having a cake decorating contest on Friday, October 11. It doesn't matter what or how you decorate the cake. The cakes will be voted on by the people playing bingo. On the Wednesday, October 16, is the monthly food giveaway for seniors at 10:30-11:30 a.m.

The winner of Mr. P. This month is Wanda Beehler. Anyone can get in the drawing. Read Mr. P's column, find what he needs then tell me where you found it. I will enter you in the drawing for a \$10.00 Walmart card. The winner of the trivia was Ladonna Kram. The answer to the bingo was a bike. No trivia this month we will go again in November.

Smile!

*Johanna Ancel*

Roscommon Center Manager  
510 South Street (across from  
The Brook) Roscommon  
989.275.8421 Fax 989.275.6232



Roscommon Center's representatives giving a check to the Roscommon High bowling team. Go Bucks!!!!

## 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 12:30 p.m. Euchre, Pool, Games
Wed:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise <b>12:45 p.m. BUNKO</b> 1:00 p.m. Board Games, Unlucky 7's, Pool
Thurs:	10:00 a.m. Chair Yoga 12:30 p.m. Euchre
Fri:	10:00 a.m. Penny Bingo 1:00 p.m. Pool, Wii Bowling

# St. Helen Center News



Lunch for our First Responders on September 11 was a great success. Sixteen First Responders came for lunch, which we were delighted to serve them. Thanks to our Senior Advisory Board for picking up the tab. Our WII Bowlers are went to Kalkaska COA on September 12 and had a ball!! If you would like to join the team, we will be starting our new season this month. You may add your own team or join an existing one.

Our first movie day is Thursday, October 3, after lunch. We will be showing "A Dogs Journey". Come for lunch, stay for the movie and popcorn.

Need a flu shot? Mark your calendars for Friday, October 4. Rite-Aid will be here between 11:00 am and 1:00 pm!! Please bring your Insurance info with you. See page 20 for full details. If you can't make it to our flu clinic, maybe one of the other center's dates will work for you.

**Let's Dance!!! Thursday, October 17, 12:30 – 3:00 p.m. we will have another dance. Come join us.**

Fall is here with cooler days...Need something to do that's FUN? Come join us. We play bingo all day on Tuesdays! Penny Bingo begins at 10:00 a.m. and regular bingo meets after lunch. And you can catch lunch with us in between the two.

If you like to Aerobic Walk in the mornings, our walkers encourage you to join them. They are usually here Monday, Tuesdays, Thursdays and sometimes on Friday at 8:30 a.m. Regular exercise class, held on Monday, Wednesday, and Friday, keeps growing. You are invited to come join the group. The times are listed below under daily activities. Men are also welcome to participate. We are always looking for more Cribbage players on Thursday mornings. If Cribbage isn't your game, Bunco is also available at this time. 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. We have a newly redone shuffleboard. If you're interested in playing let me know.

Remember *Mod Podge*??? We are still looking for interested people for this craft project (at no cost). Interested, give me a call and let's set up some dates to do some projects!

September Mr. P Winner is Gerri Willobee. Congrats!

**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

2 11:15 a.m. Blood Pressure Clinic with Lighthouse  
3 1:00 p.m. Movie Day  
4 11:00 a.m.-1:00 p.m. Flu Shot Clinic (pg 20)  
9 4:30 p.m. Brain Matters Support Group—Houghton Lake (pg 4)  
10 Rapid City WII Bowlers will be here  
11 10:00 a.m. **Cancer Support Group**—Houghton Lake (pg 4)  
14 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)  
14 10:00 a.m. Hearing Loss Clinic—Houghton Lake (pg 9)  
15 11:15 a.m. Intelicare B.P.C.  
16 1:00 p.m. RCCOA Board Meeting  
17 12:30-3:00 p.m. Afternoon Dance  
**19 1:00 p.m. Soup Fundraiser (pg 12)**  
23 11:15 a.m. Senior Advisory Meeting  
12:00 Noon **Birthday Party**  
24 WII Bowling—St. Helen goes to Grayling  
3:30 p.m. Grief Support Group—Houghton Lake (pg 4)  
28 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)  
31 11:00 a.m. Halloween Party—Wear your costume, win a prize!



# Center Activities — October

## Houghton Lake

- 4 10:00 a.m. Movie Day
- 8 10:00 a.m. Beginner Card Making (sign up at center) cost \$10, includes lunch
- 9 1:00 p.m. Alzheimer's Support Group (pg 4)  
4:30 p.m. Brain Matters Support (pg 4)
- 10 10:00 a.m. Acrylic Paint class (pg 9)
- 11 **10:00 a.m. Cancer Support Group** (pg 4)
- 14 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 15 10:00 a.m. Hearing Loss Clinic (pg 9)
- 16 11:00 a.m. Flu Shot Clinic (pg 20)  
1:00 p.m. RCCOA Board Meeting—St. Helen
- 19 1:00-5:00 p.m. Soup Fundraiser (pg 12)**
- 21 12:30-2:30 p.m. Monthly Dance
- 24 3:30 p.m. Grief Support Group (pg 4)
- 24 12:00 Noon **Birthday Celebration**
- 28 1:00 p.m. Caregiver Support Group—

## Roscommon

- 1 11:00 a.m. Blood Pressure check w/Intelicare
- 2 10:00 a.m. Movie Day
- 4 Funky Hair Day
- 7 12:30 p.m. Senior Advisory Board Meeting
- 8 11:00 a.m. Flu Shot Clinic (pg 20)
- 9 4:30 p.m. Brain Matters Support Group—HL (pg 4)
- 10 10:30 a.m. Bob Greene wood lathe demo
- 11 Cake decorating contest—to be voted on during bingo  
10:00 a.m. **Cancer Support Gp**—HL (pg 4)
- 14 10:30 a.m. Arthritis video  
12:30 p.m. Howard Taylor from Wellington Farms with be us
- 14 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 15 10:00 a.m. Bingo at the Lighthouse  
10:00 a.m. Hearing Loss Clinic—Houghton Lake (pg 9)  
4:00-8:00 p.m. Girls Night Out in Roscommon
- 16 1:00 p.m. RCCOA Board Meeting — St. Helen
- 18 Wear pink for breast cancer awareness  
Bring chocolate cupcakes
- 19 1:00-5:00 p.m. Soup Fundraiser (pg 12)**
- 25 12:45-3:00 p.m. Monthly Dance — All ages welcome
- 24 10:30 a.m. Waterless Watercolor with Linda (pg 9)  
12:00 Noon **Birthday Celebration**
- 25 12:45 p.m. Halloween Party
- 28 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 30 12:45 p.m. Monthly dance



**Silver  
Belles  
Bazaar**

Friday  
November 22

Saturday, November 23  
10:00 a.m.—3:00 p.m.  
Houghton Lake Center  
2625 S Townline Road

Just in time for the holidays—come on in and do some of your Christmas shopping ... and support the COA programs at the same time. You never know what unique gift or treasure you may find.





## Why do we Celebrate Columbus Day?



Columbus Day is celebrated in the United States to honor Christopher Columbus's first voyage to America in 1492.

Columbus actually discovered America on October 12<sup>th</sup>, 1492, but Columbus Day is always celebrated on the the second Monday of October.



Daylight savings time ends November 3. be sure to move your clock **back** one hour at 2:00 a.m. or before you go to bed Saturday night.

This is also a good time to do the annual check on all your alarms—smoke detectors, carbon monoxide, etc.—to ensure the batteries are still in good working order.

You may even want to consider changing them out so you don't have to think about it for another year.



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15-0755



## FLU SHOT CLINICS

Protect yourself and your family against the flu season by getting your flu shot!

### St. Helen Center

10493 E Airport Rd

St. Helen, MI

**Friday, October 4**

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

### Roscommon Center

510 South Street

Roscommon, MI

**Tuesday, October 8**

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

### Houghton Lake Center

2625 S Townline Rd

Houghton Lake, MI

**Wednesday, October 16**

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

## WHAT TO BRING!

1. a copy of your medical insurance cards
2. Cash price for those without insurance is \$35 — higher rates may apply
3. Medicare and Medicaid will cover the flu and pneumococcal vaccines.

Contact Shane or the pharmacist on duty

989.366.9212 if you have questions about any of these clinics.

For these vaccines — Pneumococcal, T-Dap, Hepatitis A & B, Shingles—please contact Shane to let her know of your interest.







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**May 18-28, 2020**

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Rates are per person double occupancy and include roundtrip airfare from Detroit, cruise, port charges, government fees, taxes and transfers to/from ship. CELEBRITY CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

**Deposit Policy:** An initial deposit of \$550 per person double occupancy or \$1100 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by January 17, 2020. **Those who book early get the best prices, the best cabin locations, and their preferred dining times.**

**Depart:** **Houghton Lake Center**, 2625 South Townline Rd, Houghton Lake, MI

**For a flyer with full details/schedule and/or to make reservations, contact Debra Looney 989.366.0205.**





# Menu



# OCTOBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread	<b>2</b> Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll	<b>3</b> Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread	<b>4</b> Tuna & Noodles Garlic & Herb Broccoli Fruited Gelatin Wheat Bread
	<b>7</b> Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread	<b>8</b> Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/ tomato Honey Wheat Roll	<b>9</b> Maple Glazed Fish Oven Roasted Potatoes Carrots Banana	<b>10</b> Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll
<b>14</b> Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll  <b>Columbus Day</b>	<b>15</b> Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread	<b>16</b> Taco Salad with meat & refried beans, lettuce, tomato, onion & sour cream Black Beans & Corn	<b>17</b> Chicken Marsala Mashed Potatoes Sour Cream & Chives Green Peas Chilled Peaches Wheat Bread	<b>18</b> Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread
<b>21</b> Smothered Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread	<b>22</b> Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn	<b>23</b> BBQ Chicken German Potato Salad Beets Cornbread	<b>24</b> Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread  <b>Birthday Party</b>	<b>25</b> Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread
<b>28</b> Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll	<b>29</b> Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	<b>30</b> Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread	<b>31</b> Hamburger on a Bun Steak Fries Prince Charles Veggies Mixed Fruit  <b>Happy Halloween</b>	

### Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change



# COA Trips

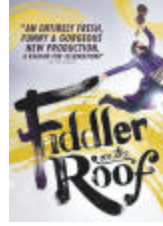


**Bussin' Beauties**  
Kirtland Community  
College—Cosmetology

**Leave: Roscommon Center**  
**Wednesday, October 9, 9:00 a.m.**

**Leave: Houghton Lake Center**  
**Tuesday, October 15, 11:30 a.m.**

3 treatments and ride to the college  
All for \$10.50 — Limit 6 people  
This trip is open to both men and women.



Tony®-winning director Bartlett Sher brings his fresh take on a beloved masterpiece to life as *Fiddler on the Roof* begins a North American tour direct from Broadway. A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. To love! To life!

**Saturday, October 12th**  
**Grand Rapids Devos Center**

**Leave:** Houghton Lake Center, 10:30 a.m.

**Return** around 7:30 p.m.

**Cost: \$100.00 per person** includes transportation, sack lunch, and awesome seats in the mezzanine!

**Casino Trips**  
**Saganing, Standish**  
**Thursday, October 31**



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

**Pick up** in St. Helen 10:00 a.m.

**Return:** 3:00 p.m. (Leave casino)

**Cost:** \$25.00 per person

**Includes:** Transportation, \$2.50 food voucher, \$10 comp play.

**Soaring Eagle Casino, Mt. Pleasant**

**Thursday, October 24**

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

**Return:** 3:30 p.m.

**Cost:** \$25.00 per person

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



**Fruitful Orchard & Cider Mill**

Gladwin, MI

**Thursday, October 17, 2019**

**Leave:** Houghton Lake Center 12:45 p.m.

**Return:** 4:00 p.m.

**Cost:** \$20.00 per person

**Includes** lunch at the Houghton Lake Center, transportation, guided tour of orchard, picking an apple, watching the apple and cider operation, enjoying a sample of the delicious apple cider and a fresh donut. Limited to 9 people



**Mystery Trip**



**Tuesday, October 22**

**Leave:** Houghton Lake Center 10:00 a.m.

**Cost:** \$28.00 per person

**Includes:** transportation, lunch and nice day out!

**Wonder where she will take you this time!**

**Tunnel of Trees** **Tuesday, October 8, 2019**

**Leave:** 10:00 a.m. from Houghton Lake

**Return:** 4:30 p.m.

**Cost:** \$20 Lunch on your own. For more info, see Debra.



We accept MasterCard and Visa as a debit or credit for our trips and donation with 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.**