



# NEWS

"Informing,  
Educating,  
&  
Caring"

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

January 2020

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**All Centers open 9:00 a.m.-3:00  
p.m. Monday through Friday.**  
**Lunch served from 12:00 noon-  
1:00 p.m.**

You are never too old  
to set another goal or  
to dream a new  
dream.

— C.S. Lewis

HAPPY  
NEW YEAR

Roscommon County Commission on Aging, Inc.,  
Board of Directors' will hold its meeting:

**Wednesday, January 15, 2020, 1:00 p.m.**

**RCCOA Administrative Offices**

1015 Short Drive, Suite A  
Prudenville, MI 48651

Everyone is welcome to attend.

## Mr. P's Adventures

Mr. P sure does appreciate you all helping him find the list of ideas in the newsletter. Mr. P, along with Mrs. P, made some special memories with the grandkids by making the holidays special for someone else. The grandkids are still talking about it. Mr. P can't believe it's the start of another year, let alone 2020...he wonders what it will hold. Last year went so fast and had many ups and downs. He read the article about putting together a disaster kit and being prepared just in case...he hopes it never happens but you never know. We get a lot of storms and electricity has gone out many a time so he is going to try to put together a disaster kit. He knows he has an empty tote he could use to put everything in, now if he could just remember where he stashed it. You don't have problems remembering where you stash stuff, do you? Of course not! But anyway, the tote is gray. Can you help him find it? When you find it, 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 **Friday, January 10**. Deadline to enter is **Thursday, January 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 win. "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.

Mr. P wishes everyone a



## FROM THE DIRECTOR

### Happy New Year

I hope y'all had a good Christmas and a Happy New Year! It's always so busy; I'm happy to see the holidays come but I'm also happy that it is over. And I'm sure our homebound clients are happy to see their meal driver and/or their provider coming around again.

Here's a little history lesson for you: Prior to us becoming our own agency in 1997, we were part of the Trio Council on Aging which included Roscommon, Ogemaw and Iosco Counties. The Trio Council used to completely close during the holidays. That's right, they would close Christmas Eve day and remain closed until January 2nd. For nearly 2 weeks the centers were closed and our homebound clients did not receive services. Frozen meals were delivered prior to the closure for "Meals-on-Wheels" clients but they had no wellbeing check from the drivers.

That changed in 1997 when the Trio Council disbanded and the RCCOA was formed. Our director, Carolyn Moore, felt being closed during the holidays was not in the best interest of our seniors. She argued that 11 days was too long without one of our providers or drivers checking on our clients. She proposed giving staff 2 paid days off for Christmas and 2 paid days off for New Years. Her proposal was accepted by the RCCOA Board and it's been that way ever since!

That's just a little history lesson about where we have come from. My wish for everyone is a joyous, Happy New Year filled with health, friendships and love.

All the Best!

Tom



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.

### 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.*

Please mark your calendar to donate at this  
blood drive!

Here's where and when:

Houghton Lake Center

Tuesday, February 25, 2020

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  
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## RCCOA's Closure Policy

With winter weather near at hand the need to  
close our centers may arise. The RCCOA's  
policy is as follows:

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

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

**The RCCOA Administration reserves the right  
to override our closure policy in the best  
interest of our clients and staff.**

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



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**Elizabeth  
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15-0755





## CAREGIVER SUPPORT GROUP

**Monday, January 6, 2020**  
**Monday, January 20, 2020**  
 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.



**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.



## 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!

## 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).



**MUNSON HEALTHCARE**  
 Hospice



## 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.

# Emergency Preparedness Word Search



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



Alerts

Batteries

Blankets

Cash

Cloths

Emergency plans

Evacuation Routes



First Aid Kit

Flashlight

Grab and go kit

Hazards

Household documents

Hand can opener

Important numbers

Personal documents

Pet supplies

Prescription meds

Ready to eat foods

Seventy-two hours

Water

Weather radio

Whistle



PET SUPPLIES

## How to Assemble a Disaster Supply Kit

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

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Though local officials will be on the scene after a disaster, they cannot reach everyone immediately. You could get help in hours, but it could also take days.

Basic services such as electricity, gas, water sewage treatment, and telephones may be cut off for days, a week, or even longer. You may have to evacuate at a moments notice and take essentials with you. You probably won't have the opportunity to shop or search for supplies you need. That is why it's important to have a disaster supply kit that is a collection of basic items members of a household may need in the event of a disaster.



**Kit Locations.** Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

**How Much Water Do I Need?** You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking. In determining adequate quantities, take the following into account: individual needs, depending on age, physical condition, activity, diet and climate. Children, nursing mothers, and ill people may need more. Very hot temperatures can double the amount of water needed. Don't forget your pets need water, too.

**How Should I Store Water?** For the safest emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open until you need to use it. Be sure to observe the expiration or "use by" date.

**Preparing Your Own Water Containers.** It is recommended you purchase food-grade water storage containers. If you use your own containers, choose two-liter plastic soft drink bottles—not plastic jugs that have had milk or fruit juice in them. Milk products and fruit sugars cannot be adequately removed from these containers. They provide an environment for bacterial growth when water is stored in them.

**Follow These Steps If Water is Stored in Plastic Soda Bottles.** Wash the bottles with soap and water and rinse. Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a utility with chlorine, you do not need to add anything else to the water. If the water comes from a well or water not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the inside of the cap with your finger. Place the date on the outside of the container so you know when you filled it. Store in a cool, dark place. Replace water every six months if not using commercially bottled water.

**Food.** Consider the following when putting together your food supplies: Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals and canned foods with high liquid content. Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener.

Concluded on page 8.



## Word Find Answers in Bold



## HOW WE SERVED YOU DURING

**November 2019**

Meals-on-Wheels Delivered:	7718
Meals Served at Centers:	1800
Homemaking Service Hours:	838
Personal Care Hours:	207.25
Respite Care Hours:	289
Serenity Day Lodge Hours:	246

### AND THE WINNERS

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

Houghton Lake	Agnes Harmon
Roscommon	Sue Hartman
St. Helen	Arlene Tworek



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

### Autumnwood of McBain...



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



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15-0755



## Assembling a Disaster Supply Kit, continued from page 6

**Maintaining your Kit.** Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

- Keep canned foods in a dry place where the temperature is cool.
- Throw out any cans that become swollen, dented, or corroded.
- Store boxed food in tightly closed plastic containers to protect from pests and extend shelf life.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you stored it on all containers.
- Rethink your needs every year and update your kit as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as an unused trashcan, camping backpack, or duffel bag.

Source: California

THOU SHALT PURIFY THE WATER THAT THOU DRINKEST



## Things Your Cell Phone Can Do in Emergency Situations

Owning a cell phone has come to be regarded as a necessity of modern society. Many people have yet to discover the array of uses they may get their phones to do in the event of a true emergency. Here is a list of how your phone may be helpful in an emergency:



- **Be an All-Purpose Emergency Kit.** There are a plethora of apps that focus on a specific niche that will benefit you in an emergency, but a more comprehensive app can be more convenient and may help you feel more secure. Thankfully the FEMA app has a little bit of everything. This app can guide you through comprehensive emergency preparation and help you remain safe and find shelter during an emergency, making it an ultimate multi-purpose tool.
- **Offer Medical Help.** While nothing is better to assess your health than a visit to your doctor, triage will do in a pinch. This comprehensive app allows you to assess and research your symptoms, read about conditions, medications and procedures, view important news in health, look for a variety of types of medical facilities, and book an appointment with speed and ease.
- **Outline Basic First Aid.** When dealing with more straightforward emergency situations, a convenient, comprehensive, and readily available first aid guide can be a great help. Thankfully apps like Army First Aid, Pocket First Aid and CPR; and the American Red Cross First Aid app make guides available at the tips of your fingers.
- **Give Emergency Personal Information.** While a simple photo ID will identify you to emergency personnel in the event that you cannot do so yourself, those helping you in an emergency situation often need more information than can be found on a drivers license. ICE Standard app allows you to store the information that emergency personnel need in one convenient, clearly labeled place that you make easily accessible.
- **Locate Family Members.** GPS tracking is not only for everyday tasks, such as ensuring the safety of your kids or grandkids, but in more dire situations. Apps such as AT7T Family map and Life 360 can help you locate your loved ones, even alert them to an emergency quickly and easily.
- **Navigate a Car Crash.** With roughly 10 million car crashes occurring yearly in the U.S., it is wise to be well equipped to handle a car crash at all times. Motor vehicle crash assistance apps are available to make managing this unfortunate situation as easy as possible. Apps like iWrecked allow you to store and access all pertinent information, send a report, and access emergency resources with great ease and efficiency.
- **Help You Find Shelter.** Apps like the American Red Cross, Shelter View and Network of Care Shelter Finder are great resources to ensure that you can always be safe. These apps can allow you to find shelters that fit your needs with great ease.
- **Alert You to an Emergency.** While many programs that can help you during an emergency do their job well, one is generally better equipped to handle an emergency if they are also prepared for it. Apps like Emergency Alert and Disaster Alert specialize in emergency preparedness. These apps can alert you to emergencies that may affect you, and can provide you with up-to-date information regarding the situation so that you can best prepare to stay safe.

Source: thrifty fun



# Center / COA ACTIVITIES & NEWS



## MOVIE DAY

Join us for Movie Day at the Center of your choice. Free popcorn for everyone and no charge for the movie either! And since you're coming in, why not plan on lunch prior to the movie?!

**Wednesday, January 8** — Houghton Lake Center, 12:45 p.m.

**Thursday, January 9** — St. Helen Center, after lunch

**Thursday, January 23** — Roscommon, 12:30 p.m.

## ASK THE BANKER!

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

**When:** Thursday, January 9

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

**Where:** Houghton Lake Center



## Senior Safety Presentation by Ray Wlosinski

Ray, a retired Captain Shift Commander of the Garden City Fire Department, is a training coordinator for the Bureau of Fire Services and an Associate Professor for Schoolcraft College and Delta College.

He has offered to do a series of presentations on issues relating to all senior citizens.

The first to be presented in January will deal with wintertime safety for seniors. The focus will be on slip and fall protection, safety in wintertime activities and home winter safety.

### St Helen Center

Monday, January 13<sup>th</sup>, 11:00 a.m.

### Roscommon Center

Monday, January 13<sup>th</sup>, 12:30 p.m.

### Houghton Lake Center

Thursday, January 16<sup>th</sup>, 11:30 a.m.

## FUTURE PRESENTATIONS

The spring will feature more of medical and safety related items to prepare for summer.

The fall will focus on preparation for the cold weather and simple furnace and home maintenance that can be done prior to the cold weather.

Watch for the dates in of these informative presentations in future newsletters.



## Houghton Lake Center

**Friday, January 31, 11:00 a.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. A RCCOA fundraiser.



## 2019 Income Tax Returns Volunteers Needed

The RCCOA will be partnering with United Way and participating in the VITA (Volunteer Income Tax Assistance) Program in 2020 to do 2019 tax returns. We are looking for a few volunteers to assist with doing the returns. Training will be provided. If you are interested, call 989.366.0205 and ask for Tom or Betty to find out more. Information to sign up for appointments will be in the February newsletter.



St. Helen Center's annual soup fundraiser will be March 14, 2020, so mark your calendar and look for more info in the February newsletter.

## Medicaid's Treatment of the Home



Nursing home residents do not automatically have to sell their homes in order to qualify for Medicaid, but that doesn't mean the house is completely protected. The state will likely put a lien on the house while the resident is living and attempt to recover the property after the resident has passed away.

Medicaid will not count a nursing home resident's home as an asset when determining eligibility for Medicaid as long as the resident intends to return home (in some states, the nursing home resident must prove a likelihood of returning home). In addition, the resident's equity interest in the home must be less than \$585,000, with the states having the option of raising this limit to \$878,000 (figures are adjusted annually for inflation; these are for 2019).

The equity value of the home is the fair market value minus any debts secured by the home, such as a mortgage or a home equity loan. For example, if your home has a fair market value of \$400,000 and an outstanding mortgage of \$100,000, the equity value is \$300,000. Your equity interest depends on whether you own the home by yourself or with someone else. If you own the home by yourself, your equity interest is the entire equity value. If you own your home jointly with your spouse or someone else, your equity interest is only half of the home's equity value.

The home equity rule does not apply if the Medicaid applicant's spouse or a child who is under 21 or is blind or disabled lives in the home.

While the house may not need to be sold in order to qualify for Medicaid, state Medicaid agencies will likely place a lien on any real estate owned by a Medicaid beneficiary during his or her life. The state cannot impose a lien if a spouse, a disabled or blind child, a child under age 21, or a sibling with an equity interest in the house is living in the house.

Once a lien is placed on the property, if the property is sold while the Medicaid beneficiary is living, not only will the beneficiary cease to be eligible for Medicaid due to the cash from the sale, but the beneficiary would have to satisfy the lien by paying back the state for its coverage of care to date. In some states, the lien may be removed upon the beneficiary's death. In other states, the state can collect on the lien after the Medicaid recipient dies. Check with your attorney to see how your local agency handles this.

Even if the state did not place a lien on the home during the Medicaid beneficiary's life, the home may still be subject to estate recovery after the Medicaid recipient's death, again depending on the state.

There are steps you can take to protect your home. Contact your attorney to learn more.

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



**Tel: 989-343-2470**

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15-0755



# What to Look for (and Avoid) in an Emergency Alert System

By Marlo Sollitto

Falls, stroke, heart attack and other medical emergencies are the biggest concerns for seniors' safety. Seniors want to maintain their independence, but family members often worry since they cannot be present around the clock to ensure their loved ones' safety. This dilemma prompted the creation of medical alert systems that are capable of instantly summoning help in the event of an emergency. There are many types of these devices on the market, and they go by a few different names, such as personal emergency response systems, medical alert devices, senior call buttons or medical emergency response systems. They all work in a similar way to help ensure a senior's safety and provide peace of mind for their family members.



## How Medical Alert Systems Work

Most systems have three basic components: a small radio transmitter (a call button carried or worn by the user); a console or base station connected to the user's telephone line; and an emergency response center that monitors calls. When the help button is pressed, the console automatically dials the central monitoring center and connects the user with an operator who determines what kind of help is needed, such as an ambulance or assistance from the local police department or fire department. Most consoles feature a two-way speaker, so the operator and the senior can communicate with one another. Some systems can dial out even if the phone is in use or off the hook. This feature is called "line seizure." In addition to dialing the monitoring center, once notified, the operator may also contact family, friends or neighbors that the senior has listed as emergency contacts. "A medical alert system provides peace of mind for both the caregiver and the senior," explains Ken Gross, Chairman of Connect America, the nation's largest independent provider of medical alert systems. "The senior simply presses a button and help is on the way." These systems can vary widely, though, so it is important to carefully compare different companies, products and service packages.

## What to Look for in an Emergency Response System

To help you shop for an emergency button for seniors, the following factors are suggested to be considered:

- **Pricing and Contract Terms.** Medical alert companies assess fees differently. Some offer monthly, semiannual or annual payment plans for monitoring services. Some also charge for necessary equipment like the base unit and the wearable transmitters. Ask about minimum obligations for the service. Some require a 30-day, 90-day or even 36-month minimum contract to provide services. Also inquire about activation fees, cancellation fees if you need to end the contract early, and whether monitoring costs are locked in or might increase. Look for additional fees and be sure to obtain an itemized written quote when inquiring about prices.
- **Features.** Along with pricing, it's crucial to ensure that an emergency alert system is a good fit for your unique medical conditions and living arrangement. What is the main objective for the system? For example, if a loved one has Alzheimer's disease, they may wander and get lost. A system that provides GPS monitoring services would be especially beneficial in case they go missing. For a senior who is prone to falls, a system that offers automatic fall detection technology in its wearable transmitters would be ideal. These special call buttons have motion-sensing capabilities to determine if the wearer has fallen and contact help automatically, even if the wearer cannot. Many additional features have been added to these systems over the years, including fitness trackers, medication reminders, daily check-in calls, home security features and more. Additional "bells and whistles" typically mean higher costs, so avoiding unnecessary features is equally as important as ensuring you get the ones you want.
- **Experience and Reputation.** How long has the company been in business? Do they have a good reputation? Search online for customer reviews of systems you are considering and try to find feedback from real users with similar medical conditions and concerns. If consumers report the same complaint again and again, it is likely an issue that should factor into your decision.

*Concluded on page 14*

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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**Thursday**

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**Friday, Saturday, Sunday**

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**Commodity Supplemental Food Program**—Held every month for seniors age 60 and over.

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## 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!



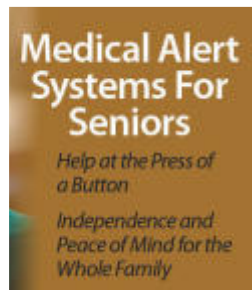
# What to Look for (and Avoid) in an Emergency Alert System

## Continued from page 12

- **Range and Portability.** What is the range of the system? Does the senior need more than one base unit for adequate coverage of their home? If so, will that increase the cost? Can the system be used when the elder is working in their yard or away from home? These are important considerations for seniors who lead active lifestyles, dementia patients who are prone to wandering and those who live in more than one place during the year. Some companies offer plans with nationwide cellular coverage or base units that can be moved from home to home. “These setups allow seniors to take the system with them when they travel, and it will work in all 50 states. It’s great for snowbirds,” Gross says. Just remember to update the current home address with the response center, otherwise an operator may send help to the wrong location.
- **Ease of Use.** Be sure to research the actual equipment included in the system. Look at the dimensions of the base unit and wearable transmitters and the different buttons on each. Is the emergency button large and easy for the senior to see and press? Are there any complicated instructions, buttons on the console or other features that might be troublesome for the elder to operate? Are the wearable devices comfortable? Do they need to be charged? Ask if the company you are considering offers a trial period for their system so you can ensure it is the right fit. You want a product that the senior is willing to wear every day and able to use with ease. This is especially important for users who have poor eyesight, limited dexterity or other impairments that may prevent them from using these devices properly. A system that is uncomfortable or difficult to use is not going to be effective.
- **Waterproofing.** “Most accidents happen in the bathroom,” Gross points out. Make sure the wearable button is waterproof and can be worn in the bath or shower. This will ensure that a senior can summon help if they slip and fall while bathing.
- **Trained Operators.** Determining the quality of the monitoring service is also very important. Ask about the training that monitoring center staff members receive and look for a company that has its own in-house call center located in the United States to handle incoming calls. When that button is pressed, every second counts. You want a qualified response team to assist the user and contact the proper emergency personnel.
- **Hours of Operation.** Make sure the monitoring center is available 24 hours a day, 7 days a week, for both emergency monitoring and customer service. What happens if there are problems using the system or questions arise about the service?
- **Contact Options.** Some systems have options for connecting users with various contacts depending on the nature of their alert call. In emergencies, of course the operator will summon the proper authorities, but some systems allow users to program family members and friends as contacts for nonurgent situations. This keeps seniors connected with a comprehensive support system, regardless of what kind of help they may need.
- **Testing.** The company you choose should test the system on a regular basis to ensure it is functioning properly. Ask what procedures the center uses and how frequently these tests are conducted. For example, Gross explains that, “Medical Alert systems receive a silent signal from the home on a weekly basis to ensure that the customer’s system is connected and functioning.” Make sure the system you choose includes repair and replacement services as well.

The tips above will help you compare providers and products before making a purchase. Obtaining the right medical alert system is crucial for a sense of security. Knowing that help is only a push of a button away can give the entire family invaluable peace of mind.

Sources: Falls and Fall Injuries Among Adults Aged ≥65 Years — United States, 2014 (<https://www.cdc.gov/mmwr/volumes/65/wr/mm6537a2.htm>); Fall-Proofing Your Home (<https://www.nia.nih.gov/health/fall-proofing-your-home>)





# Houghton Lake Center News



So, I remember 20 years ago how the world was ending as we reached the year of 2000. Wow! Now we are in to the 2000's 20 years. I hope that this year will find all of you with much health and happiness.

As I start my New Year here in Houghton Lake, I ask you to be patient with me as I try to learn some new names. I am for sure the person who will always remember your face, but not your name. If you have any great ideas to teach me how to remember, please let me know.

If you are bored here in Houghton Lake, it is no one's fault but your own. There is so much here to keep you busy. Read your newsletter and see what activities are available to your liking. Also, if there are any activities that you would like to try, please let me know. We will try to schedule them.

Some of the new things we are going to get started include Monday, January 13, Bunko Party, 12:45 p.m. On Wednesday, January 8, will be a Show and Tell day. If you have anything unique or special, bring it in and we will display it and talk about it before lunch. Also, the second Wednesday of the month will be our monthly Movie Day at 12:45 p.m. Wednesday, January 15<sup>th</sup> at 12:45 p.m. is painting with acrylics with Barb and Judy. The 20<sup>th</sup> of January at 1:00 p.m. Michelle will hold another clinic about iphones, tablets, and itouches. Then on Monday January 27<sup>th</sup> we will hold a Sock Hop at 12:45 p.m.

In February the first Monday of the month we plan to get Mexican Train Dominos playing here. Please feel free to join us. Also plan for the blood drive in Houghton Lake on February 25<sup>th</sup>. To make an appointment call Deb at 989-366-0205. Also, keep in mind with nasty weather—when your school closes so does your center.

The winner of Mr. P for the month of December is Agnes Harmon.

*Johnna Ancel*

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



## 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 <b>10:30 a.m. Pool League</b> 1:00 p.m. Bridge 1:00 p.m. Let's Sing Together
Thurs:	9:00 a.m. Exercise <b>9:00 a.m. Mahjong</b> 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

## JANUARY

Let's all welcome in a brand new year! I've talked to a lot of people who felt 2019 was a very challenging year so let's Bless 2020.

Hi everyone! I would like to introduce myself. My name is Varlya Hanusik. I became the center manager at the Roscommon Center in December 2019. My journey with the RCCOA began almost 6 years ago as the Center Manager at the St. Helen Center. I am excited to start this New Year with a new group of friends in the Village of Roscommon and at the Center. My husband and I have lived in Roscommon full time since 2011 and have spent lots of time here over the last 35 years. Thank you to everyone for being so welcoming and accepting of me.

December has been a busy, fun month at our center. The Light-Hearted Quartet came to sing for us. The annual Cookie Sale was a great success. Fellowship at the Christmas Brunch was amazing. Great fun was had by all at our Christmas/Ugly Sweater Contest.

Please note that on the podium is a monthly sign-up sheet for lunches. This sign-up sheet helps the cooks determine how much food to order. My suggestion is that you look at the meal calendar in the newsletter and if you think you might come in to eat that day, put your name on that date. If you are unable to come in, the leftover meals will be made into frozen meals for our "MOW" clients or frozen take-out meals for the center. Also, please remember to use your keycard to sign in for activities and lunch. For every meal counted, we get credit to help with our grant funding.

We realize that after the holidays some can get into a funk. The cooks and I would personally enjoy it if you came in to join us with any or all our celebrations, activities and programs. We welcome and embrace all new friends.

I look forward to the days and months to come at the Roscommon Center. Let's grow it together.

*Varlya Hanusik*

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



### 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  
12:45 p.m. Euchre, Pool, Games
- Wed: 10:00 a.m. Walking Video  
10:30 a.m. Arthritis Exercise  
12:45 p.m. BUNKO  
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

*I did not get the opportunity to tell everyone bye before I started my new position at Roscommon Center. I would like you all to know I will miss each and everyone of you. It has been my pleasure to be your Center Manager for over 5 years. I'm not that far down the road and there may be opportunities for both our centers to interact with each other. I hope you all had a very Merry Christmas and a wonderful New Year. You all have a place in my heart. I am sure Sally will be a great addition to your Center. Varlya Hanusik*

I hope you had a wonderful Christmas and Happy New Year. For the New Year we all seem to want to make new resolutions and changes. The St. Helen Center has some new changes. Varlya Hanusik has moved to Roscommon as Center Manager and I, Sally Allport, am the new St. Helen Center Manager. I have worked at the Houghton Lake Center in the kitchen and home health for almost two years. I will miss my coworkers, clients and people I met while at Houghton Lake. I have been happily together with my husband, James, for over 12 years. In our off time we love to spend time with family, play games and craft.

I'm enjoying interacting with my new friends and family at the St. Helen Center. Thank you for the warm welcome. I would like to thank the kitchen staff—Desiree and Brittani—and driver, Karen, for all their hard work all year round but, especially during the winter months, to make sure our homebound receive a hot meal. December was a very busy month. Thank you to the children from Roscommon Elementary School and Mr. & Mrs. Claus for coming to our Christmas Party. We all had a wonderful time. Ugly Sweater Winner and runner-up are Michelle (Micky) Shivley and runner-up Diane Malvitz. Weather got you down? Come on in and join us for some of our great activities we offer on a daily basis and check out our monthly activities too!!! We have Wii Bowling, card playing and even exercise classes. Don't forget your pennies for Penny Bingo every Tuesday morning at 10:00 a.m.! January is Hot Tea month. Join us on the 16<sup>th</sup> for hot tea and cookies. Stay for lunch. Dress up and bring your favorite teacup with you. We have a **Brain Teaser** this month so get your thinking caps on. **Answers** will be revealed at the tea party so come on in and enter your answer in the drawing. Prize for winner(s) (MUST BE PRESENT) will be given by the Advisory Board. Thank You. **Brain Teasers:** 1. When I'm young, I'm sweet in the sun. At middle-age, I make you happy. When old, I'm valued more than ever. What am I? 2. Without it, I am dead. If I am not it, then I am behind. What am I? 3. How many three cent stamps are in a dozen? 4. In a year, there are 12 months, seven months have 31 days. How many months have 28 days?

**Sally Allport, 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

**31 Closed for New Year's Eve**

**1 Happy New Year! — Closed**

6 1:00 p.m. Caregiver Support Group (pg 4)  
8 11:15 a.m. Blood Pressure Clinic with Lighthouse  
1:00 p.m. Alzheimers Support Group (pg 4)  
9 12:30 p.m. Movie Day "Grace is Gone"  
10 10:00 a.m. **Cancer Support Group**—Houghton Lake (pg 4)  
15 11:45 a.m. Dori from Grayling Nursing and Rehab  
16 11:30 a.m. Tea Party and Brain Teasers  
12:30-3:30 p.m. Post Holiday Grief Clinic with Karen from Munson—Houghton Lake  
20 1:00 p.m. Caregiver Support Group (pg 4)  
23 12:00 Noon **Birthday Celebration**  
24 3:30 p.m. Grief Support Group (pg 4)



# Center Activities — December



## Houghton Lake

**Dec 31 Closed for New Year's Eve**

**1 Happy New Year! — Closed**

- 6 1:00 p.m. Caregiver Support Group (pg 4)
- 7 10:00 a.m. Beginner Card Making (sign up at center) cost \$10, includes lunch
- 8 11:30 a.m. Show & Tell Day  
12:45 p.m. Movie Day  
1:00 p.m. Alzheimer's Support Group (pg 4)
- 9 11:00 p.m. *Ask the Banker* (pg 9)
- 10 **10:00 a.m. Cancer Support Group** (pg 4)
- 13 12:45 p.m. Bunko Party
- 15 12:45 p.m. Painting Class w/acrylics with Judy and Barb
- 16 12:30-3:30 p.m. Post Holiday Grief Clinic with Karen from Munson
- 20 11:30 a.m.-12:00 Noon Blood Pressure Clinic with Marie  
1:00 p.m. Smartphone Clinic with Michelle  
1:00 p.m. Caregiver Support Group (pg 4)
- 22 11:30 a.m. presentation with Dori from Grayling Nursing and Rehab
- 23 12:00 Noon Birthday Cake with Catherine from The Lighthouse
- 24 3:30 p.m. Grief Support Group (pg 4)



**Monday, January 13**  
**Houghton Lake Center**  
**1:00 p.m.**

Join us for a fun afternoon of playing Bunco. Never played before? That's ok. We'll teach you. Cost for this fun-filled day is \$8.00 which includes lunch at noon, prizes and snacks. See Johnna or call her at 366-9168 to sign up today.



## Roscommon



**Dec 31 Closed for New Year's Eve**

**1 Happy New Year! — Closed**

- 6 12:45 p.m. Senior Advisory Board Meeting  
1:00 p.m. Caregiver Support Group (pg 4)
- 8 12:30 p.m. Rehabilitation after Surgery presentation by Dori from Grayling Nursing and Rehab  
**1:00 p.m. Alzheimer's Support Group (pg 4)**
- 10 **10:00 a.m. Cancer Support Group** (pg 4)
- 11 1:00 p.m. Monthly Card Party and Potluck
- 14 11:45 a.m. Blood Pressure Clinic w/ Intelicare
- 16 12:30-3:30 p.m. Post Holiday Grief Clinic with Karen from Munson
- 20 1:00 p.m. Caregiver Support Group (pg 4)
- 23 12:30 p.m. Movie Day
- 24 3:30 p.m. Grief Support Group (pg 4)



The Roscommon County Commission on Aging, our 3 centers and Serenity Day Lodge will be **CLOSED**:  
**Tuesday, December 31 and Wednesday, January 1, 2020**  
"Meals-on-Wheels" clients will receive frozen meals in advance for those days.

## Veterans, Active Duty, Active Reserve Members

Pork Loin

Veterans Assistance Package available

Thursday, January 16, 2020

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Happy  
New Year

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The American Legion's success depends entirely on active membership, participation and volunteerism. The organization belongs to the people it serves and the community in which it thrives.

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15-0755



## Welcome January

January is a time of quiet and new beginnings - is the perfect time to reflect on how you want to live your life.

January is the perfect time to refocus on your priorities and set goals.

Think Positive Words



## Shoveling Safety

### Tips to minimize risk, maximize benefit

Winter weather has already hit with snow and cold. While shoveling can be great exercise, it can also pose some risks. The National Safety Council recommends the following tips to shovel snow safely:

- \* Do not shovel after eating or while smoking.
- \* Take it slow and stretch out before you begin.
- \* Shovel only fresh, powdery snow.
- \* Push the snow rather than lift it.
- \* If you do lift it, use a small shovel or only partially fill the shovel.
- \* Lift by bending your legs, not your back.
- \* Do not work to the point of exhaustion.

**And remember:** don't pick up that shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.



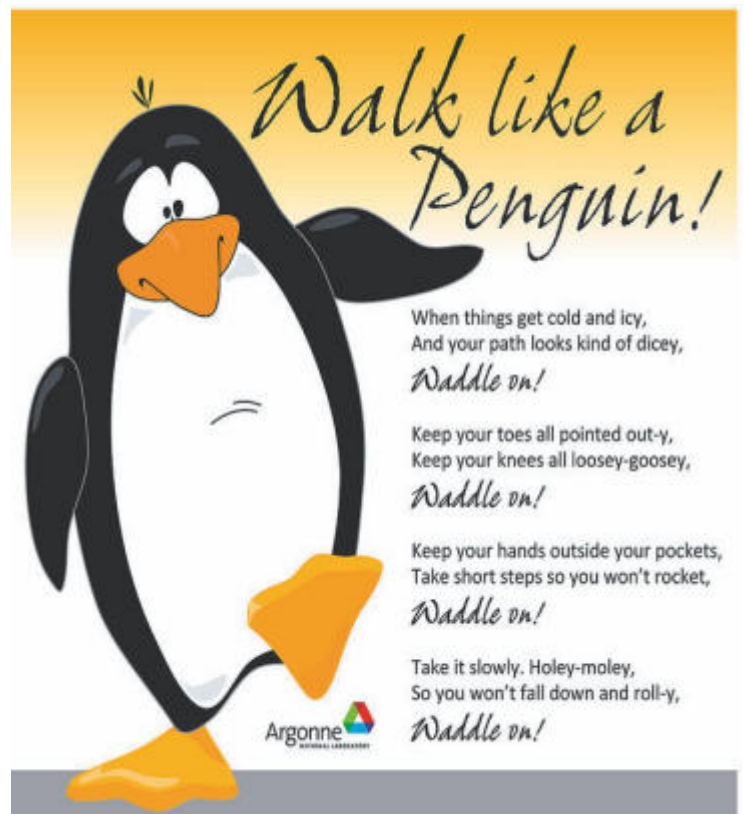
How are you at making words out of other words? Here's the challenge: Make as many words as possible from **Waddle on**

Have fun!!!!

### NEW YEAR PRAYER:

Thank You Lord for giving me  
The brand new year ahead.  
Help me live the way I should  
As each new day I tread.  
Give me gentle wisdom  
That I might help a friend,  
Give me strength and courage  
So a shoulder I might lend.  
The year ahead is empty,  
Help me fill it with good things  
Each new day filled with joy  
And happiness it brings.  
Amen.

The Daily Bible Verses  
<http://thedailyverses.blogspot.com> [www.facebook.com/thedailybibleverses](http://www.facebook.com/thedailybibleverses)







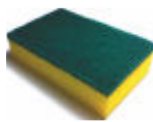


# Education

## Kitchen Sponge Safety: Do's and Don'ts

While a sponge is helpful for wiping up kitchen spills and absorbing liquid quickly, it can also absorb harmful foodborne pathogens along the way.

Sponges are still a good kitchen tool just keep these do's and don'ts in mind.



### DO

- Do clean sponges daily. Toss sponges in the dishwasher with a drying cycle, or microwave a damp sponge for one minute to kill 99% of bacteria, yeasts and molds. You can also soak sponges for five minutes in bleach/water use a solution of 2 T. bleach to one quart water.
- Do replace sponges frequently. Even if you clean your sponge daily, remember to replace it frequently. If your sponge starts to smell at anytime, toss it out immediately.
- Store in a dry location. It's important to not only wring out your sponge completely after each use and wash off any loose food or debris, but you should store in a dry location.

### DON'T

- Don't wipe up meat juices. Cleaning spills from ground beef or poultry with a sponge can increase your chances of spreading harmful foodborne pathogens. Instead, use a paper towel or disinfectant wipes to clean up meat juices.
- Don't use sponges on countertops. Germs and bacteria can spread from the sponge to your countertop, so use a paper towel or disinfectant wipes to clean countertops instead.
- Don't ignore dishcloths. While less porous than sponges, you should still launder dishcloths frequently as they can also harbor harmful bacteria. Remember to wash dishcloths in hot water and dry them on high heat in the dryer.



Source: [eatright.org](http://eatright.org)

## 8 tips for a better night's sleep

A recent Sleep Foundation poll

found that more than half of

American adults don't get enough

sleep. The human body—and mind—need 7 to 8

hours of sleep to perform at their best. If you're sleep deprived, consider adopting these simple habits:



- **Create a restful environment.** Your room should be cool, dark and quiet. Try room darkening shades, earplugs and/or a fan.
- **Exercise more.** Regular physical activity can promote better sleep. (Avoid being active too close to bedtime.)
- **Avoid caffeine, nicotine and alcohol.** Nicotine and caffeine have a stimulating effect that can take hours to wear off. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.
- **Turn off the tech.** avoid light-emitting screens (smartphones, TVs, etc.) before bedtime. Try reading a book instead.
- **Take a warm bath.** The water will cause your body temperature to rise and then cool afterward, helping you relax. Try soaking an hour before bedtime.
- **Manage worries.** Before you go to bed, write down what's on your mind and set it aside for tomorrow.
- **Don't stay in bed if you can't sleep.** If you don't fall asleep within about 20 minutes, leave your bedroom and listen to soothing music or read. Go back to bed when you're tired.
- **Stick to a schedule.** Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour.



Sources: Mayo Clinic, [mayoclinic.org](http://mayoclinic.org); Genesis Health System, [genesishhealth.com](http://genesishhealth.com)

# Menu

## JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>CLOSED</b> <sup>1</sup> 	<b>2</b> Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread	<b>3</b> Beef Tips in Gravy over Egg Noodles Garlic & Herb Broccoli Cole Slaw Fruited Gelatin Wheat Bread
<b>6</b> Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread	<b>7</b> Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/ tomato Honey Wheat Roll	<b>8</b> Salmon Patty Brown Rice Green Peas Fresh Orange Wheat Bread	<b>9</b> Pot Roast Mashed Potatoes with Brown Gravy Baby Carrots Red Grapes Honey Wheat Roll	<b>10</b> Stuffed Chicken Breast Garden Rice Beets Fruited Gelatin Honey Wheat Roll
<b>13</b> Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll	<b>14</b> Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread	<b>15</b> Taco Salad with meat & refried beans, lettuce, tomato, onion & sour cream Black Beans & Corn	<b>16</b> Chicken Marsala Mashed Potatoes Sour Cream & Chives Green Peas Chilled Peaches Wheat Bread	<b>17</b> Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread
<b>20</b> Smothered Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread	<b>21</b> Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn	<b>22</b> BBQ Chicken German Potato Salad Beets Cornbread	<b>23</b> Swedish Meatballs over Egg Noodles Baby Carrots Spiced Peaches Wheat Bread  <b>Birthday Party</b>	<b>24</b> Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread
<b>27</b> Hamburger on a Bun Steak Fries Prince Charles Veggies Cole Slaw Dill Pickle Spear Mixed Fruit	<b>28</b> Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	<b>29</b> Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread	<b>30</b> Breaded Pork Chop Garlic Mashed Potatoes Asparagus Berry Applesauce Wheat Bread	<b>31</b> Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll

### Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change



# COA Trips



## Bussin' Beauties

Kirtland Community College  
Newly opened Cosmetology Salon

**Ladies and Gents:**

**Join us for a morning of pampering.**

**Leave:** Roscommon Center

**Wednesday, January 15, 9:00 a.m.**

**Leave:** Houghton Lake Center

**Tuesday, January 21, 9:00 a.m.**

**Cost:** \$12.50 per person, includes 3 treatments and transportation. **Limited number of seats—open to both men and women!**



## The Sleeping Beauty

Arts Academy Dance Co.

Corson Auditorium

Interlochen

**Saturday, February 15, 2020**

**Leave:** Houghton Lake

**Return:**

**Cost:** \$25.00 per person includes transportation and show. Lunch is on your own.

Interlochen Arts Academy's dance students present the classic tale of a princess cursed to slumber for 100 years. Accompanied by Piotr Ilyich Tchaikovsky's beloved score, the company will stage a ballet based on Marius Petipa's original choreography.

## Casino Trip Soaring Eagle Casino, Mt. Pleasant

**Thursday, January 16**

**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.



**Monday, July 20, 2020**

## Let's Go Out to the Ballgame

Join us for a Loons afternoon game.

More info to follow



**Overnight get-away**

**Sunday & Monday**

**January 19-20, 2020**

**Cost:** \$80 per person (dbl occp)

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

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

## A LOOK AHEAD

To 4 new trips for the new year!

Chicago,

Nashville Show Trip,

Tunica & Memphis.

*Back by popular demand*

The Ark Encounter & Creation Museum

Dates, times and more info to come in future newsletters.

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.**