



Commission on Aging

NEWS

"Informing,
Educating,
&
Caring"

www.rccoa.net

April 2020

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

Thomas Pettit, Director
989.366.0205

Betty Kimble, Admin. Asst.
989.366.0205

Vivian Balmes, Bookkeeper
989.366.0205

Sheila Englehardt, Programs
Coordinator 989.366.0205

Chuck Corwin, RN
Consultant 989.366.3800

In-Home Services 989.366.3800

Mikki Stegall—Coordinator
Dana Clayton
Kathy Miles

Heather Emerick, Lodge
Coordinator 989.366.0205

Andy Tapia, "MOW" Hotline/
Nutrition Coordinator
989.279.0850

Debra Looney, Activities
Coordinator 989.366.0205

Crystal Peplinski, Houghton Lk
Center Manager 989.366.9168
Fax: 989.202.2008

Varlya Hanusik, Roscommon
Center Manager 989.275.8421
Fax: 989.275.6232

Sally Allport, St. Helen Center
Manager 989.389.7551
Fax: 989.389.3684

All Centers are closed to the public at this time. Meals are available for those who have need. Please contact Andy Tapia, Nutrition Coordinator, to see if you meet the criteria.



The RCCOA would like to thank our clients for their cooperation with all of the changes and adaptations we have had to make during these challenging days because of the COVID-19 virus. We realize this is not easy but you have all been troopers! You have understood the need and worked with us.

We would also like to thank our staff for their willingness to depart from their normal job roles and fill in as needed and wherever they are needed. All of our employees are working hard to make it possible to continue services to the seniors in Roscommon County within the guidelines set forth by the CDC.

The Agency has set in place a Continuation of Services Plan. This plan is being updated and adapted to meet the ever-changing guidelines of the CDC to keep our seniors safe. We have included this service plan on page 8 in the newsletter.

We encourage everyone in our community to stay safe and take care of yourself. Wash your hands often and stay home if you feel like you are coming down with something.



Roscommon County Commission
on Aging, Inc.,
Board of Directors' meetings
are cancelled until further notice.

Mr. P's Adventures

Mr. P's grandkids say a big THANK YOU for helping them find their kitten. They wouldn't have been happy if they would have had to leave her at Grandpa's house. (Mrs. P wouldn't have been too happy either...just saying!) Speaking of not being happy, it has been quite a shock to our systems this last month as we have seen the COVID-19 virus spread. Mr. P was talking with Mrs. P about this very thing. They agreed there's no need to panic. They have faced worse things in their lives. Just stay calm and keep a level head. Hopefully things will get back to a new normal soon. Mr. P has decided he's going to spend less time watching the news and more time talking with family and friends—even if it has to be from a distance. He liked the way the meal calendar had some suggestions of possible things to do to fill our time as we stay close to home. On the days that are blank he is going to add some of his own ideas of things he likes to do. He encourages you to do the same. In fact he would like to hear some of those ideas so call your Center Manager with one of those suggestions. The center manager will compile a list of those suggestions and we will include them in the May newsletter. She will also enter you in a drawing for a gift card. The drawing will take place at each center on **Wednesday, April 8**. Deadline to enter is **Tuesday, April 7, 3:00 p.m.** As of the writing of this newsletter the centers remain closed, everyone — homebound and those who usually attend the centers and live in the community — can participate by calling your center manager. Just tell her one activity you are doing not already included on the calendar and she will enter you in the drawing. If you win, she will make sure you receive the gift card.



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

FROM THE DIRECTOR

First and foremost, I hope you are all well and holding up during these challenging times. Things are getting pretty scary and it's easy to get overwhelmed. Try not to. Anxiety can tire you out and will lower your immune defense. Here are some of my own ideas to fill your time:

- ◇ Avoid watching around-the-clock news channels.
- ◇ Use the time to read an old favorite book.
- ◇ Turn on the movie channel and let it take you to another time.
- ◇ If you are computer savvy, skype with your friends and family. Avoid surfing the web for COVID-19 updates.
- ◇ Remember to eat well-balanced meals.

The RCCOA is doing everything we can to continue providing services without increasing your risk of exposure to any disease. If you find yourself in need of additional services, please call our office. We may be able to help. Our entire community is stepping up to help care for everyone. Read through the newsletter, Betty has included some of the services we have been made aware of.

On another note, the Census is coming up. Please make sure you complete the survey and return it. It is very important that Roscommon County residents get accurately counted. Off the top of my head I remember seeing that for every uncounted individual the county loses \$1,800.00 in funding. That would add up quickly. One thing to remember: The Census Bureau DOESN'T share the specifics with other agencies or departments. Please answer honestly.

Stay safe and well!

Wishing you all the best!

Tom



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

June 30, 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 excellence.



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



ROSCOMMON COUNTY VITA PROGRAM

Volunteer Income Tax Assistance (VITA) Program

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide **free basic income tax return** preparation with electronic filing to qualified individuals.

Roscommon County Commission on Aging is partnering with United Way to provide free tax help to those who qualify.

Free tax prep for low-to-moderate taxpayers is by drop-off only. Trained volunteers will prepare simple tax returns at the Roscommon County Commission on Aging Administrative Offices, 1015 Short Drive, Suite A, Prudenville, from **through April 15, 2020**. Please see a professional tax preparer for assistance for complicated returns.

CALL: 989.366.0205 and speak with Pam to find out more.



**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-331-6501



HOME SECURITY TEAM

**Skop's
Tax Service, LLC**

Diane J. Skop
Enrolled Agent • NTPI Fellow
(989) 366-5100
3840 W Houghton Lake Dr.
Houghton Lake

**Elizabeth
Fortino**
Agent

**989-366-5356
989-275-5454**
1576 W. Houghton Lake Dr.
Prudenville, MI
www.FortinoAgency.com



FREE!
Savings Include an American
Standard Right Height Toilet
FREE! (\$500 Value)



American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

844-889-2321

Or visit: www.walkintubinfo.com/safety

30 YEARS = TRUST



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

1-800-286-1378

Cadillac • Prudenville • Traverse City • Rudyard

EXECUTIVE TRANSPORTATION

For All Your Transportation Needs:

- MEDICAL TRANSPORTATION
- HOTEL
- DELIVERIES
- OUTINGS (CHURCH, CASINOS, PARTIES, ETC.)
- AIRPORT

9041 West Houghton Lake Drive

Call: (989) 422-6457

Email: transportationexecutive@yahoo.com

Visit us on Facebook: Executive Transportation

Licensed and Insured

COMFORT CENTER FURNITURE

*Lift Chairs, Power Recliners
and Adjustable Bed Bases*

Grayling

989-348-2961

Gaylord

989-732-6465

Prudenville

989-366-3808

www.comfortcentersfurniture.com



4-D-5-5

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

15-0755



CAREGIVER SUPPORT GROUP

Will resume when COVID-19 restrictions are lifted

RCCOA Administrative Offices
1015 Short Drive, Suite A
Prudenville, MI 48651

Caregivers: In the meantime, feel free to contact Betty at the RCCOA, 989.366.0205, if you need someone to talk to or are looking for some resources. She understands what it is like to care for another person long-term. The current situation with the COVID-19 virus doesn't make it any easier.

Munson Healthcare Hospice

Grief Support Group

Temporarily Meeting by phone.

4th Thursday of the month

3:30 p.m.

Call Grayling Grief Group-(231) 213-0100

Conference ID = 21930#

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

For more information on Munson Healthcare Hospice and bereavement activities, contact them at 800.252.2065 or online, munsonhomehealth.org.



MUNSON HEALTHCARE
Hospice

Alzheimer's Support Group

Roscommon County Alzheimer's Support Group
Houghton Lake Center is currently closed

The AFA Helpline is open 9 a.m. to 9 p.m. ET on weekdays and 9 a.m. to 3 p.m. ET on weekends to assist with questions and caregiver support. Call the Helpline (866.232.8484) or visit their website (www.alzfdn.org).



VETERANS

Roscommon County Department of Veterans Affairs is NOT doing walk ins or appointments in the office until further notice.

They are still available to assist veterans and their families with food, emergencies or other situations. You may contact them by

Phone: 989.275.6047

E-mail: nemethh@roscommoncounty.net

WE ARE HERE TO ASSIST!



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!

Medicare Mondays

3rd Monday of the month—Coming as soon as Covid-19 restrictions are lifted.

4:00—6:00 p.m.

RCCOA Administrative Building—Annex Office, 1015 Short Drive, Prudenville

The first meeting will be scheduled as soon as it is safe to do so.

This time is meant to be informational for those who will soon be eligible to enroll in Medicare. It is an opportunity to learn how Medicare works and your options.



SPRING



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



Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.



ALLERGIES
 APRIL
 BASEBALL
 BEES
 CROCUSES
 CYCLAMENS
 DAFFODILS
 DANDELIONS
 EASTER
 EQUINOX
 FLOWERS

FROGS
 GOLF
 GRASS
 GREEN
 GROWTH
 IRISES
 LILIES
 MARCH
 MAY
 NEW LEAVES
 PLANTING

RAIN
 RENEWAL
 ROBINS
 SEASON
 SNOWMELT
 SOFTBALL
 SPRING BREAK
 SPRING CLEANING
 TULIPS
 WARMER
 WET



Handwashing Best Practices

Ashley Huntsberry-Lett | March 17, 2020



When we were young, our parents insisted that we wash our hands before meals, when we came in from playing outside and after using the restroom. But handwashing is much more than a habit or a social norm. Proper hand hygiene is a critical part of infection control that stops the spread of viruses and bacteria. The catch is that there is a right way and a wrong way to clean your hands.

Why Is Hand-Washing Important?

People encounter germs that have obvious sources, such as feces, uncooked/unwashed food and soil, but the truth is that microbes are lurking everywhere. While it's absolutely beneficial to wash your hands after going to the bathroom, before preparing food and when you're done digging around in the garden, people can also contract infections from seemingly innocuous sources like doorknobs, shopping carts at the grocery store, airplane tray tables, light switches and even money.

Person-to-person contact can result in the direct spread of infectious diseases, but the only way to avoid this is to limit interactions with and proximity to other individuals, especially those who are showing signs of illness. However, we come into contact with countless high-traffic surfaces in our homes, our workplaces, the gym, doctor's offices and long-term care facilities that harbor viruses, bacteria, fungi and other microbes. To make matters worse, an infected individual doesn't even have to physically touch a surface to contaminate it. When they cough, sneeze or talk, infectious respiratory droplets are dispersed into the air and then settle on the things around them—sometimes up to six feet away! Simply touching your eyes, nose or mouth after unsuspectingly encountering a contaminated surface can introduce these germs into the body and cause disease.

Regularly disinfecting surfaces is an important part of infection control, but there are logistical barriers to this practice, particularly in public places frequented by high volumes of people. Therefore, hand-washing is one of the best options for preventing the spread of diseases like influenza, the common cold, coronavirus (COVID-19) and gastrointestinal illnesses. Practicing good hand hygiene not only allows individuals to take control of their own exposure to germs, but it also limits the spread of microbes from their hands to surfaces and others' hands.

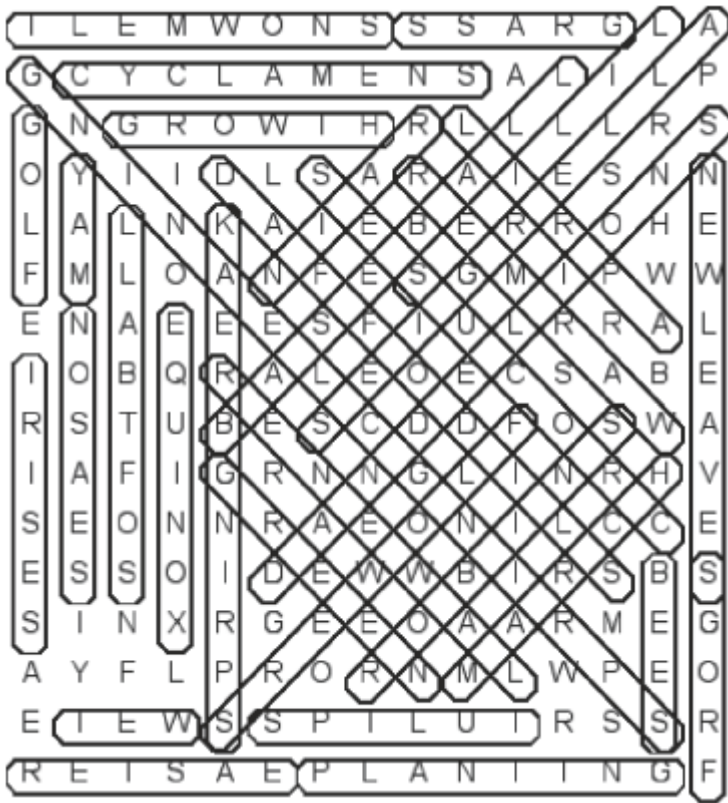
According to the Centers for Disease Control and Prevention (CDC), community hand-washing education reduces respiratory illnesses (e.g. the common cold, pneumonia, influenza) in the general population by 16 to 20 percent. More widespread practice of hand hygiene could have a significant impact on health outcomes for older adults. For example, the CDC estimates that between 70 and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 and 70 percent of seasonal flu-related hospitalizations have occurred among people in the same age group. Fortunately, vaccinations and antiviral treatments are available for the flu, but despite these interventions, nearly 6 million adults age 65 and older became ill during the 2017-2018 flu season and an estimated 50,903 adults in this age group died. Diligent hand-washing remains a critical preventative action for diseases without vaccines and/or cures, such as coronavirus.

Make Hand-Washing Part of Your Daily Caregiving Routine

Proper hand hygiene is important at any age and in every setting. All it takes is a little practice and commitment to make washing hands more frequently a part of your elderly loved one's care plan. If everyone uses effective hand-washing techniques, then it significantly reduces the spread of infectious diseases and offers greater protection for most vulnerable populations who are older and have weakened immune systems.

Continued on page 12

Source: AgingCare Email Newsletter



**HIDDEN
MESSAGE:**



April Showers Bring May Flowers



HOW WE SERVED YOU DURING

February 2020

Meals-on-Wheels Delivered: 6,773

Meals Served at Centers: 1,829

Homemaking Hours: 725.25

Personal Care Hours: 203.5

Respite Care Hours: 285.75

Serenity Day Lodge Hours: 209.75

AND THE WINNERS of the \$10 gift cards are....

Houghton Lake

Bill Conroy

Roscommon

Thelma Stevens

St. Helen

Diana Rodgers



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



**AUTUMNWOOD
OF MCBAIN**
231-825-2990
220 Hughston St., McBain
www.cienafacilities.com

Skilled Nursing & Rehabilitation Center

**THIS SPACE IS
AVAILABLE**

Nikki Riedel
(231) 499-1729



Tom Pettit
(989) 202-5281

Capture The Dream
Photography for all occasions!
11269 Aqua Rd. • Houghton Lake, MI 48629
www.capturethedream.morephoto.net
capturethedreammi@gmail.com



Richard Wells
PARTNER

862 S. GARFIELD AVE.
TRAVERSE CITY, MI 49686

RICHARD.WELLS.MDF@GMAIL.COM
WWW.MODERNDISTRICT.COM

OFFICE: 231-421-8331 | CELL: 231-590-9104



4-D-5-5

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

15-0755



Covid-19 Virus Continuation of Services Plan

The goal of the RCCOA is to mitigate the spread of the Covid-19 virus in our area while still providing adequate services to our clients with minimal interruption. In order to achieve these goals, the RCCOA will enact the following protocol:

1. We will triage employees as they report to work. Temperature, questions about coughs, sickness in close friends/family members, recent travel.
2. All congregate meal sites will remain closed until further notice. No activities, including trips, will originate from any RCCOA locations.
3. Meal delivery will be reduced to twice weekly (5-7 meals) to minimize exposure to clients and staff. Daily telephone contact will be made with all "M-O-W" clients.
4. Congregate clients at greatest nutritional risk or those at highest risk for social isolation will be able to pick meals up at the centers twice weekly "Drive-thru style". To learn more about receiving these meals, call Andy Tapia, Nutrition Coordinator, 989.279.0850. Congregate clients signed up to receive meals will also be contacted daily.
5. An initial phone call will be made through the "MySeniorCenter" program to Congregate and Home-Delivered Meal clients explaining the emergency protocol.
6. The Serenity Day Lodge is closed until further notice.
7. In-Home Services' clients will be prioritized according to need and services will be provided to those in greatest need. Staff and clients will be assessed daily for signs/symptoms of illness. In-Home clients will be contacted daily also.
8. If telephone contact cannot be made for any reason, the appropriate protocol will be initiated.
9. No volunteers will be utilized by the agency at this time.
10. This protocol will remain in place until advised to loosen restrictions by Region 9 AAA, AASA, or the Roscommon County Emergency Preparedness Team.

Protocol subject to change as needed to safely serve our clients.



Easter has not been cancelled!

Church services may be cancelled. Family gatherings may not happen. But Easter is a done deal! The COVID-19 virus cannot change that! Government restrictions and CDC guidelines may restrict the social gathering but they cannot restrict us on celebrating our Savior! Take time on Easter to watch your church service on social media. Remember what God has done for us through Christ's death on the cross and His resurrection! John 3:16

*Christ
is
Risen!*

Center / COA ACTIVITIES & NEWS



MOVIE DAY

Join us
the Center of your
choice. Free popcorn for

Postponed till further notice

for Movie Day at

ASK THE BANKER!

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

When: *Postponed till further notice*

Time:

Where: Houghton Lake Center



Medicare Mondays

Postponed till further notice

RCCOA Administrative Building, Annex Office
“Medicare Mondays” are an informational opportunity (no sales pitch) for anyone, who is new to Medicare or will soon be eligible to enroll in Medicare, to learn how Medicare works and what the various available options are. These workshops are targeted toward persons who:

- Will soon qualify for Medicare benefits
- Have a loved one who is on or will soon be on Medicare.
- More info in a future newsletter

An elderly couple had dinner at another couple’s house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, “Last night we went out to a new restaurant and it was really great. I would recommend it very highly.” The other man said, “What is the name of the restaurant?” The first man thought and thought and finally said, “What is the name of that flower you give to someone you love? You know...the one that’s red and has thorns.” “Do you mean a rose?” “Yes, that’s the one,” replied the man. He then turned towards the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”



6th Annual Chili Cook Off

The RCCOA annual chili cook off is **tentatively** scheduled for Friday, May 22, 2020. More information in future newsletters.



Older Michiganian's Day
Tuesday May 12, 2020

**CANCELLED FOR 2020 DUE TO
THE CORONAVIRUS**



**“MEALS-ON-WHEELS”
CAR
SHOW**



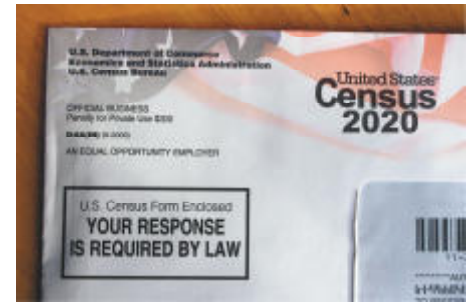
“FOURTH ANNUAL”

Saturday, August 8, 2020

Look for the registration form and more information in the May newsletter.

SAVE the Date

Make Sure You Are Counted in the 2020 Census



The 2020 census is starting soon, and seniors need to be counted. This may be more of a challenge this year because for the first time, the census will be completed largely online.

The U.S Constitution mandates that the federal government conduct a census every 10 years. Information from the census is used to determine how many representatives each state sends to Congress as well as where hundreds of billions of dollars from federal programs, such as Medicare, Medicaid, nutrition assistance and supportive housing, is allocated. In addition, communities rely on census data to apportion services like new roads, schools, libraries and emergency services. Think of it as America's 10-year checkup.

While the census is being conducted largely online, you do not need to fill out the form online if you don't want to. Beginning in March 2020, the census will mail out postcards to each household, giving instructions on how to respond. You will have the option of responding online, by mail, or via the phone. If you don't respond, a census worker will visit your home to collect the data.

If someone visits your home to collect information for the 2020 Census, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date. Census workers will not ask for donations or for your Social Security or bank account information.

For more information about the 2020 census, go online to <https://2020census.gov/en.html> .

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

The Roscommon County Commission on Aging encourages everyone to fill out their census form and return it. You may be asking, "Why?"

The answer: For each individual counted, approximately \$1,800 of federal funding is allocated to our community over the next 10 years. This includes funds for Health Care Centers, Food programs, and Special Programs for the Aging. Older adults need to be accurately counted in this Census. Money allocated by the Census makes up a large portion of state budgets and goes to programs for underserved communities, including older adults. Some of those programs include Medicaid, Medicare Part B, Supplemental Nutrition Assistance Program. The money allocated is distributed through grants to help Agencies like ours to continue to provide "Meals-on-Wheels", meals at our centers, and services within the homes of seniors. Every Senior Counts!





Tel: 989-343-2470

Locations in West Branch, Michigan & Atlanta, Michigan
Compassus.com

Serving Roscommon County with Hospice Care since 2010

Roscommon County Transit



Monday through Friday:
6:00 a.m. to 7:00 p.m.
Saturday:
9:00 a.m. to 4:00 p.m.

**Call (989) 366-5309 to
Make Ride Reservations**



RCTA passes
now available
on your phone
with the
"hophtru" app!



WE'RE HIRING AD SALES EXECUTIVES



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

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

Joe Sanders The Handyman

Home Maintenance -

No job too small

989-808-2118 Cell

989-202-4539 Home

216 Windsor Dr.

Prudenville, MI 48651

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

Roberta Eckert-Chrispell

- Attorney at Law -

989.366.8177

3179 W. Houghton Lake Dr., Houghton Lake



➤ Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Jen Zalinski to place an ad today!
jzalinski@4LPi.com or **(800) 477-4574 x6633**

Great Orthopedic Care is here in Grayling

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

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

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



MUNSON HEALTHCARE
Grayling Hospital

Providers are Welcoming New Patients

Medical Care Discount Available For Those Who Qualify

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

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

Urgent Care

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

Pharmacy

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

(989) 202-4605



**MidMichigan Community
Health Services**

AN AFFILIATE OF MIDMICHIGAN HEALTH



Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million
families find **senior living solutions** that
meet their **unique needs**.



◀ **Joan Lunden**, journalist,
best-selling author, former
host of *Good Morning America*
and senior living advocate.

There's no cost to you!
(888) 672-0689

We're paid by our partner communities



4-D-5-5

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

15-0755

Best Practices for Hand-Washing (continued from page 6)

Everyone benefits from more frequent and effective hand-washing, especially people who are at high risk of infection like older adults and those with chronic health conditions. It is equally important for those who interact with high-risk individuals, such as family members and caregivers, to make good hand hygiene a priority. However, proper hand-washing techniques must be used to maximize the effectiveness of this preventative measure. The CDC recommendations for washing hands address both how and when to wash up.

When You Should Wash Their Hands:

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing adult incontinence products or cleaning up an elder who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage



How to Wash Your Hands the Right Way

The CDC advises individuals to follow these five simple steps every time they must wash their hands:

1. Wet hands with clean, running water (temperature does not matter), turn off the tap and apply soap.
2. Lather by rubbing hands together with the soap. Lather the backs of the hands, between the fingers and underneath the nails.
3. Scrub hands for at least 20 seconds. (Humming the “Happy Birthday” song from beginning to end twice takes approximately 20 seconds.)
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.

Choosing the Right Hand-Washing Products

There is a great deal of confusion and misinformation surrounding antibacterial personal care products, especially when it comes to the best type of soap for washing hands. While antimicrobial hand soaps sound like they’d be better for killing germs and preventing illness, studies have not shown a marked difference in effectiveness between these varieties and plain soap. In fact, research suggests that the use of antiseptic hand soaps containing active ingredients like triclosan may not be safe over the long term and may contribute to the development of antibiotic-resistant bacteria—a huge risk for seniors who often rely on antibiotic medications to treat infections like bacterial pneumonia and urinary tract infections (UTIs).

The U.S. Food and Drug Administration (FDA) began enforcing a regulatory rule in 2017 that banned the sale of over-the-counter consumer antiseptic washes containing triclosan, triclocarban and 19 other antimicrobial ingredients. There are other chemicals under FDA investigation, including benzalkonium chloride and benzethonium chloride, which are still used in both hand sanitizers and hand soaps. It is worth noting that there is uncertainty over exactly what germs these ingredients are effective against (particularly the new coronavirus) and whether negative health effects may be tied to their use as well.

Despite the convenience of hand sanitizers, these products tend to be another source of confusion. While washing with plain soap and water remains the best preventative option, alcohol-based hand sanitizers that contain at least 60 percent alcohol are an acceptable alternative while in a pinch or on the go. Alcohol-free sanitizers and products with a lower alcohol content do not remove all microbes from the hands stresses the CDC. Any attempt at keeping your hands clean is better than nothing; just remember to read labels carefully and use products as directed to ensure you get their full benefits as advertised.

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.



Get Connected. Get Answers.
SERVING NORTHEAST MICHIGAN

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

Connecting people in need with people who can help.

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

E-mail & chat available at: WWW.211michigan.org

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.

amazonsmile
You shop. Amazon gives.



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

Temporarily Closed

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!

Region 9 Area Agency on Aging presents a

Caregiver Empowerment & Wellness Conference



*Providing Caregivers with Practical Resources,
Information, and Messages of Empowerment*

At the **Roscommon
Knights of
Columbus Hall**
9 a.m.—3 p.m.

Tentatively rescheduled
for Friday, May 29, 2020
Free Registration

Are you a caregiver? Your wellness matters! Join us for this opportunity to gain insightful information and feel empowered as you continue on your journey of caregiving.

Keynote Speaker: Renowned dementia care trainer and author of *Personal Positioning for the Caregiver*, Jill Gafner Livingston, BSBM, CDP, CADDCT, will present on two important topics: Caregiver Survival and Caring for Someone with Dementia.

Caregiver topics include:

- Caregiver Survival
- Community Resources
- Stress Less with Mindfulness
- Adaptive Equipment
- Caring for Someone with Dementia

- Informational resources and vendors
- Continental Breakfast
- Complimentary Lunch
- Great prizes and giveaways!

Sponsored by:

- Roscommon County Commission on Aging
- Mom's Meals



Register and learn more at www.nemcsa.org or Call 989.358.4616

Houghton Lake Center News

“Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.” – Bernard M. Baruch

April: a month full of promise, warmth, longer days, rebirth... For me it is the potential of having a great garden! I dream of veggies eaten right off the vine, juice running down my chin. I start seeds in the house even though the eventual plants have a poor record for producing actual vegetables. This year I’m getting serious; lights, plant food, the works! This is April!



In March we had Middle Name Day. We enjoyed learning more about each other and our winner was Rick (Maine) Line. If you see him, be sure and ask his story; it’s a good one! Our Mr. P winner was Bill Conroy. Congratulations to you both!

At the time of publication our Center continues to be closed due to all the precautionary measures that have been put in place by the CDC and other governing officials. All trips are cancelled until we receive the all clear to resume them. “Meals-on-Wheels” are being delivered to the homebound twice weekly at the printing of this publication. Meals for those who attend our centers on a regular basis and *need* this service, contact the RCCOA Nutrition Coordinator Andrew Tapia, 989.279.0850. Andrew will ask you a few questions and provide you with additional information. Please be assured that we are as anxious as you are about reopening the center and resuming normal activities. The Administrative Office will keep everyone posted about closures and openings via Facebook, Swap Shop, RCCOA website (www.rccoa.net) and a possible robo call.

Crystal Peplinski

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



DAILY ACTIVITIES



Roscommon Center News

At the time of publication our Center continues to be closed due to all the precautionary measures that have been put in place by the CDC and other governing officials. All trips are cancelled until we receive the all clear to resume them. "Meals-on-Wheels" are being delivered to the homebound twice weekly at the printing of this publication. Meals for those who attend our centers on a regular basis and *need* this service, contact the RCCOA Nutrition Coordinator Andrew Tapia, 989.279.0850.



Andrew will ask you a few questions and provide you with additional information. Please be assured that we are as anxious as you are about reopening the center and resuming normal activities. The Administrative Office will keep everyone posted about closures and openings via Facebook, Swap Shop, RCCOA website (www.rccoa.net) and a possible robo call.

Don't let anyone fool you on April 1. Keep your guard up!

Has anyone spotted any crocus yet??? Or tulips...or daffodils? A sure sign of Spring is on its way.

Roger Francis Rasmusson won the most unusual middle name game. Congratulations RJ.

The winner of Mr. P for March was Thelma Stevens. Congratulations and enjoy your Wal-Mart gift card!!

Cory and Peggy would like to send out a big Thank You to everyone who has participated and/or helped with the Friday Holiday Parties here at the Roscommon Center. We could not do it without your help. Clara Gibbs was the winner of the St. Patty's Day Coloring Contest.

Here are some fun facts about April:

- Apr. 1: Sweet Potato Day
- Apr. 6: International Pillow Fight Day
- Apr. 7: National No Housework Day (sounds good to me)
- Apr. 17: Blah, Blah, Blah Day (signifies parents voices in Charlie Brown)
- Apr. 26: National Richter Scale Day (let's hope there are no earthquakes)
- Apr. 27: National Sense of Smell Day



Hope you all have a wonderful Easter. See you soon!

Varlya Hanusik

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

Daily Activities



For April

St. Helen Center News

At the time of publication our Center continues to be closed due to all the precautionary measures that have been put in place by the CDC and other governing officials. All trips are cancelled until we receive the all clear to resume them. "Meals-on-Wheels" are being delivered to the homebound twice weekly at the printing of this publication. Meals for those who attend our centers on a regular basis and *need* this service, contact the RCCOA Nutrition Coordinator Andrew Tapia, 989.279.0850. Andrew will ask you a few questions and provide you with additional information. Please be assured that we are as anxious as you are about reopening the center and resuming normal activities. The Administrative Office will keep everyone posted about closures and openings via Facebook, Swap Shop, RCCOA website (www.rccoa.net) and a possible robo call.



March winners — Gerri Willobee won the Oreo cookie contest. Our winner for the Brownie Cook-off was Kathy Jerrigan. Middle Name Day winner was Daryle Rodgers Smith.

Happy Easter! It is already April. I would like to thank the lady that made the flowers pictured below. When all the restrictions are lifted and the Center reopens, please join us for a class about florals arrangements. Some are poisonous, did you know that? If we are able to open in May, Brenda Bachelder from the New Brownfield Authority will be with us on May 4th.

Sally Allport, Center Manager

10493 E Airport Rd, St. Helen
989.389.7551



DAILY ACTIVITIES



MONTHLY ACTIVITIES



Center Activities



See
what
fun
they
have
at the
centers.



April Fools' tradition popularized

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other.

Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.



These pranks included having paper fish placed on their backs and being referred to as *poisson d'avril* (April fish), said to symbolize a young, "easily hooked" fish and a gullible person.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

Curiosity...

A three year old accompanied his dad to see a litter of kittens. On returning home, he rushed to his mother and breathlessly informed her of what he had seen and also that in the litter there were two boy kittens and two girl kittens.

"Well, how did you know that?" his mother asked. The little fellow immediately responded and said, "Daddy picked them up and looked underneath. I think it's printed on their bottom!"



EDEN FIELDS

ASSISTED LIVING AND MEMORY CARE

Everyone deserves to feel *right* at home.

989-718-3117

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



Paul Berg, Agent

1440 Heightsview Dr
P.O. Box 308
Houghton Lake Heights, MI 48630

Email: pcberg@bergmartin.com

BERG / MARTIN AGENCY, INC
1-800-689-5468 Fax: (989) 422-3779
www.bergmartin.com



GREAT LAKES SOFT WATER II

- Sales **KEN SHELDON**
- Rental **Phone 989-366-4043**
- Service **Fax 989-366-6688**
- Salt Delivery

1821-B W. Houghton Lake Dr.
Houghton Lake, MI 48629



KING

NURSING & REHABILITATION
COMMUNITY

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

Phone: (989) 422-5153
www.atriumlivingcenters.com



THE LIGHTHOUSE

AT ROSCOMMON

HEALTH AND REHABILITATION CENTER

Short-term rehabilitation

Long-term care • Memory care unit

Physical, Occupational & Speech therapy services

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



Northern Mobility

Sales and Service

Northern Michigan's Mobility Scooter and E-Bike Outlet

2215 Tower Hill Rd., Houghton Lake, MI 48629



989-302-8036

www.northernmobility.net



4-D-5-5

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

15-0755



Dinner Theater Marshall, MI Tuesday, May 26

Leave Houghton Lake 9:30 a.m.

Return 6:30 p.m.

Cost: \$65.00 per person

Includes: Complete Turkey Dinner, 2:00 p.m. Matinee, and transportation



In order to increase his allowance, young bachelor Ted writes to his uncle to tell him he is married. When his uncle shows up unexpectedly and mistakes Ted's best friend's wife for his wife, things get a bit complicated. Lots of fun and mayhem take place. A funny 70's farce. (pg—adult language)

Be sure to mark your calendar for future dinner theater trips to Cornwell's Turkeyville

July 28 — Honky Tonk Angels

September 29 — Church Basement Ladies

November 17 — Christmas is for the Birds

Disclaimer: While the Agency continues to plan trips, please be aware that they may be rescheduled or cancelled at any time.



No meal deliveries. All offices closed.

Local Resources/Assistance

Local businesses and retailers are stepping up to assist during these challenging times. The information below is accurate as of 3/19/2020. Because things change rapidly, check to verify nothing is different.

Walmart

- All stores are encouraging on-line order and pick-up service
- All stores open from 7am – 8:30 pm
- March 24-April 28 customers age 60 and older can shop from 6am – 7am.
- Vision Centers/Pharmacies will remain open.

Meijer — Store Hours

- 7am-8am on Tues/Thurs for seniors, disabled and ill persons
- 7am-8am M/Wed for medical personnel, law enforcement, first responders
- Fri-Sun regular store hours 8am–10pm
- Pharmacy is open during all set times

Dollar General

- Special shopping hours for seniors 8am-9am
- Close earlier at 8 pm for extra cleaning

Family Fare

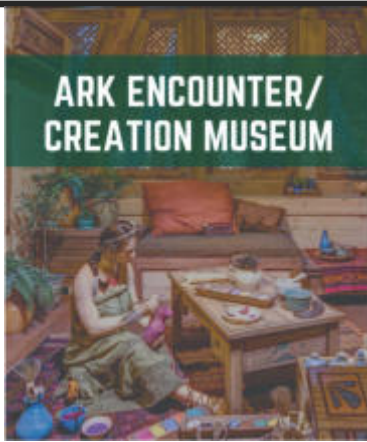
- Special shopping hours for seniors every Tuesday and Thursday, 7am-9am
- Also available on-line order and store pickup

Pharmacies

- All are encouraging use of the drive thru. No other changes

Roscommon Transit Authority

- Offering free grocery and prescription pick up and porch delivery for Roscommon residents
- To use this service: call your store of choice, give them your shopping list, arrange payment over the phone, leave your address.
- When your order is complete the store will call RCTA for pick-up of your groceries.
- Questions, please contact RCTA's dispatch at 366-5309.



Back by popular demand! The RCCOA presents a trip to The Ark Encounter & Creation Museum in Kentucky. The trip will be 5 days and 4 nights.

June 8-12, 2020

Depart: Houghton Lake Center 8:00 a.m.

Cost: \$575 (price per person, based on double occupancy.)

\$75 due upon signing up

This incredible price includes:

- ◇ Motorcoach transportation
- ◇ 4 nights lodging
- ◇ 8 meals: 4 breakfasts and 4 dinners
- ◇ Admission to the stunning Ark Encounter!
- ◇ Admission to the Famous Creation Museum
- ◇ Admission to the Newport Aquarium
- ◇ BB Riverboats Sightseeing Cruise along the Ohio River
- ◇ And much more

Interested? Want a flyer with more details? Ready to sign up for the trip? Contact **Debra Looney**, 989.366.0205. She can answer your questions, give you a flyer, and sign you up.



Chicago

July 13-17, 2020

Depart: Houghton Lake Center 8:00 a.m.

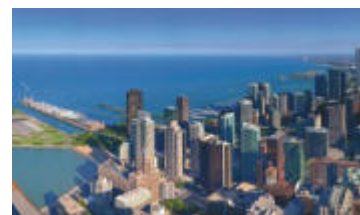
Cost: \$525 (price per person, based on double occupancy.)

\$75 due upon signing up

This incredible price includes:

- ◇ Motorcoach transportation
- ◇ 4 nights lodging
- ◇ 8 meals: 4 breakfasts and 4 dinners
- ◇ Visit to the Museum of Science and Industry
- ◇ Visit to the World Famous 360 CHICAGO, formerly the John Hancock Observatory
- ◇ Guided tour of Chicago
- ◇ Skyline Cruise on Lake Michigan
- ◇ Visit to the historic Navy Pier and Chicago's Money Museum
- ◇ Gaming at a Chicago Area Casino
- ◇ Two Diamond Tours Dinner Parties with Entertainment

Interested? Want a flyer with more details? Ready to sign up for the trip? Contact **Debra Looney**, 989.366.0205. She can answer your questions, give you a flyer, and sign you up.



Education



“A Matter of Balance”

Will be rescheduled when restrictions are lifted.

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

WHO SHOULD ATTEND?

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

LEARN TO:

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

THE CLASS:

- **FREE**
- RCCOA Annex Office, 1015 Short Drive, Prudenville
- **Will be rescheduled when restrictions are lifted.**



Stress Less with Mindfulness



Stress Less with Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Mindfulness can be defined as paying attention in a particular way: on



purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. The program covers mindful breathing, mindful movement, mindful eating, physical processes in the brain and body, and mindful laughter.

Funding supported by a State Opioid Response grant from the Michigan Department of Health and Human Service.

Menu

APRIL 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Due to the COVID-19 Virus, our menu will be temporarily discontinued and frozen meals will be delivered to the homebound twice weekly. When the restrictions are lifted, we will return to our regular menu and delivery.		1 	2	3 
6 	7	8	9 	10 
13	14 <i>Write your Troubles in the Sand Carve your Blessings in Stone</i>	15	16 	17
20 	21	22 	23	24
27 Plan your garden! 	28	29 GO FOR A WALK 	30 	

Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips



**Sunday,
April 26, 2020
Old Towne
Playhouse
Traverse City**

Cost: \$65.00

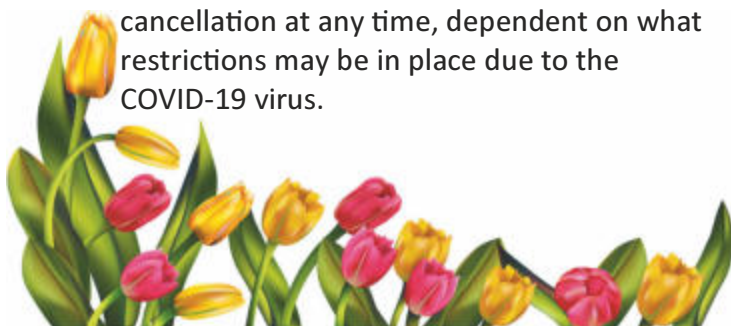
Includes: ticket to the Matinee, lunch at Olive Garden and Transportation

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

The Toni award winning Broadway Play is set in the legendary city of Chicago during the roaring “jazz hot” 20s. The play tells the story of two rival vaudevillian murderesses locked up in Cook County Jail. Nightclub sensation Velma murders her philandering husband, and Chicago’s slickest lawyer, Billy Flynn, is set to defend her. But when Roxie also winds up in prison, Billy takes on her case as well — turning her into a media circus of headlines. Neither woman will be outdone in their fight against each other and the public for fame and celebrity.

We will lunch at Traverse City’s Olive Garden restaurant where we will be treated to the endless soup, salad and breadsticks. Soup choices include Minestrone, Chicken & Gnocchi, Zuppa Toscana, Pasta e Fagioli. Beverage is included with the meal with the exception of alcoholic beverages. After lunch we will head to the 2:00 p.m. matinee to see *Chicago*. As with all our trips, we have awesome seating. Come enjoy our first trip to the Old Towne Playhouse.

Disclaimer: As we all know, life has not been normal for the last month. It has been challenging to know how to plan and what to plan as far as events and activities are concerned. The Agency has decided to plan a few possible events with the hopes that things will return to normal fairly quickly. While the Agency does this, please be mindful that any of the events, trips, activities and services mentioned anywhere in this newsletter are subject to change or cancellation at any time, dependent on what restrictions may be in place due to the COVID-19 virus.



Mark your calendars for these upcoming trips. More information to follow in future newsletters!

**August 17-22, 2020
Nashville Show Trip, Cost: \$675 pp**

**October 18-24, 2020
Memphis/Tunica Trip, Cost \$650**

**November 29-December 5, 2020
Branson Holiday Show, Cost: \$700.00**

Let's Go Out to the Ballgame



Monday, July 20, 2020



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

All prices are per person, double occupancy.
See Deb for a flyer and more information.

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