



Commission on Aging

NEWS

"Informing,
Educating,
&
Caring"

www.rccoa.net

June 2020

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**All Centers and the Lodge
continue to be 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. To
stay in compliance with the
governor's orders, staff
schedules have also had to be
adjusted.**



Senior Project FRESH/Market FRESH



Senior Project Fresh Farmers Market Nutrition Program

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.



SENIOR PROJECT FRESH FARM MARKET COUPONS

Roscommon County Commission on Aging will again have coupons available for the Senior Project Fresh Farmers Market Nutrition Program this year. Seniors 60 and older may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets. If you qualify for the Bridge card or MIC or TEFAP, you may qualify for these coupons. To find out, **come** to the RCCOA Administrative Office on one of the dates listed below.

Coupon distribution schedule:

Friday, June 19

Friday, June 26

Friday, July 10

10:00 a.m.—2:00 p.m.

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

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

Mr. P's Adventures

Living with the changes COVID-19 virus has brought is quite challenging, to say the least. Who would have thought TP would have been such a treasured commodity! Mr. P is ever so grateful for your help in finding their precious TP. It's hard to accept but it looks like this "new lifestyle" may be with us for a while. Mr. P says we just need to make lemonade with the lemons. So he and Mrs. P have been trying to do just that. They have enjoyed the newsletter and some of the different things that have been included to help us pass our time. Such a variety. And this month he sees that a drive thru ice cream social is being planned to honor both mothers and fathers and they are calling it parents day. It sounds like fun. He plans on being there. He wants you to mark your calendar so you can join him. He's not sure how they will serve the ice cream but he's going to bring his ice cream scoop just in case they need his help. Only thing is when he asked the Mrs. where it was, she couldn't find it. So he needs your help to find it. When you spot it, **give Deb a call** (instead of your center manager because **center managers are not in the office on a regular basis at this time**) **989.366.0205, ext 103**. She will enter you in the drawing and then notify the winner to make arrangements to get the gift card to that person. The drawing will take place **Tuesday, June 16**. Deadline to enter is **Monday, June 15, 3:00 p.m.** At the writing of this newsletter the centers remain closed, however, everyone — homebound and those who usually attend the centers and live in the community — can participate.



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

Summertime in Northern Michigan! The weather is warmer. The birds wake you up singing. Flowers and plants are popping up. Life is good, despite the coronavirus. I have started calling it "Rhona" for short. Someone coughs... "Rhona, that you?" Inappropriate? Maybe, but I believe we still need to be able to laugh or at least chuckle, otherwise we may lose it. These are serious times; I don't mean to downplay that but find time to laugh about something, anything! Laugh till you wet yourself... You'll feel better... until you realize you peed!



In the midst of this chaos I have some good news. After a meeting yesterday with our Area Agency on Aging and other COAs in our region, we have decided to loosen the restrictions for our in-home services some. Our staff will be looking at clients needs and will prioritize the need for additional services and time. Of course, a lot will depend on whether or not you feel comfortable having one of our employees in your home.

The bad news is that we do not see our centers opening anytime soon. We haven't forgotten you. We miss you and hope you are ok. We have started some online activities that y'all can participate in (see page 18)... but you need internet access and a tablet or smart phone. If you are interested, we are working on options to get you up and running, too. No one should feel alone so we need to find ways to "get together" safely.

How about a drive by **ice cream social**? How about **Friday, June 19th, 2:00 p.m.** at the admin office parking lot? We'll call it **Parents Day** since we missed celebrating Mother's Day...and Father's Day is upon us. We'll have staff there to greet you. Let's enter from M-18 so we are all going the same direction and keep M-57 as the exit. Until then, make wise choices and stay safe! 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.



Region 9 Area Agency on Aging

Caregiver Empowerment & Wellness Conference

**Tentatively rescheduled
for Friday, July 31, 2020**

Full flyer will be in the July issue.

To register or learn more go to

www.nemsca.org

or call 989.358.4616

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6th Annual Chili Cook Off
Date to be announced

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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.



Old West



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

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

BANKER
BARKEEP
BILLY THE KID
BOOT HILL
BRAND
CAMPFIRE
CATTLE DRIVE
CHAPARRAL
COAL
CORRAL
COWBOY
DOC HOLLIDAY

FARRIER
FORT
FURS
GOLD MINE
GOLD PANNING
GRAZE
HIRED GUN
HOGS
HOMESTEAD
HOTEL
JUDGE
LARIAT

LAWMAN
LIVESTOCK
MINER
OUTLAW GANG
PISTOL
PLOW HORSE
POSSE
RAILROAD
RANCH
RATTLESNAKE
RIFLE
SADDLE

SALOON
SHERIFF
SHOPKEEPER
SITTING BULL
STAGECOACH
TELEGRAPH
TRACKER
TRAIL
TRAIN
UNDERTAKER
WATER TANK
WELL



Men's Health

Region 9 Area Agency on Aging

Kelly Robinette, DTR

Health, Wellness, Nutrition Information and Updates

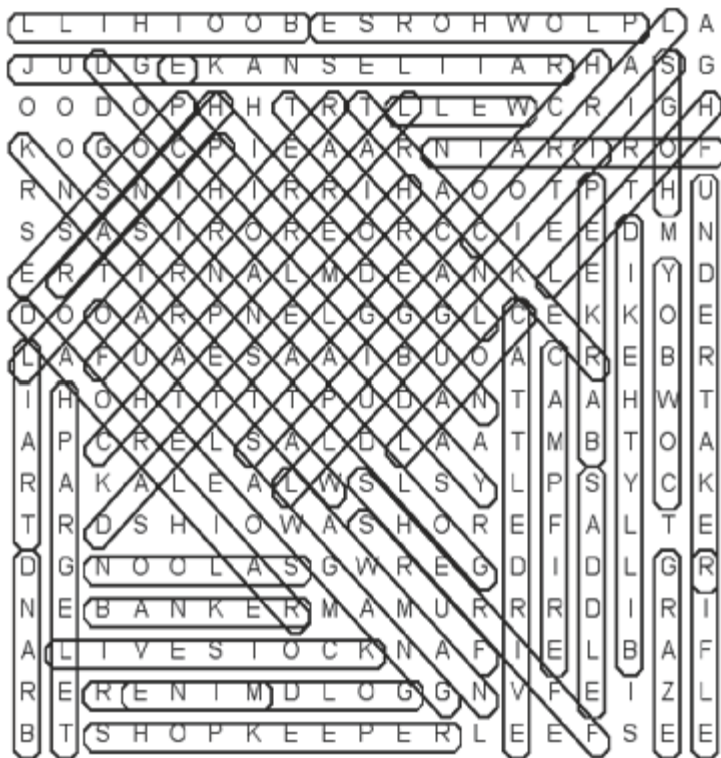
Men typically visit the doctor less than women do, whether that's because men are afraid of what they might be told at an annual check-up, they dread the probes that can be part of an exam, or they're locked into the mindset of toughing it out. Just like women, men may also be affected by common conditions such as heart disease, diabetes, cancer, and depression. They may also have conditions that are specific only to men. Keeping up with preventative medical visits is not something you should do just for yourself, it's also something your family and loved ones can benefit from.

Check out the men's health checklist to see what screening or examinations you might need as a healthy adult. It can serve as a starting point to understanding your general health-related needs. Keep in mind this checklist is not comprehensive, so it's important to speak with your healthcare provider about your specific health needs.

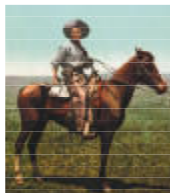
Men's Health Checklist

- ◇ **Annual wellness exam.** These visits focus on preventative care and may include vaccinations, screening to check for disease, and education and counseling to help make informed health decisions. Your height, weight, and body mass index will likely be checked at every wellness visit. Be sure to talk about your diet and physical activity level. Additional tests and exams may be needed to manage any chronic illness you may have. Your healthcare provider may also check your testicles for lumps, a change in size, and tenderness. These could be a sign of a problem.
- ◇ **Bone mineral density test.** Men 70 years old and older should have the test at least once. Men age 50 to 69 who have risk factors or men who have broken a bone should also have the test.
- ◇ **Colonoscopy.** Men at average risk for developing colorectal cancer should have a colonoscopy at age 50 and then every 10 years. Men with inflammatory bowel disease or a family history of colorectal cancer may need to start screening earlier than age 50 or have screenings more often.
- ◇ **Blood glucose test.** Screening usually starts at age 45 and is normally done every 3 years. Screenings may begin earlier or be done more frequently if you are at risk for diabetes.
- ◇ **Eyes.** At age 40, all adults with no signs or risk factors for eye disease should receive a baseline comprehensive eye evaluation. Men 65 and over with no risk factors should be examined every 1 to 2 years. This exam should include having your eyes checked for signs of cataracts, age-related macular degeneration, and glaucoma.
- ◇ **Ears.** Talk to your healthcare provider about a hearing test if you are having any issues with your hearing.
- ◇ **Dental.** Men should have a dental exam and cleaning every 6 to 12 months unless recommended otherwise.
- ◇ **Blood pressure.** Men should have their blood pressure checked once every 2 years beginning at age 20. If your blood pressure is higher than normal, 120/80, your healthcare provider may check it more often.
- ◇ **Cholesterol.** Most men should have their cholesterol checked every 4 to 6 years beginning at age 20. If your healthcare provider thinks you may have an increased risk of heart disease or stroke, he may check it more often.
- ◇ **Abdominal aortic aneurysm.** A one-time screening is recommended for men 65 to 75 years of age with a history of smoking.
- ◇ **Vaccinations.** Ask your healthcare provider if you are up to date with your vaccines.
- ◇ **Shingles.** Men over 50 should get vaccinated to prevent shingles.
- ◇ **Pneumonia.** Men over 65 should be vaccinated. The CDC recommends for men over the age of 65 get a dose of PCV13 (Pneumovax 23) and a year later get a dose of PPSV23 (Pneumovax 23).
- ◇ **Mental and Emotional Health.** Talk with your healthcare provider if you feel sad, down, or hopeless.
- ◇ **Prostate Health.** Men 50 years of age and older should talk about screening for prostate cancer with their healthcare provider. African-American men and men who have a family history of prostate cancer should discuss screening at age 45.

continued on page 14



HIDDEN MESSAGE: A good horse makes short miles.



HOW WE SERVED YOU DURING

April 2020

Meals-on-Wheels Delivered:	8068
Center Meals Delivered:	1059
Homemaking Hours:	90.25
Personal Care Hours:	84
Respite Care Hours:	68
Serenity Day Lodge Hours:	0

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

Houghton Lake	Kathy Thompson
Roscommon	Dennis Warner
St. Helen	Irene Piper



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

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Where've You Been?

A TRUE ALZHEIMER'S STORY + #1 MUSIC VIDEO

When Kathy Mattea first sang, "Where've You Been", she wondered to herself, "Do people want to hear this on the way to work?" To her surprise, radio stations could not play it often enough, as the song struck a deep chord in millions of people.



Jon Vezner, who later became Kathy Mattea's husband, wrote the song about his grandparents, after personally witnessing the scene depicted in the last verse of the song. Kathy recalled later that when he told her the story, he could barely speak without crying. Eventually, he wrote the song about the incident and played it for her.

"When Jon told me the story for the first time, it was before we had even gotten engaged, and he just cried and cried. When he played the song for me and the first chorus came around, I knew where he was going with the lyric, and I just couldn't believe he could be that vulnerable as a writer, to put that moment in a song."

Kathy Mattea recalls: "We went upstairs to the listening room, and when the first chorus went down, my head spun around. I knew the story, and I couldn't believe he wrote it in a song."

Says Kathy: "The song is a true story about Jon's grandparents. They had both gotten very sick and were in the same hospital, but didn't know it. His grandmother had been slowly losing it, and she didn't recognize anybody. She was in unfamiliar surroundings, so she finally quit talking altogether. Jon was there visiting, and he was up seeing his grandfather; he said to the nurse, 'Has anybody brought him down to see her?' She said, 'no,' and he asked if he could do that. They said yes, so he wheeled his grandfather into his grandmother's room. His grandfather kept stroking her hair, saying, 'Look at her hair, nobody has hair like grandma,' and she looked at him and said, 'Where have you been?' It was the first thing she had said in weeks.

Several artists were approached to record the song and everyone turned it down, saying that no one would be able to sing the song without crying. Eventually Kathy Mattea agreed to record the song. The song was Mattea's biggest hit, winning her a Grammy. It became the world's first song about dementia to top pop-music charts winning Song of the Year at the Grammys, CMAs and ACMs. While Mattea had wondered to herself, "Do people want to hear this on the way to work?," the song struck a deep chord, and it was the first time Alzheimer's had been captured in a mainstream hit song.

Where've You Been?

Claire had all but given up
when she and Edwin fell in love.
She touched his face and shook her head.
In disbelief, she sighed and said,
"In many dreams I've held you near.
Now at last you're really here!"

"Where have you been?
I've looked for you forever and a day.
Where have you been?
I'm just not myself when you're away."

He asked her for her hand for life,
and she became a salesman's wife.
He was home each night by eight,
but one stormy evening he was late.
Her frightened tears fell to the floor,
until his key turned in the door...

"Where have you been?
I've looked for you forever and a day.
Where have you been?
I'm just not myself when you're away."

They never spent a night apart.
For sixty years she heard him snore.
Now they're in a hospital,
in separate beds on different floors.

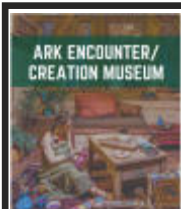
Where've You Been
Claire soon lost her memory,
forgot the names of family.
She never spoke a word again.
Then one day they wheeled him in.
He held her hand and stroked her head,
and in a fragile voice she said...

"Where have you been?
I've looked for you forever and a day.
Where have you been?
I'm just not myself when you're away...
No, I'm just not myself when you're away."



Center / COA ACTIVITIES & NEWS

Hidden Picture — 15 hidden objects



The RCCOA trip to The Ark Encounter & Creation Museum in Kentucky **has been** rescheduled for June 2021.

Mr. P Drawings



With the change in work schedules for many of our staff, temporarily Debra will be the person to call with your Mr. P drawing entry. She will keep the entries for each center separate so we will continue to award a gift card for the individual centers. Mr. P looks forward to your continued participation and hopes you are all staying safe and healthy.

Should Seniors Who Lose Their Job During the Coronavirus Pandemic Claim Social Security Benefits Early?

In the wake of the coronavirus pandemic, unemployment is skyrocketing. Seniors who lose their jobs may be tempted to claim Social Security benefits early, but should they, given the resulting reduction in future benefits? The answer depends on your situation, but you may be able to claim and not sacrifice much in terms of future benefits.



While you can claim Social Security benefits as early as age 62, the better financial decision is usually to wait to take benefits as long as you are able. If you take Social Security between age 62 and your full retirement age, your benefits will be permanently reduced to account for the longer period you will be paid. Individuals who file at age 62 this year will receive 72 percent of their full benefit. On the other hand, if you delay taking retirement beyond your full retirement age, depending on when you were born, your benefit will increase by 6 to 8 percent for every year that you delay, in addition to any cost of living increases. This extra income could be very welcome, especially if you live into your 80s or beyond.

Unfortunately, many seniors who lose their job due to the coronavirus pandemic may find it necessary to apply for benefits early, potentially losing hundreds of thousands in future benefits. Before rushing to apply for early retirement benefits, you should consider all of your options. If you are lucky enough to have substantial savings, it may make sense to spend your savings rather than take benefits early. You may also be able to apply for unemployment benefits to allow you to further delay taking benefits.

If you do not have any savings or unemployment benefits to fall back on, your only option may be to claim benefits. However, if you do claim early and then go back to work, you may have the ability to increase those benefits. If you are able to stop the benefits within 12 months of starting, you can withdraw the application, repay the benefits collected, and then still be eligible for the higher benefit amount at full retirement age or older. It is essentially a one-year interest-free loan.

If you take benefits early but are not able to stop the benefits within 12 months of starting, you can still suspend your benefits in order to earn higher benefits. For example, if you start collecting at age 62 but no longer need the income once you reach your full retirement age, you could suspend benefits until age 70. You won't get a complete do-over, but between your full retirement age and 70 you would earn delayed retirement credits, which would increase your ultimate benefit amount when you collect at age 70.

Whatever you decide, consider all of your options carefully and talk things over with your attorney or financial planner before making any rash decisions.

For a *New York Times* article about taking benefits early, go to <https://www.nytimes.com/2020/04/17/business/>



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15-0755



Roscommon County Commission On Aging's Fourth Annual "Meals - on - Wheels" Car Show



Commission on Aging
"Informing, Educating, & Caring"

*Help Keep
our meals rolling*

*Schedule
Registration
8:00 a.m. - 11: a.m.
Meat Loaf lunch Served
"Meals - on - Wheels"
Style
Noon until 1 p.m.
\$5.00
Trophies Awarded
3:00 p.m.
Cruise*



*Best of Show
Sheriff's Choice
Rosco Rat Rod
Many more
categories for
trophies.*



*Dash Plaque to
first 100 entries*

*5x7 Car & Driver
Photo*

Saturday, August 8, 2020

9:00 a.m. - 4:00 p.m.

Free Admission

*Roscommon Firemen's Training Grounds
290 Ballenger Rd, Roscommon, MI 48653*

989-366-0205

Pre-register by July 24, chance to win a \$25.00 Gas Card
Auto Parts Swap Vendors needed \$20.00 Booth Fee

Vendor & Registration Fee: \$20.00

Name: _____ Phone #: _____

Address: _____ City: _____

State & Zip: _____ Club: _____

Year, Make & Model: _____

Signature: _____

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

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.211nemichigan.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!

Men's Health continued from page 6

- ◇ **Sexual Health.** Talk to your healthcare provider about any issues you may have with erectile dysfunction, less or no interest in sex, or problems with ejaculation.
- ◇ **Skin Health.** Talk with your healthcare provider if you notice any skin changes or unusual moles, or if you have a family history of skin cancer. Protect your skin from the sun's ultraviolet rays by putting on sunscreen and wearing sunglasses, a hat, and long-sleeved clothing.

It's important to ask your healthcare provider what test he/she recommends, and how often you should get screened or have follow-up appointments. Be sure to share your medical and family history, personal preferences, and lifestyle with your provider to help them develop a preventative health plan that is tailored for you. Men, no excuses, make that appointment with your healthcare provider.

Source: CDC and Pfizer

What's Different?



Find the differences. This month the RCCOA Kitchen Staff is taking a much-needed break from preparing your meals to provide you with a little entertainment. Take a look at the two pictures and what's different between the two. There are at least 18 differences.

They also want to send you greetings and say how they miss everyone. They look forward to the reopening of the centers so they can see all your smiling 😊 faces! Pictured from left to right: Patty Hartmann (new), Michelle Ciaramitaro (Rosco), Craig Johnston (HL), Nicole Bell (HL) and Desiree Marshall (St.H). Becky Pratt (HL) and Jonathon Osim (Rosco) were bummed because they weren't able to be there for the picture. They also send their greetings.



Answers from left to right: Patty—gloves on, different color aprons, arms higher. Michelle—no apron, no wrist. Craig—MIA in first picture. Nicole—no apron, hoodie, no tongs, opening different can. Desiree—no mask, different hat and sunglasses, different shirt. Other—red bucket gone, meals moved around, gloves pushed in box, melted butter on stove shelf.

Houghton Lake Center News

"It takes a great deal of courage to see the world in all its tainted glory, and still love it." —

Oscar Wilde

Happy June everyone!



Are you documenting the changes social distancing has brought to you? If you don't normally journal, this is a good time to start. Some people write everything down; some draw; some document using photographs. I mean to write things down but somehow I *still* haven't started. Let's try it together. Here's some June trivia:

June 1, National Go Barefoot Day, is an opportunity to kick off your shoes and run barefoot through the cool grass! You can paint your toenails while you're at it...and take a photo! More importantly, it is a day to help support a charity that provides millions of underprivileged children all around the world with shoes. Now is a good time to clean out your closets and start a donation bag/box and add a pair or two of gently used shoes for a charitable organization in your area. Stay safe and wait until Covid-19 passes to take them in.

June 2 is a day made for chocolate, marshmallows, and nuts. **It's National Rocky Road Day!** In the United States the most popular way to eat Rocky Road is in ice cream. Sometime during the late 1920s, William Dreyer used inspiration from his partner Joseph Edy's chocolate candy to make rocky road ice cream. Dreyer did something he was probably told a hundred times not to do. He used his wife's sewing scissors to chop up marshmallows and walnuts and added them to chocolate ice cream. Of course, it tasted good, so he was probably forgiven for using her good sewing shears for anything but fabric! Soon after, the stock market crashed, and the ice cream was given the name Rocky Road to bring smiles to faces during the Great Depression. This is NOT my favorite kind of ice cream. Is it yours? If not which is your favorite? I love Moo-llennium Crunch but it's hard to find, so good old fashioned Vanilla is a versatile second place for me. I hope you can enjoy your favorite ice cream today. I will be!!!



June 6, 1944 marks the landing of troops on the beaches of Normandy. This day is known around the world as D-Day and was given the name Operation Overlord. Leading up to the attack, plans of deception were carried out to mislead Germany. The attack included more than 5,000 ships, 11,000 aircraft and landed more than 156,000 troops in Normandy. There are estimates of approximately 4,000 Allied casualties that day alone. Let's take a moment at noon to pray for all those who lost their lives that day and be grateful.

June 10 is National Egg Roll Day. I confess that when I saw it I thought it would involve rolling an egg! Nooo, it's the Chinese-American food kind of egg roll. LOL **June 13**, National Weed Your Garden Day, is a day set aside for gardeners to take an extra 5 or 10 minutes to weed their gardens. **June 20th** is the longest day of the year and marks the beginning of summer or the Summer Solstice. I imagine making s'mores in the evening over a campfire and chatting with the neighbors (while social distancing if necessary). **June 21** Don't forget about our fathers on Father's Day! **June 28**, we remember fondly the tales of the big blue ox and a mighty lumberjack. It is National Paul Bunyan Day! Described as a giant and a lumberjack of unusual skill, Paul Bunyan is one of the most famous North American folklore heroes. In the tales, Paul Bunyan was almost always accompanied by his companion, Babe the Blue Ox. Was He Real? (He was to me! I always think of him when I see a program about how the Great Lakes were formed) First appearing in print in 1906, in a story published by Northern Michigan journalist James MacGillivray, Bunyan's character originated in folktales circulated among lumberjacks in the Northeastern United States and Eastern Canada.

June 30th, Social Media Day is observed. In its short life, social media has redefined how people interact, communicate, and share with family, friends, and the world.

Crystal Peplinski
Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI

Roscommon Center News

Here we all are still in quarantine. I pray everyone is hanging in there and being able to interact with friends and family. I know I have spent more time on the phone than I have in my lifetime. I truly miss all of you. Hopefully, we will be able to resume our activities soon. The Stay at Home Order is important to keep us all safe and healthy.



I am an amateur organic gardener, so I had my own seeds. To keep myself busy, I have started my seeds for my garden. Hopefully, they will grow. Then, when the weather turns, I will be able to get them in the garden. Lots of veggies and herbs.

We are setting up a Zoom "Chair Yoga" Class which I have been asked to lead. This class will be held Monday and Wednesday mornings at 10:00 a.m. It really is a great class, helps us to keep moving freely and does relieve stress. See page 18 to find out how to join the class.

Happy Father's Day to all the dads and grandpas out there. I hope your family finds a way to make it special for you.

I cannot wait until we can get back to our normal routine. Look forward to seeing you all soon. May you have a blessed month of June.

Varlyia Hanusik

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



How Do I Find a Copy of the Newsletter?

Did you know you can pick up a newsletter at your center... or any of the centers? That's right! In addition to placing the RCCOA newsletter at various locations throughout the county we now have them available at the centers. Ron recently installed outdoor literature holders on all the buildings to hold the newsletters. We will try to keep them filled but if you stop to get one and find it empty, please give us a call so we can refill the holder.

At the time of publication our Centers continue to be closed due to all the precautionary measures put in place by the CDC and other governing officials. "Meals-on-Wheels" are being delivered to the homebound twice weekly. **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 centers 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.

St. Helen Center News

Hello Everyone!!!

HAPPY FATHERS DAY!!! I was wondering how did Father's Day begin and when? So, I did some looking and learned that Father's Day is a day to honor fatherhood, paternal bonds, as well as the influence of fathers in society. In Catholic countries of Europe, it has been celebrated on March 19 since the Middle Ages. This celebration was brought by the Spanish and Portuguese to Latin America, where March 19 is often still used for it, though many countries in Europe and the Americas have adopted the U.S. date, which is the third Sunday of June. It is celebrated on various days in many parts of the world, most commonly in the months of March, April and June.



So because we are celebrating fathers, I thought I would give you some good dad jokes to share:

1. Did you know the first French fries weren't actually cooked in France? They were cooked in Greece.
2. The secret service isn't allowed to yell "Get down!" anymore when the president is about to be attacked. Now they have to yell "Donald, duck!"
3. I'm reading a book about anti-gravity. It's impossible to put down!
4. My daughter screeched, "Daaaaaad, you haven't listened to one word I've said, have you!?" "What a strange way to start a conversation with me...HaHa!"
5. MOM: "How do I look?" DAD: "With your eyes."
6. Did you hear the news? FedEx and UPS are merging. They're going to go by the name Fed-Up from now on.

Hope you enjoyed this little bit of fun. Stay well and we hope to see you soon. Can't wait to see all your smiling faces. We are still here for you if you need any of our services. Contact our In-Home Service office, 989.366.3800.

Sally Allport, Center Manager

10493 E Airport Rd, St. Helen



How are you at making words out of other words?

Here's the Challenge:

Make as many words as possible from Happy Father's Day!

Have fun!!!!

Center Activities



Exercisers

Calling all exercise class participants

We have begun offering arthritis exercise class again...No, not at the centers but via ZOOM*.

The class is: Tuesday and Thursdays
10:00 a.m.

Deb is leading the group

We hope to see you in class!



Chair Yoga Via Zoom*

Mondays and Wednesdays

Beginning June 8th

10:00 a.m.

Chair yoga offers an alternative yoga practice for those who finds floor yoga poses too demanding, including those suffering from mobility issues and medical conditions such as osteoarthritis and joint replacements. You will move in and around the chair.

Center Manager Varlya Hanusik will lead this class.

Introduction to Drawing



The class:

- is for beginners and anyone who would like a refresher course.
- Is 4 weeks.
- is on **Wednesdays: June 17, 24, and July 1, 8**
- **1:00-2:00 p.m.**
- **Location:** Will be held via Zoom*.
- **limited** to 5 people
- **Cost:** \$10 per person
- **To sign up**, contact Debra, 989.366.0205, ext 103

You will receive a kit with the basic items. There will be homework, but no grade! We will cover values, shading, grayscale/saturation, diminishing details, horizon lines, and rule of thirds. Why are these things important? Join us to find out!



Activities VIA Zoom*

Deb's wondering if you would like to join her online to play games like Yahtzee, Trivia Pursuit, or maybe you have a board game suggestion. Based on interest, we would set up times to play our games together via ZOOM. You wouldn't need a physical board game just a piece of paper, pencil and dice. Give Deb a call, 989.366.0205

Just think...you could play from the comfort of your own home while having fun online with friends...and maybe even gain some bragging rights...if you're lucky!

zoom is a free easy-to-use website designed for video conferencing. It can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate in the activities.

To attend via ZOOM* here's what you do:

- You need internet access or a cell phone (Phone access requires you to download the app)
- Go to the ZOOM website—zoom.us
- Click on join a meeting
- Enter the code 4647815859
- Follow the prompts
- If you don't have either capability but would like to attend, or if you have questions or problems with joining the group, contact Tom, 989.366.0205, ext 111.

Bingo Anyone?

Wondering if any of you would be interested in playing "TP Bingo" at 2 p.m. Tuesdays and Thursdays via ZOOM*...No, not Tom Pettit Bingo...Toilet Paper Bingo! If you'd like to play, let Debra know of your interest. We will get you bingo cards and a dauber. Who knows, maybe you will win some TP!





June 1 National Olive Day

The olive is one of the world's oldest fruits. The olive branch is a symbol of peace, hope, love and friendship. Celebrating National Olive Day is a fun way to acknowledge the joy this little fruit provides. We find them in cocktails and loaves of bread. We eat them whole as snacks, use them as toppings, include them on relish trays and even as a garnish for many foods.



First Friday in June—National Donut Day

This day celebrates the donut and honors Salvation Army Lassies, who served doughnuts to soldiers during WWI. In 1917, the original "Salvation Army Doughnut" was first served by the ladies of the Salvation Army. It was during WWI that the Salvation Army Lassies went to the front lines of Europe. Home cooked foods provided by these brave volunteers, were a morale boost to the troops. The doughnuts were often cooked in oil inside the metal helmets of American soldiers. American infantrymen were then commonly called "doughboys."

June 8 National Upsy Daisy Day

This day is set aside to encourage you to face the day positively and to get up 'gloriously, gratefully and gleefully' each morning. Every day is a gift and if we remember that as we rise each morning, it will help us carry a good attitude throughout the day, whatever the day may bring us. Life is full of challenges and bumps in the road, and it is our attitude that helps us over the bumps and through the challenges to move onward with a smile.

Give it a try. Be grateful and thankful for what you do have, such as a bed to sleep in, food to eat, friends and family. Try a smile and see how it feels. It may surprise you that it feels good on the inside also and how other people will smile back. Send your smile to friends and family. Ask them to send a smile back. You may just brighten up their day! *Upsy Daisy!*



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

15-0755

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

Nashville Show Trip

August 17-22, 2020

\$675

**6 days 5 nights
per person double occupancy**

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Nashville area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ 2 great shows: 1) The Grand Ole Opry; 2) Nashville Nightlife Dinner Theater
- ◆ Guided tours of Nashville and Belle Meade Plantation
- ◆ Admission to the Country Music Hall of Fame
- ◆ Admission to the Grand Ole Opry Behind the Scenes Tour
- ◆ Ride on the Delta Flatboats inside the Opryland Hotel
- ◆ Admission to Johnny Cash Museum and Patsy Cline Museum

Depart: Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI

For more information, a flyer or to reserve your spot, contact Debra Looney, 989.366.0205, Ext 103.



Local Resources/Assistance

Local businesses and retailers are stepping up to assist during these challenging times. The information below is accurate as of 4/17/2020. 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 7 a.m. – 8:30 p.m.
- Customers age 60 and older can shop from 6 a.m. – 7 a.m.
- Vision Centers/Pharmacies will remain open.

Meijer — Store Hours

- 7 a.m.-8 a.m. on Tuesday and Thursday for seniors, disabled and ill persons
- 7am-8am Mon/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 8 a.m.-9 a.m.
- Close earlier at 8 p.m. for extra cleaning

Family Fare

- Special shopping hours for seniors every Tuesday and Thursday, 7 a.m.-9 a.m. 10% discount
- Wednesdays seniors receive a 10% discount all day

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.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS



October 18-24, 2020

\$650

7 days 6 nights

per person double occupancy

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ **6 nights lodging** including 4 consecutive nights at a Tunica area Casino Resort
- ◆ **10 meals:** 6 breakfasts and 4 dinners
- ◆ **Admission to GRACELAND**—Home of Elvis Presley
- ◆ **Admission to SUN STUDIO**, one of Memphis' Top Rated Attractions
- ◆ **Free time on BEALE STREET** in Memphis
- ◆ **GUIDED TOUR OF MEMPHIS, TN**
- ◆ **Admission to MEMPHIS ROCK N' SOUL MUSEUM**
- ◆ And much more



Depart: Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI

For more information, a flyer or to reserve your spot, contact Debra Looney, 989.366.0205, ext 103.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS



Branson Holiday Show Extravaganza

11/29 — 12/5, 2020

\$700

7 days 6 nights

per person double occupancy

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ **6 nights lodging** including 4 consecutive nights in the Branson area
- ◆ **10 meals:** 6 breakfasts and 4 dinners
- ◆ Admission to 7 Fabulous Branson Shows, including:
- ◆ **Three Morning Shows:** DUBLIN TENORS CHRISTMAS SHOW, AMAZING ACROBATS OF SHANGHAI, & THE DOUG GABRIEL SHOW
- ◆ **Three Evening Shows:** PRESLEY'S COUNTRY CHRISTMAS, NOAH THE MUSICAL Show at the Sight & Sound Theatre & CHRISTMAS WONDERLAND
- ◆ **One Dinner Show:** SHOWBOAT BRANSON BELLE
- ◆ And much more

Depart: Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI

For more information, a flyer or to reserve your spot, contact Debra Looney, 989.366.0205, ext 103.



Education



“A Matter of Balance”

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

WHO SHOULD ATTEND?

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

LEARN TO:

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

THE CLASS:

- Is **FREE**
- Meets at **RCCOA Administrative Offices, 1015 Short Drive, Suite A, Prudenville**
- **10:00 a.m. — 12:00 Noon**
- Twice weekly (Mondays and Wednesdays) for four weeks—starts **Monday, August 3**, goes through **Wednesday, August 26**



Medicare Coverage For COVID-19

Medicare covers COVID-19 related needs including the following:

- **Lab test for COVID-19.** No out of pocket expense
- **Medically Necessary Hospitalization for COVID-19.** No out of pocket expense
- **At this time, there's no vaccine for COVID-19.** if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D). If you have a Medicare Advantage Plan, you have access to these same benefits.
- Medicare will cover a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copay if you have Original Medicare during this time. That way you may visit with your doctor from your home, without going to his office or the hospital.
- Medicare pays for “virtual check-ins”—brief, virtual services with your doctor/practitioner where the communication isn't related to a medical visit. You may be able to communicate with your doctors or other practitioners without necessarily going to the doctor's office in person for a full visit.
- Medicare pays for you to communicate with your doctor using online patient portals without going to the doctor's office. Like virtual check-ins, you must initiate these individual communications.

Coronavirus.gov is the source for the latest information about COVID-19 prevention, symptoms, and answers to common questions. CDC.gov/coronavirus has the latest public health and safety information from CDCUSA.gov has the latest information about what the U.S. Government is doing in response to COVID-19.



Menu

JUNE 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 National Olive Day The olive is one of the world's oldest fruits. Enjoy some olives today. 	2 National Bubba Day Just ask Bubba...she will know. Bubba is the Yiddish word for grandmother. 	3 Repeat Day Is an opportunity to do things over and over again. Pick an activity or food you like and repeat it multiple times today.	4 Hug Your Cat Day Give your cat a big, furry hug. But your cat may only allow a brief hug. 	 5 As you eat a donut today, think of the Salvation Army Lassies who served meals to soldiers during WWI. (see page 19)
8 Best Friend Day Call or send a card to your best friend or friends. 	9 Donald Duck Day Donald Duck made his cartoon debut June 9, 1934. He is 86 years old. 	10 National Iced Tea Day Since ancient times, it is believed that tea has medicinal uses. Enjoy a glass of iced tea. 	11 National Corn on the Cob Day Sweet corn originated in Mexico and dates back to about 9,000 B.C. Enjoy some today. 	12 American Flag Day June 14, represents our independence and unity as a nation ... under God, indivisible. Proudly display your flag. 
 15  Smile Power Day Give everyone you see a big, friendly "I like you" smile. You never know when you might brighten someone's day! 	16 Fresh Veggies Day Make a vow to eat healthy today with fresh veggies for every meal, and for snack, too. 	17 Robert Goodyear On this day in 1837 Charles Goodyear obtained his first rubber patent. 	18 National Splurge Day A day to treat yourself to anything you want...a special dessert, nice meal... 	19 Parents Day Ice Cream Social 2:00 p.m. Drive Thru Style Admin Office Prudenville 
22 World Rainforest Day Established in 2017 to protect tropical rainforests around the world. Learn more about the value of rainforests. 	23 National Hydration Day It is a reminder to replace fluids lost in the heat. Be sure to drink your lots of water today! 	24 Swim a Lap Day Is good for your health. Take a dip in the pool or the lake to cool off and get some exercise. 	25 National Catfish Day A day to enjoy some tasty, fried catfish. President Reagan established this observance in 1987. 	26 Beautician's Day It's your chance to say thank you to your favorite hairstylist. (We've missed them during this pandemic!) 
29 Hug Holiday Day Sending a million hugs your way from a distance.	30 Meteor Watch Day Look to the skies for meteor showers streaking across the night sky—hope you see one! 	Due to the COVID-19 Virus, our menu is temporarily discontinued. "Meals-on-Wheels" are being delivered to the homebound twice weekly. Those who attend our centers on a regular basis and need this meal, contact the RCCOA Nutrition Coordinator Andrew Tapia, 989.279.0850 . Andrew will ask you a few questions and provide you with additional information.		

Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips



Look who turned **102** during this pandemic!



Congrats Ida!



The RCCOA joined the parade to help Ida Perry celebrate her 102nd b-day in May!



Great Lakes Loons Baseball Game

Monday, July 20, 2020

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

Cost: \$27.00 per person

Includes: Game Ticket, transportation, food voucher (either a hot dog, brat, or slice of pizza, chips, fountain drink)

The Great Lakes Loons are a Single-A Minor League Baseball affiliate of the Los Angeles Dodgers. The club is a member of the Midwest League and the Class A affiliate of the Los Angeles Dodgers. They won their first championship in 2016.

Disclaimer: As we all know, life has not been normal for a while now. It has been challenging to know how to plan and what to plan for events and activities. The Agency has decided to plan a few possible events with the hopes things will return to normal fairly soon. 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 the restrictions in place due to the COVID-19 virus.

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



**Dinner Theater
Marshall, MI
Tuesday, July 28**

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



The creator of "always Patsy Cline" combines over 30 classic country tunes in a hilarious story about three gusty gals who are determined to do better with their lives and follow their

dreams to Nashville. The all-hit song list includes "I'll Fly Away" and "Coal Miner's Daughter" plus many more!

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

September 29 — Church Basement Ladies

A celebration of the church basement and the women who work there. Church Basement Ladies is a musical comedy featuring four distinct characters and their relationships as they organize the food and solve the problems of a rural Minnesota church about to undergo changes. Funny and down to earth. (family friendly)

November 17 — Christmas is for the Birds

Christmas is always full of surprises and blessed moments. But this hilarious comedy will have the birds in your life wondering what happened to Christmas. Includes lots of your Christmas favorite songs, plus a few new ones. Make this part of your holiday tradition. Fun for the whole family.

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

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