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Prudenville, MI 48651
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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 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.**



May Day is a public holiday usually celebrated on May 1. It is an ancient festival of Spring and a current traditional spring holiday in many European cultures. Dances, singing, and cake are usually part of the festivities.

In some parts of the United States, **May baskets** are made as part of the **May Day tradition**, a celebration of Spring that can include activities like a maypole dance and crowning a queen of **May**. **May baskets** are small **baskets** usually filled with flowers or treats, left anonymously on someone's doorstep. For a fun springtime tradition, make a colorful handmade **May Day basket**, fill it with candy or flowers to celebrate spring and warmer weather.



**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 didn't. In fact Mrs. P was commenting the other day how finding certain items at the store can be hit or miss these days. They are hoping this changes soon (as do the rest of us). Mr. P is also glad to hear that the numbers of those getting sick and dying are slowing down. It would be nice for the *Stay Home Stay Safe* order to be softened so we can start getting back to normal, but in the mean time, they will continue to find ways to occupy themselves at home. As he was perusing this month's newsletter he noticed that there was a lot of good information and even some good ideas of things to do while we wait this out. Mr. P plans on taking Mrs. P out for short walks around the yard when the weather allows. He liked reading all the stuff on the meal calendar and appreciated the warning to beware of scams. Those people never seem to take time off even when others are forced to. Speaking of toilet paper, they were finally able to find some at the store last week so they bought a package. But now it's disappeared...Could you help him. When you find it, call your Center Manager. If she doesn't answer, leave a message or call back. She will enter you in a drawing for a gift card. The drawing will take place **Friday, May 8**. Deadline to enter is **Thursday, May 7, 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 by calling your center manager. The center manager will notify you that you won and make arrangements to get the gift card to you.



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

Hello May! April just flew by! I hope everyone is coping ok with the CoVid-19 precautions we are having to endure: social distancing, staying home, etc.



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, we are working on reinventing how we offer activities. Beginning in May, (if our centers are still closed) we will be offering our Arthritis Exercise Class on Tuesday and Thursday mornings at 10 a.m. We will use zoom, which will make it 100% interactive. Unfortunately, you need the internet. So, that will start May 5th. On the same days in the afternoon join us for "TP Bingo" at 2 p.m. No, not Tom Pettit Bingo...Toilet Paper Bingo! If you'd like to play, let Debra know and we will get you bingo cards and a dauber. Who knows, maybe you will win some TP!

If these groups work well enough, perhaps we can incorporate additional social activities to get us through to the other side of these challenging times.

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.



Most Dangerous Food

A doctor was addressing a large audience in Tampa. "The material we put into our stomachs is enough to have killed most of us sitting here years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realize the long-term harm caused by the germs in our drinking water."

But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand and softly said, "Wedding cake."



Source: The County Register, March/April 2020 issue.

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



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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

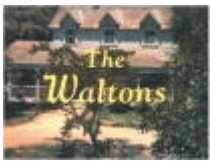
3rd Monday of the month—Coming as soon as Covid-19 restrictions are lifted.

4:00—6:00 p.m.

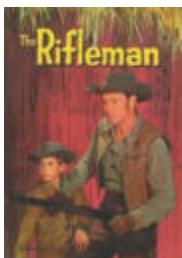
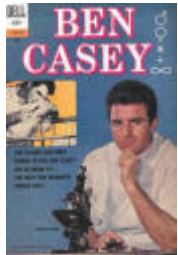
RCCOA Administrative Building—Annex Office, 1015 Short Drive, Prudenville

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.



Old TV Shows



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

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of another old TV show.

ALICE
 BEN CASEY
 BEVERLY HILLBILLIES
 CHIPS
 CANNON
 CAPTAIN KANGAROO
 DOBIE GILLIS
 DONNA REED
 DR. KILDARE
 EMERGENCY
 FLIPPER

FLYING NUN
 FUGITIVE
 GOMER PYLE
 GOOD TIMES
 GREEN ACRES
 GREEN HORNET
 HOWDY DOODY
 I SPY
 IRONSIDE
 JETSONS
 KOJAK

L.A. LAW
 LASSIE
 LOVE BOAT
 MAD ABOUT YOU
 MAUDE
 MEDICAL CENTER
 MIAMI VICE
 MOD SQUAD
 MOONLIGHTING
 MURPHY BROWN

ODD COUPLE
 PEYTON PLACE
 RAWHIDE
 RIFLEMAN
 RIN TIN TIN
 SOAP
 ST. ELSEWHERE
 TAXI
 THREE'S COMPANY
 WALTONS



Health Benefits of Exercise

Region 9 Area Agency on Aging

Kelly Robinette, DTR

Health, Wellness, Nutrition Information and Updates

Why is it important to be active? Exercise is an important part of a healthy lifestyle. Adding exercise to your routine can positively affect your life. Moderate daily exercise will improve health in the following ways:

- Reduce weight
- Reduce risk of premature death from heart disease
- Cope with arthritis
- Reduce risk of diabetes
- Decrease high blood pressure or risk of developing it
- Help older adults gain strength, fight osteoporosis, and enhance ability to be active without fear of falling
- Help maintain proper cholesterol levels



Who needs to be active? The loss of strength and stamina attributed to aging is partly caused by reduced physical activity. By age 75, about one in three men and one in two women do not engage in physical activity. If you are interested in improving your overall conditioning, health experts recommend you get at least 30 minutes of moderately intense physical activity on all or most days of the week. If you cannot exercise 30 minutes at one time, shorter amounts of active time two or three times a day can greatly improve health.

Healthy Diet. Research has shown that an active person who maintains a healthy diet reduces the risk of developing or dying from one of the leading causes of death in the United States.

Weight Control. An important side effect of regular exercise is controlling and maintaining an appropriate body weight. Weight control also helps make health problems more manageable. Exercise is beneficial to weight control for many reasons. Exercise burns calories and speeds the rate of energy use.

Heart Disease. Exercise lowers the risk of heart disease, the leading cause of death among both men and women. A lifestyle change of increased activity has been shown to be effective in preventing Coronary Heart disease. Brisk walking for three hours a week can reduce the risk of heart attack by 30-40 percent.

Coping with Arthritis. The negative effects of arthritis can make even simple activities unbearable. Exercise helps ease pain caused by disintegration of joint cartilage, increases range of movement, reduces fatigue, and enhances the feeling of wellness. Cartilage depends on movement to deliver oxygen and nutrients, so light aerobics, resistance training, and flexibility exercises improve joint condition.

Prevent onset or control diabetes (Type II and Mature). Exercising and maintaining a healthy weight decreases the risk of developing the most common form of Diabetes, Type II. Moderate physical activity, even brisk walking, helps cells take in vital blood sugar. Most overweight people have excess insulin in their body tissues. This excess of insulin not used by the cells can cause increased fat storage. Exercise helps the body's cells to better utilize insulin and reduce the need for more. Losing weight also helps the body use insulin: Shedding just 10 to 20 pounds could be enough to control diabetes. According to the American College of Sports, a patient with Type II diabetes should set a goal to expend a minimum of 1,000 calories of energy a week. Persons with diabetes should schedule at least three nonconsecutive days of exercise, with 10 to 15 minutes in each session.

Lower blood pressure. For most people, there is no single known cause of high blood pressure. "Primary" or "essential" hypertension cannot be cured, although in most cases it can be controlled. Excessive weight is one of the most common factors in high blood pressure. It creates added stress on the heart and lungs, forcing them to work harder. As body weight increases, blood pressure rises. Extra weight causes the individual to be two to six times more likely to develop high blood pressure than someone at a desirable weight.

Continued on page 19



**HIDDEN
MESSAGE:**



HOW WE SERVED YOU DURING

March 2020

Meals-on-Wheels Delivered:	8,317
Meals Served at Centers:	1,154
Homemaking Hours:	744.5
Personal Care Hours:	222.5
Respite Care Hours:	312.5
Serenity Day Lodge Hours:	154.5

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

Houghton Lake	Agnes Harmon
Roscommon	No Calls
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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15-0755

What Is a Do-Not-Resuscitate Order and How Does It Work?

Carolyn Rosenblatt | Updated April 7, 2020



A do-not-resuscitate order (DNR) is a legally binding physician's order stating that no steps will be taken to restart a patient's heart or restore breathing if the patient experiences cardiac arrest or respiratory arrest. These steps typically involve cardiopulmonary resuscitation (CPR), which is not always successful and comes with risks, especially for individuals who are elderly or very ill. A DNR order may also be called a do-not-attempt-resuscitation (DNAR) order or allow-natural-death (AND) order.

Legal Documents for Advance Care Planning

Advance care planning is a crucial activity for competent people of all ages. This process helps to ensure that a person's wishes for medical care are respected and followed, even if they lose the ability to communicate.

The legal aspect of this process typically involves creating an advance directive that is composed of two parts. First, a person (known as the principal) drafts a durable medical power of attorney (POA). This document appoints a trusted individual (known as the surrogate, proxy or agent) to handle health care decisions for the person in the event that they are unable to participate in their own care. Second, the person should draft a living will, which provides detailed information on treatment preferences for potential medical situations. Ideally, the agent who is granted POA uses the written instructions in the living will to guide any health care decisions they must make on the principal's behalf. Unfortunately, some people fail to make one or both of these advance directives.

Medical Orders for Advance Care Planning

While a DNR is also legally valid, it differs from the advance directives explained above in that it is a medical order. A person may draft a living will to specify their treatment preferences in various hypothetical situations, but this document is not an immediately enforceable medical order. If an individual is incapacitated, then health care professionals and emergency responders will pursue all potentially life-sustaining treatments in the event of a medical crisis unless a valid order written by a physician (like a DNR) is presented.

Who Needs a Do-Not-Resuscitate Order?

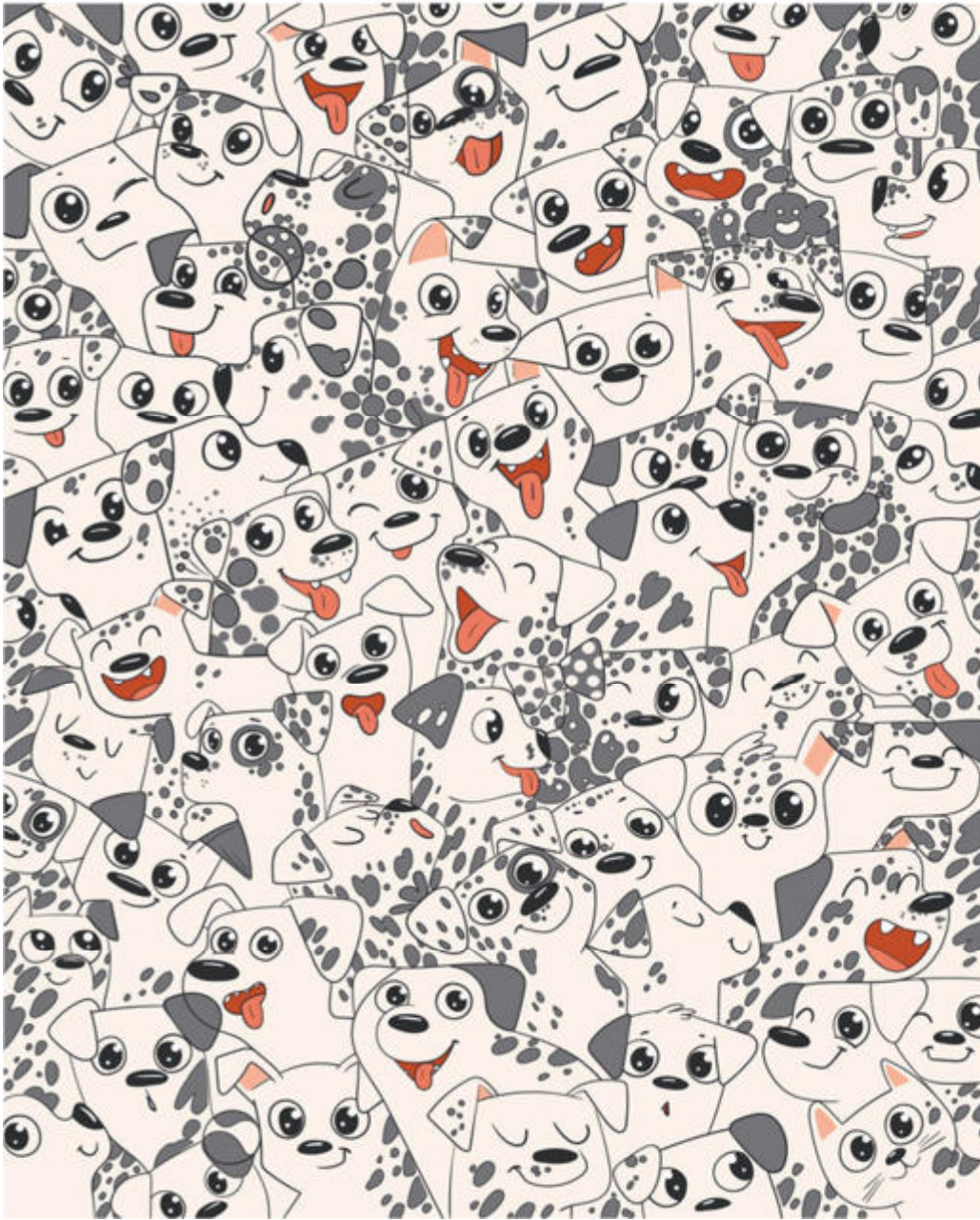
Every competent person has the right to refuse even life-saving medical treatment. Appropriate advance care planning ensures this right even if an individual becomes unable to participate in their own care decisions. Yes, living wills and durable POAs for health care are important for people of any age to have, but not every person needs a DNR order.

Some people wish to limit the care they receive in foreseeable medical circumstances because they feel that extreme measures meant to prolong life may also negatively impact their quality of life. For example, health care professionals and first responders are trained to administer aggressive interventions like CPR to prevent death unless otherwise directed. However, the medical benefits of CPR are limited. This emergency procedure is only intended for use on healthy individuals, not the elderly or those with severe or terminal health conditions like widespread infections or cancer.

One study published in *The Journal of the American Osteopathic Association* found that most elders (81 percent) erroneously believed their chance of surviving inpatient CPR and being discharged from the hospital was 50 percent or better. While the odds of survival are dependent upon a patient's unique situation, the study authors' reviews of previous literature show that "...a mere 3% to 5% of patients are surviving CPR to discharge, and a survival rate of 0% has been reported." *concluded on page 21*

Center / COA ACTIVITIES & NEWS

FIND 12 HIDDEN OBJECTS IN THE PICTURE



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:

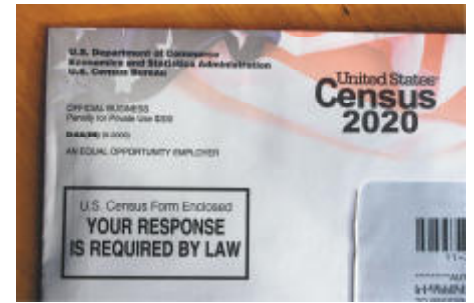
Where: Houghton Lake Center



6th Annual Chili Cook Off

Date to be announced

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!





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



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*Schedule
Registration
8:00 a.m. - 11: a.m.
Meat Loaf lunch Served
"Meals - on - Wheels"
Style
Noon until 1 p.m.
\$5.00
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3:00 p.m.
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*5x7 Car & Driver
Photo*

Saturday, August 8, 2020

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

Free Admission

*Roscommon Firemen's Training Grounds
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989-366-0205

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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 thief 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.



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- ★ 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!

Caregiver Empowerment & Wellness Conference

Tentatively rescheduled
for Friday, July 31, 2020

Full flyer will be in the June issue.

To register or learn more go to

www.nemsca.org

or call 989.358.4616



The RCCOA offices and centers will be **closed** for Memorial Day,

Monday, May 25, 2020.

No meals will be delivered that day.

Remember our veterans and our essential workers who have made the ultimate sacrifice for us.

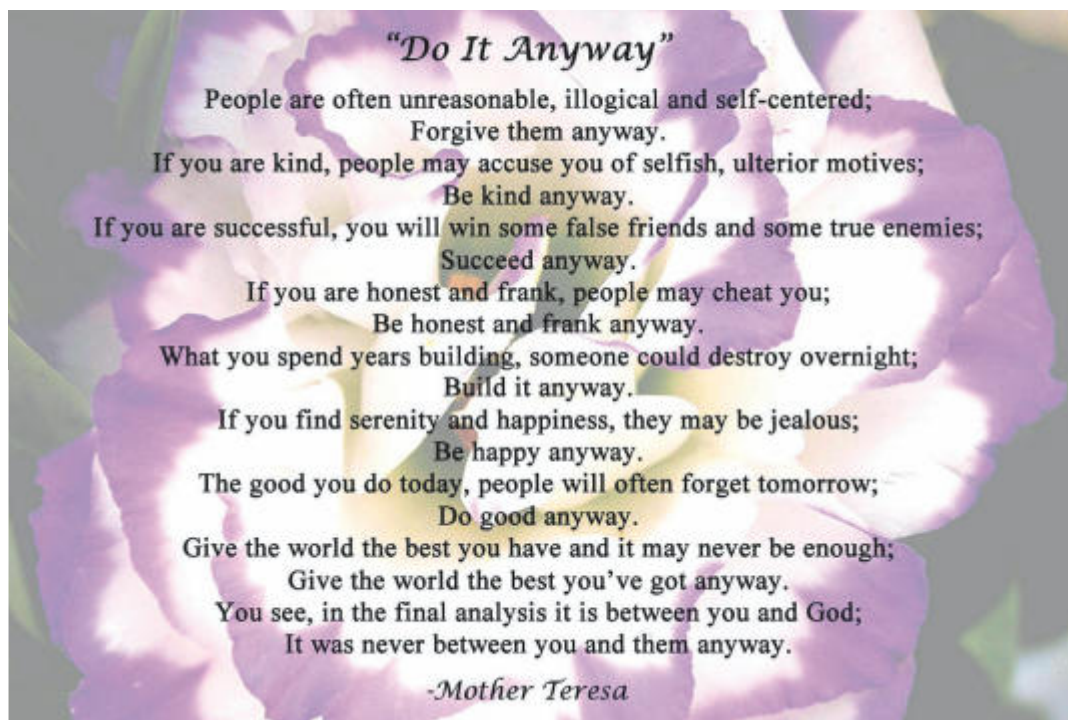
What Are You Doing?

In the April issue of the *News*, Mr. P wanted people to call in with the things that they were doing to help pass the time while we *Stay Home Stay Safe*. Below is the list of what we received:

- ⇒ Putting puzzles together
- ⇒ Trying out a new exercise
- ⇒ Doing a favor for a neighbor
- ⇒ Spring Cleaning
- ⇒ Praying for those who are suffering
- ⇒ Learn a new craft
- ⇒ Give food to those in need
- ⇒ Yardwork
- ⇒ Paint a picture
- ⇒ Feed the birds
- ⇒ Clean your oven
- ⇒ Call old friends
- ⇒ Call relatives and in-laws in other states
- ⇒ Work on photo albums—adding dates, names and events to the pictures
- ⇒ Sit outside and enjoy spring weather
- ⇒ Use Facebook—not on the newsfeed page but post directly to the individual's page—to create a book of remembrance for this time in their life for their children, grandchildren and great-grandchildren.

Mr. P appreciates your input. All of your ideas will help him and Mrs. P pass the time!

*Thank
You*



Houghton Lake Center News

Does anyone remember making paper cones and putting in flowers on **May 1**? When I was a kid, we'd hang them over doorknobs, ring the doorbell and run away as fast as we could! Usually we'd hide behind a tree or bush to watch... giggling the whole time! It reminds me of daffodils and lily of the valley that grew in my mother's yard. Enjoy a wonderful **MAY DAY**.



May 3 is **National Two Different Colored Shoes Day**. Wear two different colored shoes and see what happens. Be creative! Take a picture and post it on the Roscommon County Commission on Aging Facebook page. Send it to all your friends and family and get them to share photos of their funny footwear with you!

May 4 of each year is designated National Star Wars Day, "**May the Fourth Be With You**" or "May the Force Be With You." Let's binge watch all the Star Wars movies together. Which is your favorite? Dress up as a character from one of the movies and take a picture. Share it!

May 5. Cinco de Mayo! I'm thinking about homemade Nachos and watching a movie I'm familiar with... *in Spanish*. Let me know if you did this please!

May 10 is **Mother's Day** this year. I'll walk around my yard and see what's blooming because my mother loved flowers. I'll think about her and be glad. I might shed a few tears but it's okay. Happy Mother's Day Mom!

Dance Like a Chicken Day is observed each year on **May 14th**! Everyone has probably danced the "Chicken Dance" at least once in their lifetime. This silly, fun song is popular at weddings, dances, Oktoberfest, and other celebrations. The song gets people of all ages up and moving on the dance floor. **I would LOVE videos and photos shared in Facebook and for the June Newsletter!**

May 16 Armed Forces Day is a day to pay tribute to the men and women who serve the United States Armed Forces. The day is celebrated on the third Saturday in May and is part of Armed Forces Week. Take out your flags and show your support in your window or yard.

On **May 22**, National Solitaire Day recognizes a card game that has been around for more than 200 years. The classic version of the game uses a standard deck of 52 playing cards. The object of the game is to clear the board by creating a stack of cards from low to high in each suit. If the player completes each suit, the game is won. I play this on my phone and with a deck of cards. There are 5 main versions, Klondike (the classic), FreeCell, Spider, TriPeaks, and Pyramid. Has anyone every played TriPeaks? I might try it!

May 25 Memorial Day, a United States Federal holiday, is observed each year on the last Monday in May. This day is in honor and remembrance of all men and women who have died while serving in the United States Armed Forces. Weather permitting we can go outside and say the pledge at noon, just like we do at our center. (By the way the RCCOA will be *closed* this day.)

(*From the internet*) Traditionally on Memorial Day, the flag of the United States of America is raised briskly to the top of the staff then solemnly lowered to the half-staff position where it remains until noon. At noon, it is then raised to full-staff for the remainder of the day. When the flag is at half-staff, the position is in remembrance of the more than one million men and women who gave their lives for their country. **Raising the flag at noon signifies the nation lives, that the country is resolved not to let their sacrifice be in vain but to rise in their honor and continue to fight for liberty and justice for all.** WOW! I get goosebumps just thinking about it.

Crystal Peplinski

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



Roscommon Center News

Well, we are entering May! And warmer weather is increasing. I certainly enjoy our sunny days. At the time of writing my article we are still required to Stay Home so we Stay Safe. Hopefully we can all get out and take walks at least around our homes to enjoy this warmer weather.



During the month of April and for as long as needed I will continue to keep contact with all of you who frequent the center. I have enjoyed touching base with you to see how you are doing. I understand how our isolation is not normal and is hard on all of us. We need people (Even introverts need some interaction!). I just want you all to know that I miss all of you very much. I look forward to seeing you back at the center laughing and enjoying all the activities and good times, hopefully sooner than later.

The Agency is working to stay in compliance with the governor's Stay Home order so the hours of staff being at the centers has had to be adjusted. If you happen to drive by and don't see vehicles parked there, don't worry. Our work schedule has been adjusted but I assure you we are all working. Our center alone is sending out over 500 meals a week to the homebound and those in need in our local community.

I hope you have found ways to keep yourself busy and help the time to pass. Maybe you have some good books or audio books, puzzles or other activities to enjoy during this time. Now's a good time to plan your garden—at least on paper. I encourage you to read Mr. P and do what he needs. Then call me. If I'm not there, leave a message.

I will continue to bug you with my phone calls. I encourage you to stay home and stay safe as long as we need to. I truly want to see all of you again.

Varlya Hanusik

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



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!!!


Hope you are all doing well. Desiree, Karen, Brittani and I are all awaiting your return. We are keeping busy preparing "Meals-on-Wheels" and calling all of you to make sure you are OK. We miss you all and can't wait to be back in the swing of things. Hope you all have a wonderful **Mother's Day**. I encourage you to find creative ways to connect with your family. Did you know that **Memorial Day** was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War soldiers, by proclamation of Gen. John A. Logan of the Grand Army of the Republic, an organization of former Union sailors and soldiers? Thank you to all that have served, are serving and those we have lost. This year the holiday will be observed Monday, May 25. The RCCOA will be closed in observance of the holiday.



If you need more information about all our programs we have to offer through our Agency, please give us a call. We will see you all real soon. **May** all your days be bright and colorful. **STAY WELL AND BE SAFE.**

Historical events that happened in May:

- 1st England releases the first adhesive postage stamp (1840)
- 1st Mr. Potato Head is introduced. (1952)
- 4th Manhattan Island is sold! Indians agree to the deal in exchange for \$24 in cloth & buttons (1626)
- 10th The first color pictures of Earth from space are sent back from Apollo 10. (1969)
- 12th The flush toilet is patented. (1792)
- 13th "Mr. October", Reggie Jackson becomes the first major league ballplayer to strike out 2,000 times. (1983)
- 22nd First reported sighting of the Loch Ness Monster. (1933)
- 22nd The debut of "Mister Rogers' Neighborhood". (1967)
- 25th Ford ceases production of the Model "T". (1927)

 **Historically Late Snowstorm.** Not since records have been kept in Southeast Lower Michigan (Detroit as far back as 1870), has the snowstorm of May 9th in 1923 been equaled in season lateness and magnitude. A strong cold front, of Arctic origin, pushed across Southeast Michigan on the afternoon of the 8th, creating scattered thunderstorms. The strength of the front was quite evident in Detroit. The temperature plummeted from a near normal reading of 62 degrees at 1:00 p.m. to a winter like one of 34 degrees by 6:00 p.m. with a total of 6 inches accumulation.

Thanks for the early spring.

Sally Allport, Center Manager

10493 E Airport Rd, St. Helen



Center Activities



FIND THE DIFFERENCES!

What's different? Deb decided to give a few of us a break from our work for a few minutes to provide you with an activity! Take a look at the two pictures and find what's different between the two. There are at least 17 differences.

The products displayed on the table were made available to the RCCOA to distribute to seniors in need of these supplies. United Way received a grant that was matched by Home Depot. Thank you to both United Way and Home Depot for making these items available.

The COA staff sends greetings to all of you. We miss you and look forward to reopening our centers as soon as we are allowed. In the meantime we encourage you to Stay Home and Stay Safe. If we can be of service to you in anyway, give us a call.

Answers: From left to right—Debra—her sign is worded differently. Andrew—hat, drink, shirt. Betty—hat, shirt. Sheila—smile, sweater, jeans, glasses. Tom—mask. George the monkey is in top picture. TP positioned differently. Dish soap—one bottle is moved. Bag is turned. Top picture outlet is showing. Sign above door.



Exercisers: We've heard from some of you that you are missing exercise. Beginning Tuesday May 5 we will offer an arthritis exercise class through ZOOM on Tuesdays and Thursdays, 10:00 a.m. Deb will lead the class. You will need internet access or a cell phone. Go to the RCCOA website—www.rccoa.net—to get the meeting number and passcode. Phone access requires you to download the app. If you have questions or problems about joining the group, contact Tom, 989.366.0205.



How are you at making words out of other words?

Here's the Challenge:

Make as many words as possible from **Stay Home Stay Safe.**



EXERCISE—continued from page 6. **Lower blood pressure.** For most people, there is no single known cause of high blood pressure. “Primary” or “essential” hypertension cannot be cured, although in most cases it can be controlled. Excessive weight is one of the most common factors in high blood pressure. It creates added stress on the heart and lungs, forcing them to work harder. As body weight increases, blood pressure rises. Extra weight causes a person to be two to six times more likely to develop high blood pressure than someone at a desirable weight.

Prevent osteoporosis and falls. An active lifestyle benefits bone density. Weight-bearing or resistance training as little as 30 minutes a day, three days a week increases mineral content in adult bones and is better for the spine than ordinary walking. Through exercise that exerts a load on bones a person can increase muscle and bone strength, slowing deterioration. Walking is less effective in building bone density, but is beneficial in alleviating the risk of falling and fracturing bones. Improving cardiovascular status and reducing body mass can improve balance. The chance of serious injury from a fall decreases in those who are more fit. Developing flexibility, agility, grip strength, and balance also improves confidence and safety. Ask about a Matter of Balance class at your local senior center.



Lower cholesterol. Cholesterol is a pearly, fat-like substance. It is made in the liver for use in digestion, cell maintenance and the hormonal process. It is found in animal fats, oils and many other things we eat, including milk and egg yolks. The body needs cholesterol to survive, but high amounts of bad cholesterol and saturated fats can be detrimental to health. Exercise can significantly improve blood cholesterol levels, even without weight loss.

What activity is right for you? Every exercise is different and requires varying amounts of energy. Choose an activity you enjoy! Change small habits to assist in gaining fitness. Instead of driving to the post office, take a walk. Take the stairs, not the elevator. Do your own chores: mowing, raking, washing the car, or cleaning the house. Cut down on television viewing and enjoy the outside. Source: Kansas State University Cooperative Extension

 <p>EDEN FIELDS ASSISTED LIVING AND MEMORY CARE Everyone deserves to feel <i>right</i> at home. 989-718-3117 EdenFieldsAssistedLiving.com 3567 Deep River Rd. • Standish, MI</p>	 <p>Paul Berg, Agent 1440 Heightsview Dr P.O. Box 308 Houghton Lake Heights, MI 48630 Email: pberg@bergmartin.com BERG / MARTIN AGENCY, INC 1-800-689-5468 Fax: (989) 422-3779 www.bergmartin.com</p>	
<p>GREAT LAKES SOFT WATER II</p> <ul style="list-style-type: none"> • Sales KEN SHELDON • Rental Phone 989-366-4043 • Service Fax 989-366-6688 • Salt Delivery <p>1821-B W. Houghton Lake Dr. Houghton Lake, MI 48629</p>		 <p>KING NURSING & REHABILITATION COMMUNITY</p> <p>2280 Tower Hill Road, P.O. Box 397 Houghton Lake, MI 48629</p> <p>Phone: (989) 422-5153 www.atriumlivingcenters.com</p>
 <p>THE LIGHTHOUSE AT ROSCOMMON HEALTH AND REHABILITATION CENTER</p> <p>Short-term rehabilitation Long-term care • Memory care unit Physical, Occupational & Speech therapy services (989) 275-8936 • 1290 E Michigan Hwy • Roscommon, MI 48653</p>	 <p>Northern Mobility Sales and Service</p> <p>Northern Michigan's Mobility Scooter and E-Bike Outlet 2215 Tower Hill Rd., Houghton Lake, MI 48629 989-302-8036 www.northernmobility.net</p>  	

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 meal: 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.



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.

What Is a Do-Not-Resuscitate Order and How Does It Work?

Continued from page 8



Sadly, even if CPR successfully resuscitates a very old or frail individual, it is possible that they may suffer broken bones, damage to the brain and other organs, and/or they may no longer be able to breathe without a ventilator. Because of the risks involved, DNR orders specifically address an infirm patient's wish that doctors do not attempt CPR if their heart and/or breathing stops. Most people who obtain DNR orders are already in poor health and receiving treatment in the hospital or another health care facility.

The elderly and those with severe health conditions may speak with their physicians about the potential risks and benefits of CPR and ultimately decide that they do not wish to receive this intervention. Those with terminal illnesses may obtain a DNR order because they do not want to artificially delay the inevitable, opting instead for a more peaceful or natural death. Regardless of one's reasons, DNR orders allow patients to continue to exercise control over their care even in emergencies.

How Does a DNR Order Work?

The decision to forego CPR and "full care" must be made by the patient themselves if they are competent to do so. If they are not competent, then their named surrogate decision maker or health care proxy must make this decision on their behalf. In either case, a care plan meeting with the patient's physician(s) is highly recommended to thoroughly discuss all aspects of implementing or deciding against a DNR order.

If a patient obtains a DNR order, it is then placed in their hospital chart. It is important for the patient and/or their family members to remind medical staff about the DNR order, because the first action doctors and nurses will take if a patient's heart or breathing stops is to attempt resuscitation. This is yet another reason why it is so important for family caregivers to be present and advocate for their loved ones, especially in hospitals and other acute care settings. However, if a patient is receiving hospice care, which focuses solely on symptom management rather than curative treatment for terminal patients, DNR orders are fully respected by the hospice staff and additional coaching and advocacy are usually not required.

It is important to understand that a DNR order only affects whether a patient will receive CPR. All other necessary treatments—including palliative care—**should** be continued unless the patient or their surrogate states otherwise. Regardless, it is still important to address how a DNR might affect other routine and life-sustaining treatments with a patient's physician(s) to ensure their entire care team is on the same page.

Keep in mind that DNR orders are subject to ethical debate in uncommon yet plausible scenarios. Physicians must often make split-second decisions with huge implications in emergency and surgical scenarios. Regular deep and honest discussions among patients, advocates and physicians are the best method of avoiding undesirable health care outcomes. Social workers, attorneys, mental health professionals, clergy members and other trusted individuals can also provide guidance regarding resuscitation and end-of-life care decisions.

There are infinite contingencies that patients and doctors alike cannot specifically prepare for. Fortunately, another type of valid medical order for advance care planning has grown in popularity over recent years that provides more control for patients and more comprehensive guidance for medical professionals. A physician order for life-sustaining treatment (POLST) form is designed to provide a full set of medical orders that better represents a patient's overall preferences for their medical care, such as ventilator use and artificial nutrition, rather than just the one decision regarding CPR.

Sources: Do-Not-Resuscitate (DNR) Orders (<https://www.merckmanuals.com/home/fundamentals/legal-and-ethical-issues/do-not-resuscitate-dnr-orders>); Advance Care Planning: Healthcare Directives (<https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>); How Misconceptions Among Elderly Patients Regarding Survival Outcomes of Inpatient Cardiopulmonary Resuscitation Affect Do-Not-Resuscitate Orders (<https://jaoa.org/article.aspx?articleid=2093313>); POLST & Advance Directives (<https://polst.org/about/polst-and-advance-directives/>) The Caregivers Newsletter: an email agingcare newsletter.

Education



“A Matter of Balance”

Will be rescheduled when restrictions are lifted.

Stress Less with Mindfulness



Postponed

until further notice

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

MICHIGAN STATE UNIVERSITY | Extension



BE ALERT TO POTENTIAL SCAMS



The Federal Communications Commission (FCC) has received reports of scams, hoax tests and phone calls including robocalls during this time of crisis with Covid-19. There are many out there seeking to take advantage of the pandemic and pray on the fear of all of us. It seems seniors are even more vulnerable to their scams. We encourage you to be careful. If you did not initiate the call, do not respond.

If you think you have been a victim of a scam, contact law enforcement immediately. The FCC offers the following tips to help protect yourself from scams of any kind:

- Do not respond to calls or texts from unknown numbers, or any that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Scammers often spoof phone numbers to trick you into answering or responding.
- Government agencies (IRS, DHHS, Social Security, etc.) will never call to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link, call them to make sure they weren't hacked.
- Always check on a charity (by calling or looking at its actual website) before donating.

For more information about scams and texts, visit the FCC website. You can also visit the IRS website to learn about current scams.

Source: FCC website — [fcc.gov/covid-scams](https://www.fcc.gov/covid-scams)

Menu

MAY 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Due to the COVID-19 Virus, our menu is temporarily discontinued. "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 meal, contact the RCCOA Nutrition Coordinator Andrew Tapia, 989.279.0850.** Andrew will ask you a few questions and provide you with additional information.



4



Star Wars

Day — May the force (fourth) be with you! "Do or do not. There is no try." — Yoda

5



Make Mexican today

6

Beverage Day — Kick back and enjoy your favorite beverage. Relax!



7

National Tourism Day Though you may not be able to physically travel somewhere, find something by National Geographic to view on TV.

8

Space Day Focuses on things related to outer space. Watch a tv documentary on space.



11

Eat What You Want Day — This is the day to relax your diet and eat something you really enjoy. But tomorrow it's back to the diet



12

National Nurses Day Celebrated today because it's the b-day of Florence Nightingale. Thank a nurse today!



13

Frog Jumping Day Great day to jump like a frog or jump over a frog. This day evolves from a Mark Twain short story.



14

Dance like a Chicken Day



15

Police Officer's Memorial Day Remember the officers who gave their lives while on duty.



18

No Dirty Dishes Day Take a break and avoid dirty dishes today. Use paper plates or get take out.



19

World Plant a Garden Day It may be too early to plant but you can plan out your garden.



20

Take a break. Enjoy the day and rest.



21

National Servers Day

Recognize those workers in food places with a nice tip!



22

Debut of Mr. Rogers tv show. Find some old Mr. Rogers shows to watch and reminisce.



25



26

Sally Ride Day Honors the first American woman astronaut to go into space. Learn more Online.



27

Sunscreen Protection Day Protect yourself from the UV rays of the sun. Learn how it harms your skin.



28

National Hamburger Day Hamburgers are America's favorite sandwich. Have a hamburger



29

Learn about Composting Day "Go Green" and help the environment.



Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips



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.



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

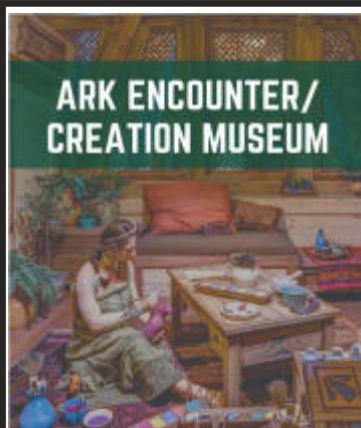
dreams to Nashville. The all-hit song list includes "I'll Fly Away" and "Coal Miner's Daughter" plus many more!

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

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.



The RCCOA trip to The Ark Encounter & Creation Museum in Kentucky **June 8-12, 2020 is cancelled.**

We hope to reschedule it at a later date.



The RCCOA trip to **Chicago July 13-17, 2020 is cancelled.**

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.

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

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