



Commission on Aging

NEWS

"Informing,
Educating,
&
Caring"

www.rccoa.net

July 2020

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Prudenville, MI 48651
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Manager 989.389.7551
Fax: 989.389.3684

All Centers and The Lodge are
closed to the public. Meals are
available for those who have need.
Please contact Andy Tapia,
Nutrition Coordinator, to see if you
qualify. To stay in compliance with
the governor's orders, staff
schedules have been adjusted.

Fourth Annual RCCOA

"Meals-on-Wheels"

Car Show

Saturday, August 8, 2020

9:00 a.m.—4:00 p.m.

Free Admission

Roscommon Fire
Training Grounds

290 Ballenger Road

Roscommon, MI

Come check out
the classic cars.

"MOW" Meatloaf dinner
Served 12:00 Noon-1:00 p.m.

Trophies
Awarded



Our goal/purpose: To raise funds for our "Meals-on-Wheels" (MOW) program. Over the last several years we have seen significant growth in this program, indicating that the need is increasing. Lunch that day will be similar to what our participants receive. The meatloaf dinner will include: meatloaf, mashed potatoes with gravy, vegetable and bread & butter with a cookie for dessert. It will be served in a tray, just the way our in-home clients receive it.

Want to show off your car or be a vendor? You can find an Auto/Vendor Registration form on page 12.

HELP KEEP OUR MEALS ROLLING!

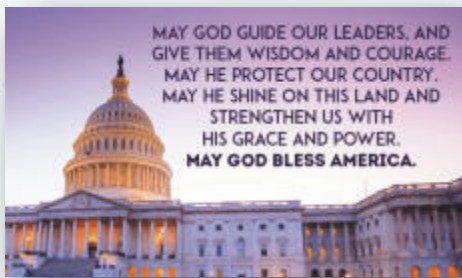


Roscommon County Commission on Aging, Inc.,
Board of Directors' meetings
are meeting via ZOOM the 3rd Wednesday of the
month until further notice. To learn how to join the
meeting, go to our website, www.rccoa.net.

Mr. P's Adventures



Did you make it to the ice cream social at the RCCOA Admin Offices on Short Drive? Mr. P really enjoyed himself and he sends his thanks for helping him find his ice cream scoop. It was a pretty busy time. Mr. P has been busy perusing the newsletter and he saw that a **zoom** class was being offered on July 16. He's marking his calendar to take that class! His grandkids know more about using ZOOM than he does. Kids and technology—since they are growing up with it, they are so much more adept at using it. Anyway, he's going to do the ZOOM class so he can participate in any of the other events the RCCOA holds via ZOOM—like the cooking class with Senor Andrew. Mr. P loves fresh salsa and he wants to find out what the senior burger is...Speaking of food, Mrs. P got these red, white and blue popsicles for the grandkids for when they come on the 4th of July. Mr. P wants to sample one ahead of time but she hid them so he wouldn't get into them...now when does that stop a man from feeding his stomach? So he needs your help to find those popsicles. When you spot them, **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, July 14**. Deadline to enter is **Monday, July 13, 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 — may 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

I can't believe Betty is making me work on the July newsletter already! Wow is summer flying by..



I can't even imagine how y'all must be feeling having to stay home to stay safe. I've been coming to work every day to make sure we are here to help you. If it is any consolation, we, too, want to reopen our centers and "get back to normal". We all miss seeing you guys. And quite honestly our staff is getting tired of starting their day at the admin office getting their temperature taken and being asked a litany of questions. There are just some things a boss should never have to ask...lol

All joking aside, we'd love to open our centers for meals and activities but we are waiting on a firm "all clear" from higher up. We could push the envelope a little and prematurely reopen but there'd be so many stipulations that we'd have to impose on you and we still couldn't ensure your safety. I have to say, I don't like the feeling I get when I consider reopening. What if it's too soon? What if we open and have an outbreak? It weighs on me that my decisions, either way, impact your health.

Please, please, please understand and be patient with us. We are just trying to do what is best for all—you and staff. In the meanwhile, consider participating in some of our virtual activities: arthritis exercise, chair yoga, crafts. July brings more exercise classes. We are even offering an *Intro to Zoom class* later this month. Let us know what hurdles keep you from participating in the ZOOM classes, we may be able to help.

We hope to reopen our centers sooner than later but 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

**Please mark your calendar to donate at this
blood drive!**

Here's where and when:

Houghton Lake Center

August 25, 2020

10:00 a.m.-3:00 p.m.

2625 S Townline Road

Houghton Lake



Sponsored by the RCCOA

To make an appointment, call Deb, 989.366.0205
Versiti Blood Center of Michigan is a local nonprofit
and their mission is to help people make a life-saving
difference through blood products and service
excellence.



Senior Project Fresh Farmers Market Nutrition Program



Senior Project FRESH/Market FRESH



SENIOR PROJECT FRESH FARM MARKET COUPONS

Roscommon County Commission on Aging still has a
limited number of coupons available for the Senior
Project Fresh Farmers Market Nutrition Program.
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 the coupons. To find out, **come** to the
RCCOA Administrative Office

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



Friday, July 10
10:00 a.m.—2:00 p.m.
RCCOA Administrative Building
1015 Short Drive
Prudenville, MI 48651

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15-0755



CAREGIVER SUPPORT GROUP

Will resume soon

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.

Medicare Mondays

3rd Monday of the month—Coming as soon as it is safe to do so.

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.



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!

Region 9 Area Agency on Aging presents

Caregiver Empowerment & Wellness two-part *Virtual* Conference



Providing Caregivers with practical resources, information, and messages of empowerment

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

Region 9 Area Agency on Aging presents this two-part Conference via Zoom:

Part 1:

Friday, July 31, 2020

10:00 a.m. – 12:00 Noon

Caregiving Survival and Adaptive Services

Part 2:

Friday, August 14, 2020

1:00 p.m. – 2:30 p.m.

Caring for Someone with Dementia and Stress Less with Mindfulness

Keynote Speaker: Renowned dementia care trainer and author of *Personal Positioning for the Caregiver*, Jill Gafner Livingston, BSBM, CDP, CADDCT

All caregivers are welcome to attend this free, informative, interactive virtual conference.

To register or learn more, contact Brooke at:
mainvilleb@nemcsa.org or call 989.358.4616



Summer



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



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



ANTS
 AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BEES
 BICYCLE
 BLUE SKY
 BOATING
 BREEZE
 CAMPING

FISHING
 FLIES
 FLOWERS
 GARDENING
 GOLF
 GREEN GRASS
 HAT
 HIKING
 HOLIDAYS
 HOT
 ICE CREAM



JULY
 JUNE
 MOSQUITOES
 NO SCHOOL
 PICNIC
 ROLLER BLADES
 SANDALS
 SKATEBOARD
 SOCCER
 SOLSTICE
 SPRINKLERS

SUNBURN
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SUNTAN
 SWEAT
 SWIMMING
 U V RAYS
 WASPS
 WATER FIGHTS
 WATERMELON



Salad Greens

Health Benefits and Safe Handling

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



Leafy green vegetables are nutrient rich because leaves contain the light-catching, energy-converting machinery of plants. Salad greens contain vitamin A, vitamin C, beta-carotene, calcium, folate, fiber and phytonutrients. The dark leafy greens also contain vitamin K. Many of the health benefits that leafy greens provide come from the phytonutrients, unique compounds that provide protection for plants. Phytonutrients can act as antioxidants in the body. Some research has found the carotenoids in dark green leafy vegetables can stop the growth of certain types of breast, skin, lung, and stomach cancer. Evidence suggests that foods containing folate decrease the risk of pancreatic cancer.

The body needs a little dietary fat to absorb the carotenoids and vitamin K (fat soluble vitamins) present in green leafy vegetables. Adding one to two teaspoons of olive or canola oil when cooking dark leafy greens increases the absorption of these nutrients. You can also eat uncooked green leafy vegetables with some low-fat salad dressing.

Vegetable requirements. Men should eat 2-1/2 to 3 cups of vegetables and women should eat 2 to 2-1/2 cups every day. Each week adults should eat 1-1/2 to 2 cups dark green leafy vegetables. Lettuce, the most commonly consumed leafy vegetable, provides about seven calories per 1 cup serving (about two cupped handfuls).

Tips for Safe Handling and Storage of Salad Greens. When shopping, pack fresh salad greens in plastic bags so they are kept separate from other groceries, especially raw meats and poultry.

- Refrigerate salad greens at 35 to 40 degrees F within two hours of purchasing. Store in a plastic bag or lettuce keeper. These vegetables should be stored away from tomatoes, apples, or other fruits that give off ethylene gas, which cause greens to wilt or spoil quickly.

- Always wash hands before preparing salads and make sure you are working with a clean cutting board.



- Wash lettuce just before using by running cold water over leaves. Leaves can be difficult to clean so separating the leaves and immersing them in a bowl of cold water for a few minutes helps loosen sand and dirt. After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.

- Because lettuce and other salad greens are very perishable, they should be used within one week after purchase.

- Bagged salads can be convenient but added processing steps like cutting and mixing can increase the likelihood of contamination with microorganisms. Bagged mixes should be used by the date on the package.

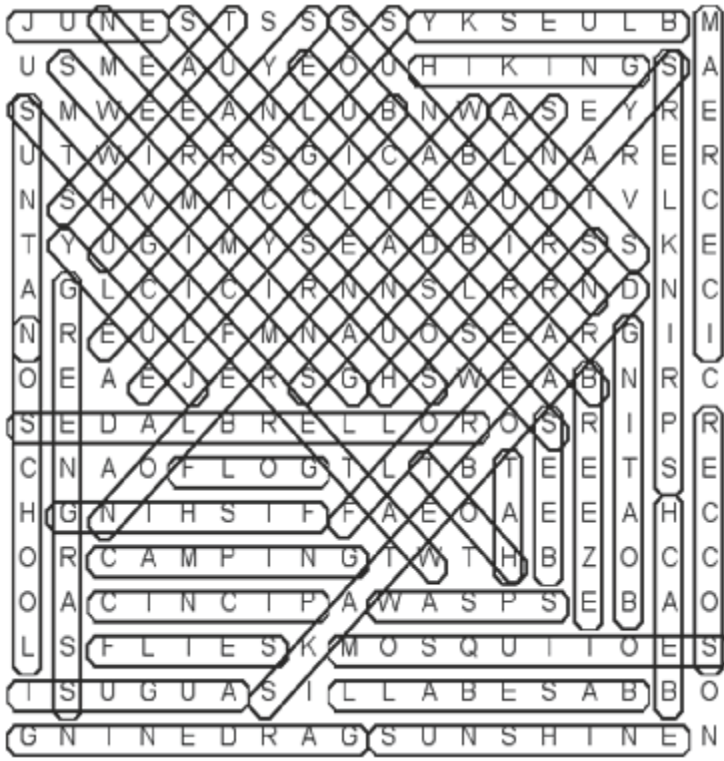
- Choose lettuce heads that are tight and firm.

Matching greens and salad dressing. Most salad greens fall into two categories mellow and spicy/bitter.

Mellow flavored greens, the most common greens at the store, include: Boston, Bibb, red and green leaf, red oak, lolla rossa and iceberg as well as flat-leaf spinach. Their mild flavors are overpowered and are complemented by a simple vinaigrette dressing. Escarole, chicory, Belgian endive, radicchio, friese and young dandelion greens fall into the spicy/bitter category. They pair well with a creamy style type of dressing that tempers the astringency of the greens. Whole fresh herb leaves like parsley, basil, thyme, oregano, marjoram, and chervil, may also be added to any salad for a burst of flavor.

Why does lettuce turn brown? The chemistry that takes place when lettuce leaves become brown is the same chemistry we see when an apple is cut and turns brown or when a green olive ripens and turns black. This reaction occurs when chemicals in the fruit or vegetable called polyphenols react with enzymes known as polyphenoloxidase. These are specialized protein molecules made within cells that serve to speed up chemical reactions.

Continued top of page 8



HIDDEN MESSAGE:



HOW WE SERVED YOU DURING

May 2020

Meals-on-Wheels Delivered:	7600
Center Meals Delivered:	1456
Homemaking Hours:	167
Personal Care Hours:	181.5
Respite Care Hours:	106.25
Serenity Day Lodge Hours:	0

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

Houghton Lake	Darlene Shutter
Roscommon	Marty Barnum
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

Continued from page 6 — **Salad Greens**

Normally, within a cell the enzymes and poly-phenols are separated, but when cells are damaged, as in cutting an apple or tearing lettuce, their contents leak out and the poly-phenols and enzymes mix. The result is a reaction that oxidizes the poly-phenols and allows them to link up with each other to produce a brown pigment.

The age-old question about lettuce is what causes more damage, tearing or cutting? If the lettuce is eaten soon after prepared, it doesn't matter if it's cut or ripped.



Steps to keep lettuce fresher longer. Moisture is the number one enemy of your lettuce, spinach, and other green leafy cruciferous vegetables, plain and simple. The secret to storing your lettuce properly so that it will not turn brown is controlling the moisture.

Many people choose lettuce at the grocery store and place it into clear plastic bags from the produce section. They come home and place it in the refrigerator, still in the plastic bag, without special preparation. A few days may pass and then looking at their lettuce, it's brown, or wilted, and slimy. There is most likely a wet layer inside of the bag, a telltale sign of improper storage. The tip to keep lettuce fresher longer is this: use paper to absorb moisture from your produce. Remove the lettuce from the plastic wrap or package. Wrap the lettuce completely in one layer of paper towel, newspaper, or scrap printer paper. Put wrapped lettuce into a Ziploc-bag, squeeze out excess air and seal. Prepare your refrigerator's produce or crisper drawer. Line the drawer with paper towels or newspaper or printer paper on the bottom and around the edges. Place your lettuce in the drawer, wrapped and packaged until ready to eat.



Source: University of Kentucky Cooperative Extension



Declaration of Independence Facts

Independence was formally declared on July 2, 1776. On July 4, 1776, Congress approved the final text of the Declaration. It was not signed until August 2, 1776.

Summer of 1776, when the Declaration was signed, the population of the nation is estimated to have been about 2.5 million. (Today the population of the U.S. is more than 300 million.)

Thomas Jefferson wrote his first draft of the Declaration, the committee and the Continental Congress made 86 changes to the draft, including shortening the overall length by a fourth.



The five person committee was appointed by the Continental Congress to write the Declaration, included Jefferson, Benjamin Franklin, John Adams, Robert Livingston, and Roger Sherman.

The case that holds the Declaration of Independence is bullet proof and when the archives are closed, the Declaration is moved to an underground vault.

About 200 copies of the Declaration made by printer John Dunlap were distributed to papers, local officials and commanders of the Continental troops in the 13 colonies. Only 26 of these copies, known as the Dunlap Broad sides have been found. In 1989, someone discovered a previously unknown Broad side. It sold for over \$8 million in 2000.

The two youngest signers of the Declaration of Independence were only 26 when they signed. Most of the other signers were in their 40s and 50s. Ben Franklin was the oldest signer at age 70.

Center / COA ACTIVITIES & NEWS

Hidden Picture — Patriotic Parade

By Sally Springer



In the big picture, find these objects.

crescent moon

teacup

wishbone

tack

needle
spoon

nail

bell

paintbrush

bowl

glove

lock

heart

ring

tube of paint

fork

cane

candle

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Highlights

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.



Nashville Show Trip

August 17-22, 2020

This trip has been cancelled due to the pandemic



6th Annual Chili Cook Off

Date to be announced

Seniors Affected by the Coronavirus Pandemic Have More Time to Apply for Medicare or Change Plans

The closure of Social Security offices has caused problems and worries for recently unemployed seniors who need to apply for Medicare after losing their employer coverage. In response, the federal government has announced that seniors affected by the crisis have additional time to enroll in Medicare or change plans.



With millions of people out of work and losing their employer health insurance due to the coronavirus pandemic, the need for Medicare coverage is critical. While it is possible for some seniors to apply for Medicare online, others need to provide more information, including individuals who did not sign up for Medicare Part B initially because they had health insurance through an employer. Seniors who are applying for Medicare Part B after losing their job need to provide proof of their employer policy along with their Medicare application to ensure they aren't subject to substantial penalties. With Social Security offices closed, Medicare applicants may have difficulty figuring out how to submit the necessary information or getting answers to their questions about their application.

The Centers for Medicare and Medicaid Services (CMS) has announced changes to Medicare enrollment periods to help seniors affected by the coronavirus pandemic. Those who missed their opportunity to enroll in Medicare will have additional time to apply. CMS is providing "equitable relief" to seniors who:

- were in their Initial Enrollment Period (IEP), General Enrollment Period (GEP), or Special Enrollment Period (SEP) between March 17, 2020, and June 17, 2020; and
- did not submit an enrollment request to the Social Security Administration (SSA).

Seniors have until June 17, 2020, to submit an application. Applications can be submitted via fax to 1-833-914-2016 or mailed to the local SSA field office. Although SSA offices are closed for in-person service, offices are still processing applications received by mail. For the SSA's Social Security Office Locator, go here: <https://secure.ssa.gov/ICON/main.jsp>.

In addition, CMS has announced an SEP for people to make changes to their Medicare Advantage and prescription drug plans if they missed the open enrollment period or a special enrollment period due to the coronavirus pandemic. The SEP is available until July 13, 2020.

Questions—contact the RCCOA Admin Office and we will have our MMAP counselor, Jan Williamson, contact you.

DON'T SHOP. AD PAWT.



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Saturday:
9:00 a.m. to 4:00 p.m.

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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: _____

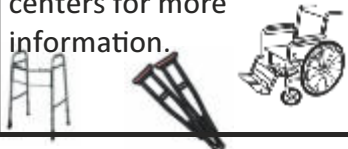
State & Zip: _____ Club: _____

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.



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

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

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!**
This is a fundraiser for “Meals-on-Wheels”.

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.



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.



What's Different?



Find the differences.
This month the RCCOA In-Home Service staff sends their greetings your way. Mikki Stegall, In-Home Service Coordinator, is busy on the phone doing an in-take for a potential client. In the background on the left, you see Kathy Miles, In-Home Service Support staff, and Mandy Yancer, provider, on the right.

The Agency currently has 19 providers willing and ready to serve the seniors of Roscommon County.

Take a look at the two pictures and find at least 14 differences between them.



Answers from left to right: Mikki's desk—different flowers, pop bottle missing, water bottles missing, Kathy—headset, stance, talking with Mandy. Mandy—head position, talking with Kathy. Other—different brief package, different walkers, walker turned differently, different color wheelchairs, wheelchair positioned differently, markers on dry erase board.

Houghton Lake Center News

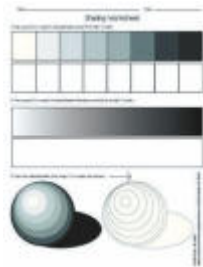
Life is like a CAMERA, just focus on what's important & CAPTURE the good times. DEVELOP from the negatives & if things don't work out, just take another SHOT!
Author unknown

July

July is the seventh month of the year in the Julian and Gregorian Calendars and the fourth of seven months to have a length of 31 days. The name of the seventh month of the year – July – was given by the Roman Senate in 46 B.C. in honor of Emperor **Julius** Caesar. The **birthstone** is ruby, which is said to arouse the senses, stir the imagination, and guarantee health, wisdom, wealth and success in love. The **traditional flower** of the month of July is the water lily, symbolizing joyfulness, fickleness and sweetness. (Although FTD says Larkspur!)



What have you been doing? I hope you're taking pictures, writing in a journal, talking to friends, etc.



I've been

and

and

and

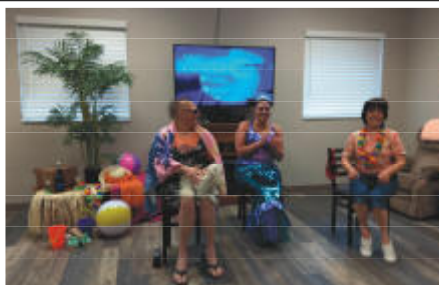
!!!

Can you guess what I've been up to?

Would you like to join me for some of these projects this month? Look through this newsletter carefully. You don't want to miss out on the fun available with me and many other COA staff!

Crystal Peplinski

Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI



Exercisers

Calling all exercise
class participants

We are offering arthritis exercise class...No, not at the centers but via ZOOM.

Join us:

Tuesday and Thursdays

10:00 a.m.

Deb leads the group



Roscommon Center News

Hello Everyone. I don't know how to dress from day-to-day anymore. One day it's 90, the next you need a sweater. A shout out to any of you that have had flooding issues, prayers are with you.

July

We are still in our wait-and-see stage as to when we can reopen the centers. In the meantime, I am leading a Chair Yoga class on Monday and Wednesday via Zoom at 10:00 a.m. (See below.) I sure would like to see some friendly faces join me.

Thank you for all your condolence cards. I received quite a few. You have no idea how much they have meant to me. I hope you all have my thank you cards. I had stamped them but received back over a dozen which were marked no postage, so I put additional stamps on and resent. I still plan to have a Memorial Service as soon as we can meet safely.

Last month I told you that I had started my organic seeds for my garden. The seeds are doing great. Every time we turn the garden, it rains. Then days later it needs to be turned again. Hopefully, my plants will be in the ground by the time you read my article. Maybe next month I can post some pictures.

I know we are all ready to get back to normal...I certainly can't wait either. Until we can safely meet at the center, stay safe and know you are all in my thoughts. May your July be blessed.

Varlya Hanusik

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

zoom — a free, easy-to-use website designed for video conferencing, can be used from any device including your phone, tablet, or computer as long as you have internet access, 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.

Want to learn more about **ZOOM**? Attend the *free* class offered July 16. For more information, go to page 18.



Chair Yoga Via Zoom
Mondays and Wednesdays
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.

We hope to see you in class!

St. Helen Center News

Hello Everyone!!!

What a long road this has been. Hope you are having a great July.

I would like to share something about July you may not know. Independence Day is a federal holiday in the United States commemorating the Declaration of Independence of the United States. On July 4, 1776, the Continental Congress declared that the thirteen American colonies were no longer subject to the monarch of Britain, King George III and were now united, free and independent was passed.



Some trivia about July:

- The birthstone is **Ruby**
- The flower is called Larkspur or Water Lily
- Zodiac signs are Cancer and Leo if you are in to that.
- July was originally the month of Quintilis in the Roman calendar. It was the fifth month of the year until January and February were added in 450 BC. It got its original name from the Latin word for fifth. Later the name was changed to Julius in honor of Julius Caesar who was born on July 12.
- More than seven million patents have been registered out of the United States Patent and Trademark Office (USPTO) since the Patent Act was passed July 20 of 1836 ("Patent X1"). Here are some patents we can't or don't want to live without, that happened in July:
 - **1975** - The Detroit Tigers name was trademark registered.
 - **1950** - The patent for producing Terramycin, an antibiotic, was issued to its inventors Sobin, Finlay, and Kane.
 - **1921** - The name *Breyers Ice Cream* was trademark registered.
 - **1875** - Mark Twain's novel "The Adventure of Tom Sawyer" was copyright registered.
 - **1921** - Canadian scientists Frederick Banting and Charles Best first isolated insulin, and within a year, the first human sufferers of diabetes were receiving insulin treatments.
 - **1933** - The Monopoly board game was copyright registered, and Charles Darrow, the inventor, became the first millionaire game designer after he sold his patent to Parker Brothers.

Hope this brought a smile to your face. Miss you all and remember we are still here for ya!!!

Take Care.

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 **Fourth of July**

Have fun!!!!



Center Activities

Introduction to Drawing



The class:

- is for beginners and anyone who would like a refresher course.
- Is 4 weeks.
- is on **Monday: July 20, 27, and August 3, 10**
- **1:00-2:00 p.m.**
- **Location:** 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!

Intro to ZOOM Class

The Roscommon County Commission on Aging and MSU Extension are offering an online introduction to Zoom class:

Thursday, July 16, 2020, from 2:00 – 3:00 p.m.

Purpose of the class:

To learn how to use ZOOM so you can participate in classes offered online.

Why should I take the class:

- So you can take full advantage of the activities and classes the RCCOA is offering online.
- A great opportunity to try it out and play with the features with someone available to assist you with any challenges.
- Taking online classes is a great way to socialize, learn from the comfort of your own home, and stay active.

How can I participate:

- You can join in using a laptop or desktop, tablet, iPad, or smartphone.
- A call-in phone number is also available through Zoom, which functions like a conference call.

How do I register for the class:

- Please register in advance
- Go to the website: <https://msu.zoom.us/meeting/register/tJltfuqqqDwtGNNkD5GuYDblu5E-bkNjfZAL>
- After registering, you will receive a confirmation email containing information about joining the meeting.
- Call 989.366.0205, ext 103, for Debra or MSU Extension 989.710.0554 for assistance registering, logging in, or with any questions.

Classes currently offered through ZOOM include Chair Yoga, Taking Control with Exercise, ZUMBA Gold Toning, Body GROOVE (Young at Heart), Intro to Drawing, craft classes and games. More classes will be available online soon.

Plan on joining us!



Flower Trivet Class

Wednesday, July 22, 2020
1-2 p.m. Via Zoom
Kit included*



Maximum number of participants 10

Must have an email address, internet access, and Zoom to sign up for this class

To sign up, call Deb, 989.366.0205, ext. 103

*You will need scissors, a needle, and regular sewing thread. Let us know if you don't have these items.



CLOSED JULY 3

In celebration of the **4th of July** holiday.

No meal deliveries or In-Home Services.

All RCCOA offices closed.



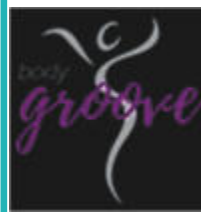
ZUMBA Gold-Toning

via ZOOM

Starting Tuesday, July 7
1:00 p.m.

In a nutshell, the main difference between a regular Zumba class and a Zumba Toning class is the addition and focus on strength training exercises within the dances, as well as the addition of toning sticks (you don't have to use).

This class will not give you the aerobic workout like a regular Zumba class, instead works on circuit training (a few minutes of cardio followed by a few minutes of strength training). This creates a higher calorie burn than strength training alone and offers some cardiovascular exercise because it is still Zumba – it's FUN!



Body Groove via ZOOM
Starting Thursday, July 9
1:00 p.m.

YOUNG at HEART was inspired by Roger and Yvonne, they've have been dancing their entire lives... and they'll tell you it's been the secret to their youthfulness. Both in their 80's, they're the epitome of youthful, vibrant health.

As you will see, YOUNG at HEART employs the same Body Groove philosophy of moving your body in a fun, enjoyable, stress-free, and relaxing way. It's designed especially for people who need a kinder, gentler workout and it's something that I know you'll absolutely love.

This class is open to ALL ages.



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Dehydration



It's important for seniors to be aware of ways to prevent dehydration, recognize signs of dehydration and respond promptly.

Sudden shifts in the body's water balance can result in dehydration and the physical changes associated with aging expose the older adults to risks of dehydration. One serious danger is that they may not realize their dehydrated condition, which could lead to not treating it, resulting in more serious consequences. One study showed that 48 percent of older adults admitted to the hospital had signs of dehydration.

The Causes, The Health Risks. Dehydration is often due partly to inadequate water intake, but can happen for other reasons including diarrhea, excessive sweating, loss of blood, diseases such as diabetes and even prescribed medications like diuretics. Aging makes people less aware of thirst and gradually lowers the body's ability to regulate its fluid balance.

Elders may not feel thirsty. Scientists warn that the ability to be aware of and respond to thirst is slowly blunted as we age. As a result, older people do not feel thirst as readily as younger people. This increases the chances of them consuming less water and consequently suffering dehydration.

Recognizing Dehydration Symptoms. Here are some signs of dehydration to watch for:

Mild Dehydration. Dryness of mouth; dry tongue with thick saliva.

- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

More Serious Dehydration.

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back and stomach
- Bloating stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity
- Breathing faster than normal



Staying Hydrated. Everyone knows—but many people forget—that water is what sustains life. Here are two benefits of being hydrated:

1. Older people who get enough water tend to suffer less constipation, use less laxatives, have fewer falls and, for men, may have a lower risk of bladder cancer. Less constipation may reduce the risk of colorectal cancer.
2. Drinking at least five 8-oz glasses of water daily reduces the risk of fatal coronary heart disease among older adults.

It is a good practice for older adults to have water by their side at all times. Try to drink the water frequently in moderate amounts.

Hydration tips.

- If your intake is below the required amount, increase the amount you drink gradually.
- Don't wait until you feel thirsty to get a drink; at that point dehydration has already started.
- A sign of proper hydration is the color of the urine—it should be clear or pale yellow.
- Minimize the number of beverages with caffeine. They have a diuretic effect, causing the kidneys to excrete more water. Alcohol should be avoided.
- When you see early signs of dehydration, have a sports drink to quickly replenish the electrolytes the body needs.

Severe dehydration requires medical attention; if you see any signs or even just suspect it, call the doctor!

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**

Powerful Tools FOR Caregivers

A Class for Family Caregivers

An Interactive Online workshop

July 14, 2020—August 18, 2020

This class meets once a week for 6 weeks.

1:00 p.m.— 2:30 p.m.

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country.

This class will give you tools to:

- Reduce stress
- Communicate effectively with other family members, your doctor, and providers
- Self-care
- Reduce guilt, anger, and depression
- Help with relaxation
- Make tough decisions
- Set goals and problem solve

Class size is limited and registration is required. To register:

Call 989.358.4616

Email mainvilleb@nemcsa.org



Workshop is free, but donations are accepted. Suggested donation is \$25 but not required.



Menu

JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 National Postal Workers Day Thank your mail carrier for bringing your mail & packages! 	2 I Forgot Day 	3 
6 National Fried Chicken Day Enjoy some crisp, tasty, finger licking good fried chicken—one of America's favorite foods. 	7 National Strawberry Sundae Day Indulge yourself in this delicious dessert. Strawberries are one of America's favorite fruits. 	8 Body Painting Day Created in 2014, this day celebrates the serious work of art and self-expression. Body art is unique. 	9 National Sugar Cookie Day is a day to satisfy your sweet tooth. Put out a plate of sugar cookies for all to enjoy. 	10 Teddy Bear Picnic Day Take your grandchild on a picnic with their teddy bear and tell them about your favorite bear when you were growing up. 
13 Barbershop Music Appreciation Day is a day to relax and enjoy the sweet voices of the Sweet Adelines, or a Barbershop Quartet. 	14 Bastille Day end of constitutional monarchy, the beginning of democratic republic of France. To Frenchmen, it is seen as their liberation. 	15 Tapioca Pudding Day Ever had it? It's a delicious, cooling, enjoyable dessert for a hot summer day. 	16 Fresh Spinach Day Popeye was right! Fresh spinach has high nutritional value and it's great in salads. 	17 Yellow Pig Day a mathematician's holiday celebrating yellow pigs and the number 17, annually since early 1960's. 
20 Moon Day Man first walked on the moon in 1969. Neil Armstrong proclaimed: "One small step for man, one giant leap for mankind". 	21 National Junk Food Day Today is your chance to guiltlessly eat your favorite junk food but do so at your own risk. 	22 Hammock Day Summer is a special time to lay back, enjoy the weather and re-charge our batteries. What better way than from the comfort of a hammock under a shady tree!? 	23 National Vanilla Ice Cream Day Vanilla and chocolate ice cream vie for the taste buds of ice cream lovers. But vanilla is more refreshing, and versatile. 	24 Amelia Earhart Day honors a famous aviation pioneer. She broke many early aviation records. Celebrate by reading about Amelia and other female aviators. 
27 Bugs Bunny Makes his debut in 1940 in Warner Brothers animated cartoon 	28 National Milk Chocolate Day a special day for a special treat. It is enjoyed in candies and in baking and the favorite of millions. 	29 International Tiger Day the largest cat on the planet. One of the most beautiful and majestic cats around. 	30 International Day of Friendship The world is full of too much hatred, too much fighting, too much mistrust. Today is an opportunity to promote friendship. 	31 Mutt's Day Mutts, dogs of mixed breed, deserve a day in the spotlight. Spend the day relaxing and doing things you and your mutt like to do! 

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



**Cooking with
Senor Andrew
via ZOOM
Wednesday, July 22
12:00 NOON**

Menu

Homemade Guacamole

Fresh Salsa

Senor Burger on Brioche Bun

Corn on the Cob

Chips to dip

Recipes available upon request

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

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

Tuesday, 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)

Tuesday, 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, events and activities, 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.