



Commission on Aging

NEWS

"Informing,
Educating,
&
Caring"

www.rccoa.net

August 2020

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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.

**67,300+ meals served and still serving
through the Pandemic**

**An average of 6,000 meals per week
HELP KEEP OUR MEALS ROLLING!**



Roscommon County Commission on Aging, Inc.,
Board of Directors' meetings
via ZOOM Wednesday, August 19, 2020, 1:00 p.m.
To learn how to join the meeting, go to
www.rccoa.net.

Mr. P's Adventures

Mr. P's grandkids loved those red, white, and blue popsicles...and so did he. Mrs. P sure did do a good job hiding them, so thank you for your help in finding them.



That popsicle was sooo refreshing. Speaking of family, did you know ZOOM is a good way to stay in touch with them, pandemic or not? Mr. P was disappointed he missed the ZOOM class in July but he saw on page 12 they are going to have another one this month. He is definitely going to get signed up this time—how about you? Senor Andrew's cooking class received high ratings. He heard the burgers were delicious and the fresh salsa was wonderful! Another cooking class is being offered this month—check it out on page 24. It's a wonderful dessert-type treat that would be really good to take on their family get away they are planning before the kids head back to school. A friend has a really nice cottage on a lake they are going to for a long weekend. So he and Mrs. P are busy getting everything together but they can't find the life jackets for the boat...Hmmm, where could they be... He needs your help in locating them. When you spot them, **give Deb a call, 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 **Thursday, August 13**. Deadline to enter is **Wednesday, August 12, 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

Well, here we are in the dog days of summer already. It's crazy! I hope you have been able to enjoy summer because we all know what is around the corner... yep, SNOW!!



Unfortunately, we are still learning how to cope with the pandemic. It doesn't look like it will be under control anytime soon. Our numbers "aren't bad" in Roscommon County; we are at 39 cases. Not bad, right? The problem is when you consider in just over a week we increased from 22 to 39 cases, that's not so good. In fact, it's an increase of 43%. At this time, our nurse consultant and I both agree we should not open our centers for congregate meals or activities. Risking your lives just isn't worth it. Having said that, we are still delivering "Meals-on-Wheels" to our clients as well as providing services through In-Home Services. We also deliver meals to those who normally eat at our centers if they request them! We are here to serve you the best way we can!

One way is by offering virtual activities online using Zoom. We've offered activities and exercises classes online and have had takers. We've even offered an Intro to Zoom class to encourage participation. I know some of y'all have computers and/or smart phones. I challenge you to attend at least one activity a week. Please give it a try. We have even started recording some activities. You can access them from our website, www.rccoa.net, under the "Happenings" tab. Newly added is the cooking demonstration "Cooking with Senor Andrew" to the site. Check it out. It was our first attempt and was a lot of fun!

You may have noticed our lack of presence on Facebook again. I am sorry about that but until we are able to find someone capable of building and maintaining a page we have to go "old school".

Make wise choices and stay safe!

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

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.



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



A Walk Down Memory Lane

Do you remember:
Pastimes for kids in
the '40s



Radio, TV & Movies

The Lone Ranger

Captain Midnight

Howdy Doody (NBC)

Bambi (1942)

Storytime Staples

Curious George (Margret & H.A. Rey)

Goodnight Moon (Margaret Wise Brown)

The Hundred Dresses (Eleanor Estes)

Favorite Toys & Games

Sidewalk games like four square and hopscotch

Slinky

Silly Putty



Army tanks, subs and planes

Fashions & Fads

Girls: dresses—likely handmade; pants at home

Boys: striped shirts with shorts or trousers
and long socks

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Prudenville, MI 48651**

Telephone Reassurance



Mr. P Drawings





Lights, Camera, Action!



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



Find and circle all of the movie related terms hidden in the grid.
The remaining letters spell a Roger Ebert quotation.

ACTOR
 ADVENTURE
 ANIMATION
 BIOGRAPHY
 BLACK AND WHITE
 CAMERA
 CINEMATOGRAPHY
 CLASSIC
 CLOSEUP
 COLOR
 COMEDY
 COSTUME

DOCUMENTARY
 DRAMA
 ENDING
 EPIC
 FAMILY
 FANTASY
 FILM
 HERO
 HORROR
 MAKEUP
 MUSICAL
 PLOT
 PREQUEL
 PROJECTOR
 PROP
 REEL
 REMAKE
 RETAKE
 ROMANCE
 SCENERY
 SCIENCE FICTION
 SCREEN
 SEQUEL
 SILENT

SOUNDTRACK
 SPECIAL EFFECTS
 STAR
 STILL
 STORYLINE
 STUDIO
 SUPPORTING ACTRESS
 SUSPENSE
 THEME
 THRILLER
 TWIST



The Benefits of Fermented Foods



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

Our digestive system, composed of a network of beneficial bacteria, is responsible to digest food, absorb nutrients, battle harmful bacteria, and eliminate toxins. When these bacteria are killed off due to food additives, antibiotic drugs, processed foods, our gut health is affected. Eating the right kind of fermented foods and avoiding foods that feed unhealthy bacteria can help nourish our healthy gut bacteria and balance the ratio of beneficial-to-bad bacteria, which will eventually reflect on our overall health and well-being.

To achieve the proper ratio of beneficial-to-bad bacteria we need to increase raw fruits and vegetables, cultures and properly fermented foods, limit sugary foods and anything our bodies convert to sugar quickly like refined grains and processed foods.

What are fermented foods? Fermented foods contain healthy live bacteria known as probiotics and are foods that have gone through a process which this bacteria converts the starches and sugars in that food to lactic acid and acetic acid. Fermented foods with high nutritional values (vitamins K2, trace minerals, B-vitamins and probiotics) are easy to prepare and are economical.

Benefits of fermented foods.

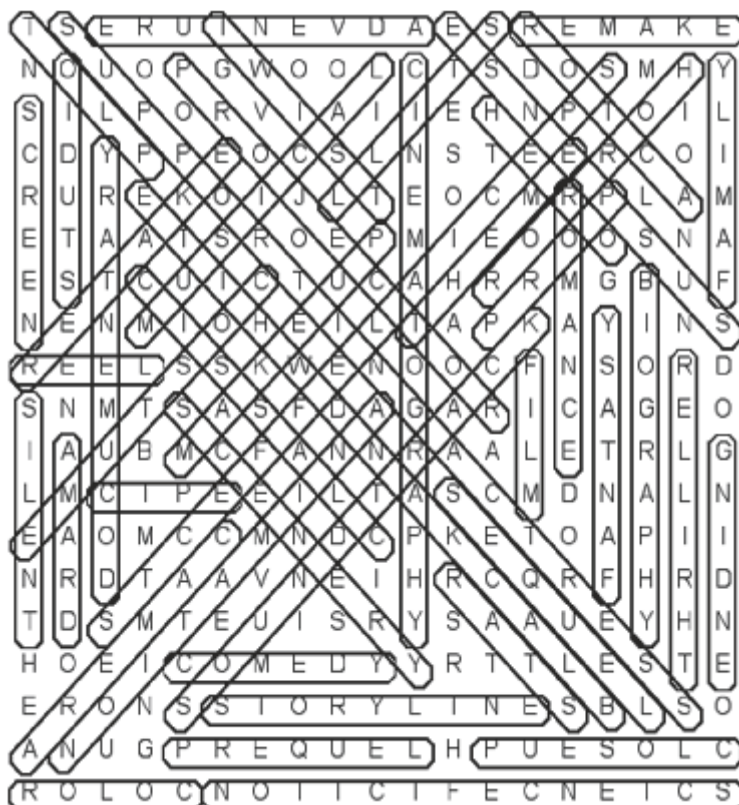
- **Optimize your immune and defense system against disease.** The skin and lining of our intestinal system is the first line of defense against the outside world. Housed in our gut are intraepithelial lymphocytes, key players in our immune system that are activated by compounds in cruciferous vegetables such as broccoli and cabbage. Maintaining the optimal conditions in our gut is crucial for our health. Prebiotics, such as fiber rich fruits and vegetables not only are covered in lactic acid bacteria (the good bacteria) but also provide the fiber on which the good bacteria thrive. The key is to balance the ratio of beneficial-to-bad bacteria in the inner ecosystem of the gut. So if we take an antibiotic, we need to replenish the good bacteria in our gut as quickly as possible. Antibiotics are indiscriminate killers that kill not only the pathogens but also 200-300 different species of essential bacteria which is the foundation of our immune system.
- **Help control diabetes.** There is evidence that certain intestinal bacteria may actually produce compounds that increase estrogen, which in turn has been linked to increased risk for diabetes. Eating a diet high in fiber, low in sugar, allows our beneficial gut to flourish and flushes out the “unhelpful” bacteria.
- **Fight obesity.** Studies show certain bacteria may help our bodies retain calories and others may help us shed calories. Restoring our gut flora is crucial when we’re struggling to lose weight.

Most popular fermented foods.

- **Sauerkraut.** Made from fermented cabbage rich in B vitamins and probiotics.
- **Kimchi.** Similar to sauerkraut but spicier and known as Korean kraut. It may contain peppers and other vegetables. It is rich in antioxidants.
- **Pickles.** Made with cucumbers and spices. The best brands will just include organic cucumbers, salt and water. Several brands also include herbs and spices like dill or even garlic and onion. Pickles are rich in probiotics and minerals like silica.
- **Milk yogurt, Ariana, kefir.** These cultured foods made with milk can regulate our digestive tract. Unlike fermented foods, milk is mixed with certain types of lice cultures like acidophilus and are kept in a stabilized environment to ensure the right cultures to develop.
- **Additional fermented foods include:** Green bananas, fermented dark chocolate, tempeh, kombucha, seed cheese, tofu, sour cream, wine, beer, brewed ginger ale, cottage cheese, whey, soy sauce, yeasted breads (sourdough), Tabasco sauce, Worcestershire sauce, vinegar, “aged” cheeses like parmesan, blue cheese and feta.



Source: ACG Health & Wellness Center



HIDDEN QUOTE: No good movie is too long and no bad movie is short enough.



HOW WE SERVED YOU DURING

June 2020

Meals-on-Wheels Delivered:	7598
Center Meals Delivered:	1470
Homemaking Hours:	264
Personal Care Hours:	157.5
Respite Care Hours:	137.5
Serenity Day Lodge Hours:	0

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

Houghton Lake	Agnes Harmon
Roscommon	Linda Grant
St. Helen	Mary Yennoir



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

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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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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.

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



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Check Out Our Resources!

We have books that may be helpful. Stop by sometime to see what we have and maybe even take one home with you to read. The Health Resource Library is located at the Commission on Aging administrative office 1015 Short Dr, Prudenville. If you are interested in finding out more, contact Betty at 989.366.0205 or stop by to see our selection. The RCCOA also has health resource computers available at each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information. Donations of resources that would be helpful for others are always accepted.



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

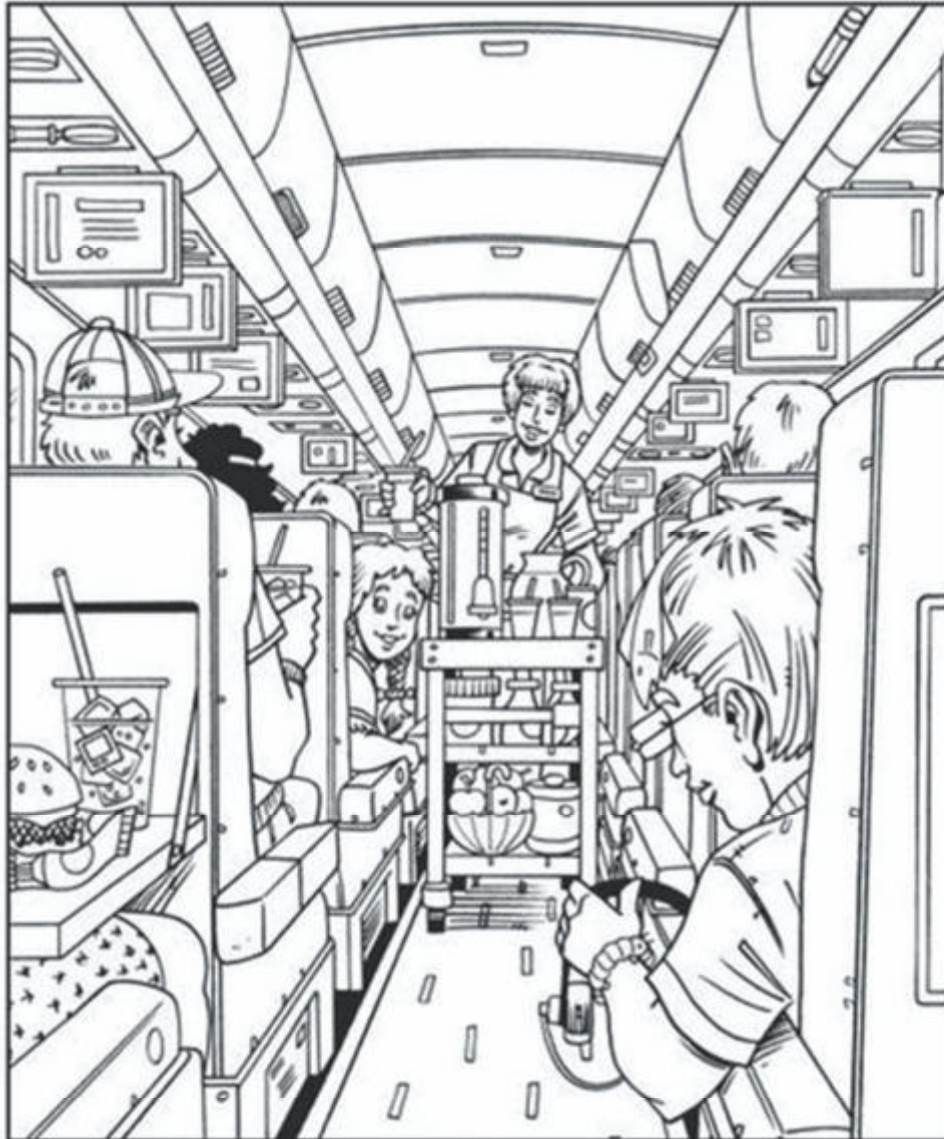


locations throughout the county we now have them available at the centers. Outdoor literature holders have been installed on all the buildings to hold the newsletters. We will try to keep them filled, but if you stop to get one and find it empty, please give us a call so we can refill the holder.

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By Ron Zalme



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candy



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When Buying a Medigap Policy, It Really Pays to Shop Around

Medigap policies that supplement Medicare's basic coverage can cost vastly different amounts, depending on the company selling the policy, according to a new study. The findings highlight the importance of shopping around before purchasing a policy.



When you first become eligible for Medicare, you may purchase a Medigap policy from a private insurer to supplement Medicare's coverage and plug some or virtually all of Medicare's coverage gaps. You can currently choose one of eight Medigap plans that are identified by letters A, B, D, G, K, L, M, and N. (If you were eligible for Medicare before January 1, 2020, but not enrolled, you may also be able to purchase Plans C and F, but those plans are no longer available to people who are newly eligible for Medicare.) Each plan package offers a different menu of benefits, allowing purchasers to choose the combination that is right for them.

While federal law requires that insurers must offer the same benefits for each lettered plan--each plan G offered by one insurer must cover the same benefits as plan G offered by another insurer--insurers set their own prices for each plan. This means that the price of each plan varies considerably depending on the insurance company.

The American Association for Medicare Supplement Insurance compared costs of plans in the top 10 metro areas and found huge cost differences. Using the most popular plan--Plan G—for comparison, the association found that in Dallas the lowest price for a 65-year-old woman to purchase a plan was \$99 a month while the highest price was \$381 a month. This is a yearly difference of more than \$3,000 for the exact same plan.

The association also found that no one company consistently offered the lowest or highest price. In their study, investigators discovered that 13 different companies had either the lowest or highest price. This means you can't rely on just one company to always have the better price.

When looking for a Medigap policy, make sure to get quotes from several insurance companies. In addition, if you are going through a broker, check with two or more brokers because one broker might not represent every insurer. It can be hard work to shop around, but the price savings can be worth it.

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Medicare & Auto Insurance



Michigan residents have paid higher rates for auto insurance than residents of other states for years. What is not always known, is that Michigan residents, by legislation from the State of Michigan, have been mandated more benefits than in most other states. Politicians and residents have long argued for more choices that would allow consumers to eliminate some of these benefits. As of July 1 this year the law changed.

Personal Injury Protection (PIP) can now be eliminated from your auto insurance. The easiest way to understand this is, that Medicare and Medicare plans cover injuries due to an auto accident. Up until July 1, in Michigan, your auto insurance also covered these injuries! Essentially this has to some degree been double coverage. The law has been that the auto insurance would pay first, then Medicare. However, if there is no auto insurance in force that covers the injuries, Medicare paid.

Reducing your benefits, *and* monthly auto insurance premium is something you should discuss with your auto insurance agent. You may find that the auto insurance industry has not been very transparent about this. As you pursue this, keep in mind in the next months these agents are going to be extremely busy addressing these requests, and the time they are spending will actually reduce their compensation! A good agent will understand that if you help someone reduce costs, they will tell a friend and their business grows!

If you consider changes in your PIP protection, it is important to know what you are potentially giving up. The first thing is medical coverage. Eliminating this by itself may make sense because Medicare plans cover medical expenses due to car accidents. But, dropping PIP, may mean dropping coverage for other things. One of the benefits of PIP is replacing future lost income due to auto accidents. This could be a huge sacrifice if you are 40, but if you are retired, and your income would not be affected, then it's something you don't need.

PIP also covers things Medical coverage does not, like modifications to your home, additional at home nursing care, and help with chores you can no longer do. Most importantly, eliminating PIP also eliminates medical coverage for passengers. Talk to your agent. You may also have the option of reducing PIP benefits rather than eliminating them.

Intro to ZOOM Class

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

Monday, August 10, 2020, 1:00 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 offers 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/tJAudO-vpz8rG9EH_ZaTmgpDyrywHWfD7K01
- 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.

Plan on joining us!





Roscommon County Commission on Aging 2020 Agency Services Survey

If you prefer, you may complete this survey online at: www.rccoa.net

Your opinion counts! Please take a few minutes to complete our Senior Survey. Our future programming will be guided by your responses and suggestions. **Please answer the questions in general terms keeping in mind CoVid-19 has caused many services to be temporarily modified.**

CHECK ONE: ☐ Center Participant ☐ Home Delivered Meal Participant ☐ Do Not Participate in Agency Programs
☐ Participates in other In-Home Services

What are the most important problems facing seniors today? Please number in order of importance to you - mark all that apply.

- | | | |
|---|---|---|
| <input type="checkbox"/> adequate health care | <input type="checkbox"/> affordable health care | <input type="checkbox"/> personal care |
| <input type="checkbox"/> affordable housing | <input type="checkbox"/> housekeeping | <input type="checkbox"/> nutritious meals |
| <input type="checkbox"/> legal services | <input type="checkbox"/> transportation | <input type="checkbox"/> loneliness/depression |
| <input type="checkbox"/> health information | <input type="checkbox"/> socialization | <input type="checkbox"/> cost of medicine |
| <input type="checkbox"/> adequate income | <input type="checkbox"/> yard work-snow removal | <input type="checkbox"/> lack of family support |

Other: _____

2. Check three reasons that describe why you visit one of our centers (prior to CoVid-19).

- | | | |
|--|---|--|
| <input type="checkbox"/> fellowship | <input type="checkbox"/> nutritious meals | <input type="checkbox"/> inexpensive meals |
| <input type="checkbox"/> convenience | <input type="checkbox"/> activities | <input type="checkbox"/> good meals |
| <input type="checkbox"/> health benefits | <input type="checkbox"/> information | <input type="checkbox"/> focal point for seniors |

Other: _____

3. Check three reasons that describe why you do not visit one of our centers (prior to CoVid-19).

- | | | |
|--|--|--|
| <input type="checkbox"/> too far from home | <input type="checkbox"/> my friends are all gone | <input type="checkbox"/> no transportation |
| <input type="checkbox"/> cannot leave home | <input type="checkbox"/> cost of meals | <input type="checkbox"/> food doesn't taste good to me |
| <input type="checkbox"/> prefer to cook for myself | <input type="checkbox"/> disability limitations | <input type="checkbox"/> other: _____ |

4. Please check the three most important reasons you eat at one of our centers. (prior to CoVid-19)

- | | | | |
|--|---|---|-------------------------------------|
| <input type="checkbox"/> tasty, nutritious meals | <input type="checkbox"/> program speakers | <input type="checkbox"/> friendly staff | <input type="checkbox"/> fellowship |
| <input type="checkbox"/> agreeable weather | <input type="checkbox"/> convenience | <input type="checkbox"/> "fits my pocketbook" | |

Other: _____

*Please complete other side of this survey and mail to
Roscommon County Commission on Aging,
1015 Short Dr., Suite A, Prudenville, MI 48651.
Or complete online at: www.rccoa.net*

Thank You!

5. How often do you participate in the meal program at one of our centers (prior to CoVid-19)?

☐ Receive Home Delivered Meals ☐ Eat at Center daily
☐ 3-4 times weekly ☐ once a week ☐ seldom ☐ never

6. How would you rate our Food Service Program for food quality? Check one.

☐ excellent ☐ very good ☐ good ☐ average
☐ fair ☐ meets my needs ☐ other: _____

7. Check four programs or activities in which you would like to participate.

☐ Exercise ☐ Singing ☐ Band ☐ Craft Projects
☐ Bingo ☐ Trips ☐ Computer Access ☐ Speakers
☐ Card Club ☐ Educational Classes
Other: _____

8. I receive other help through the Commission on Aging. ☐ yes ☐ no

Please mark all services that you use. ☐ Respite Care ☐ Chore Services
☐ Personal Care ☐ Telephone Reassurance ☐ Homemaking
☐ Medicare/Medicaid Assistance ☐ Adult Day Service ☐ Evidence-Based Classes

9. On a scale of 1 – 10 rate your satisfaction with our services (1 = poor, 10 = Excellent): _____

Please explain: _____

My In-Home needs are being met. ☐ yes ☐ no

If "No", please explain: _____

11. Please rate your encounters with our In-Home Service office (1 = poor, 10 = Excellent): _____

Please explain: _____

Please list your ideas/suggestions and comments for improving senior services in Roscommon County:

I would like someone from the Commission to contact me:

Name _____ Phone _____

*Please complete other side of this survey and mail to
Roscommon County Commission on Aging,
1015 Short Dr., Suite A, Prudenville, MI 48651.
Or complete online at: www.rccoa.net
Thank You!*

Houghton Lake Center News



Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

Mahatma Gandhi



July was full of surprises like very little rain in Houghton Lake and... my garden started to produce! Remember my desire for a nice garden? It is happening!!!

Another surprise was missing another wedding due to COVID-19. It was not a good surprise at all. What events have you missed? Were you able to attend anything via Zoom? I have been able to see birthday parties, bridal showers, and attending exercise classes through the Roscommon County Commission on Aging via ZOOM. The exercise class is great and so beneficial. Check the options out!

Have you been working in your yard? Do you have any show stopping flowers to share? You've heard about my garden, what about yours? Please keep taking pictures, journaling, talking to friends, etc.

I'm working on different Coaster designs and Cable Companion Holders.



Stay Safe!
Crystal Peplinski

Houghton Lake Center Manager
2625 S Townline Rd
Houghton Lake, MI

Roscommon Center News

Hello Everyone. I hope you all are enjoying your summer. It certainly has been **HOT**. Hope you all have had the opportunity to visit family and friends. I really do miss all of your faces and our activities. I look forward to the day when the Center can be safely reopened and we are able to see each other again. In the meantime, please do stay safe and take care of yourself. Remember that meals are also available to those of you who eat at the Center. You just need to call Andy, the Nutrition Coordinator, to see if you qualify to receive them. I will certainly be happy once we can all meet safely again and hope it is soon...



I've talked about my garden but once planted it has not done as well as I would have liked. Also, I'm in the process of moving back to the farm with my daughter, but I will still be in Roscommon so you will still see me around town.

Other than moving, not a lot going on these days for me. Please all be safe.

Varlyia Hanusik

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

Hero Appreciation

July 28 was National Milk Chocolate Day—a special day for a special treat. It is enjoyed in candies and in baking and the favorite of millions.

The RCCOA used this day to recognize our "heros" — staff that has stuck it out during these challenging times to make sure the seniors of Roscommon County continue to receive their meals and the assistance they need in their homes. A candy bar from this bouquet of **Chocolate** bars was given to each employee during morning triage.



St. Helen Center News

Hello August, and all our friends.

As I have been sitting home like the rest of us, I thought maybe we could see how other people around the world say and spell the same words we do. I like to do this sometimes because, when I was young, my Grandma always tried to teach me how to say (I love you) in different languages. The only one that I remember is (I love you very, very much) in Korean - nan aju manh-i dangsin-eul salanghabnida. If you have a computer, you can add the words (How to say we care in Danish) to the search engine and then you can also hear how the words sound, by clicking on the *listen to translation* button. It looks like a speaker. Here are some of the other languages I looked up:



- Danish (august) - august (we care) - vi pleje
- Dutch (august) - augustus (we care) -wij zorg
- French (august) - août (we care) - nous nous soucions
- Icelandic(august) - Ágúst (we(take) care) - við umönnun
- Irish (august) - Lúnasa (we care) - cúram a dhéanamh orainn
- Italian (august) - agosto (we care) - ci preoccupi amo
- Norwegian (august) - august (we care) - vi bryr oss
- Polish (august) - sierpień (we care) - dbamy
- Portuguese (august) - agosto (we care) - nos importamos
- Spanish (august) - agosto (we care) - nos preocupamos

What I have seen is that some words are close to English, others are not. What do you think? Hope you enjoyed this list and had some fun trying to say these words. I know I did.

I would like to say Thank You to everyone that is still working. Without all of you, things would be more difficult. Remember, we still care about you, too.

Stay Safe.

Sally Allport,

St. Helen Center Manager

10493 E Airport Rd, St. Helen

Expiration Dates Are Depressing

Groups of Americans were traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that this cheese used goat's milk.

Then she showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats, put out to pasture when they no longer produce."

Curious, she asked the group, "What do you do in America with your old goats?"

One spry old gentleman answered, "They send us on bus tours!"



Center Activities

Walk Away the Pounds with Leslie Sansone

Via Zoom

Mondays and Wednesdays

10:00 a.m.

There is nothing better than walking in the comfort of your own home, rain or shine! This class offers a gentle, effective form of exercise that helps you burn fat naturally for lasting results. All you need is 30 minutes and 2-pound weights. (Weights are optional.)

We hope to see you in class!



Body Groove via ZOOM

Thursdays

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.



ZUMBA Gold-Toning

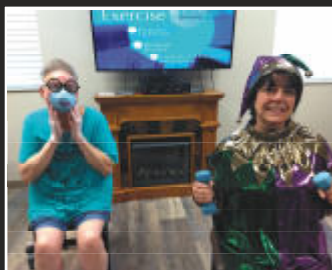
via ZOOM

Tuesdays

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!



Exercisers

Calling all exercise class participants

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

Join us:

Tuesday and Thursdays

10:00 a.m.

Deb leads the group

Each day the group selects a theme for the next time we meet...in the above picture the theme was "silly". We have lots of fun exercising, socializing and with our themes.



How are you at making words out of other words? Here's the Challenge:

Dog Days of Summer

Make as many words as possible from the above phrase.

Have fun!!!!

Old Friends

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"



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 a RCCOA activity/class 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/problems joining the group, call Tom, 989.366.0205, ext 111.



Cooking with Senior Andrew

Your burgers and salsa were delicious!

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FLU SHOT CLINICS

Protect yourself and your family against the flu season by getting your flu shot!

To make an Appointment, call the RCCOA, 989.366.0205, ask for Pam

Roscommon County Commission on Aging

Annex Building

1015 Short Drive

Prudenville, MI

Thursday, September 10, 2020

10:00 a.m.-4:00 p.m.

Walk-ins also welcome

WHAT TO BRING!

1. A copy of your medical insurance cards (accepts all insurances except Health Plan of Michigan Meridian)
 2. Cash price for those without insurance \$35 — higher rates may apply
 3. Medicare and Medicaid will cover the flu and pneumococcal vaccines.
- For these vaccines — Pneumococcal, T-Dap, Hepatitis A & B, Shingles—please contact Shane to let her know of your interest.

Paperwork — You may either stop by Rite Aid to pick up the forms in advance and fill them out **OR** plan to arrive 10 minutes prior to scheduled appointment.

Questions about the vaccines or clinic, contact Shane or the pharmacist on duty at Rite Aid, 989.366.9212.

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?

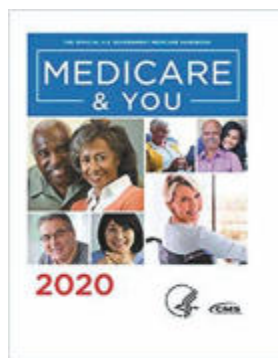
- Anyone concerned about falling
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

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 Annex Offices, 1015 Short Drive, Prudenville**
- **1:00 p.m. — 3:00 p.m.**
- Twice weekly (Tuesdays and Thursdays) for four weeks—starts **Tuesday, November 10**, goes through **Tuesday, December 8**



Is it time
to sign up
for Medicare?

Not sure where to start?

Join us at Roscommon County
Commission on Aging
Annex Building
1015 Short Dr.
Prudenville, MI 48651
for:

Medicare Monday

MONDAY, August 17, 2020
4:00-6:00 pm

You may attend in person
(seating for 12) or via ZOOM.

To register call:

989-366-0205, ask for Pam























Facilitated by the Commission's certified MMAP Counselor (Medicare/Medicaid Asst Program). MMAP counselors provide unbiased information so beneficiaries can make informed decisions.

Masks required.
Social distancing
a must. Limited
space—call
ASAP.



Menu

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 National Watermelon Day Celebrate by enjoying some sweet, tasty watermelon, a summer favorite. 	4 U.S. Coast Guard Day Honors the military branch that protects our waters and shorelines. 	5 Work Like a Dog Day Recognizes the hardest working who carry more than their load. 	6 Wiggle Your Toes Day And give your toes some exercise by giving them some air and wiggling them for all to see. 	7 National Lighthouse Day Celebrates a beacon of light gives safety & security for boats at sea. 
10 National S'mores Day Origin of S'mores dates back to the 1920's. It's believed the recipe was created by the Campfire Girls. Enjoy a sticky, gooey one today. 	11 The Beatles begin their last US concert tour. (1966) 	12 	13 Left Handers Day Right handers use left side of the brain. Left handers use right side. Only left handed people are in their right mind. 	14 National Creamsicle Day Celebrates a tasty summer cooler. Enjoy one today. 
17 National Thriftshop Day is a day for a real bargain. "Thrift Shop" is an old term for stores that sell deeply discounted merchandise. Why not visit one today! 	18 World Daffodil Day Daffodils, a symbol of the fight against cancer, helps raise the awareness of cancer and how to avoid it. The flower is a worldwide symbol of life. 	19 National Aviation Day is in honor of the birthday of aviator Orville Wright, the first person to successfully fly a plane. 	20 World Mosquito Day commemorates the day when the relationship between mosquitoes and malaria was identified in 1897. 	21 National Senior Citizens Day honors our elderly population. Created in 1988 by President Reagan. Seniors enjoy your day. 
24 Vesuvius Day marks the date in 79 A.D. that Mount Vesuvius exploded. It was one of the largest volcanic explosions in recorded history. 	25 National Banana Split Day 1904 the banana split was created in a small town in PA by a pharmacist apprentice working in the soda fountain area of a pharmacy 	26 Women's Equality Day commemorates the 19th Amendment to the Constitution, granting women the right to vote. Vote in November. 	27 Just Because... Today is the day to go out and do something "just because". "Just because" activities often come from a "whim" or a "what if" type of thought. 	28 Stuffed Green Peppers Day The author of this day is an avid gardener who loves sweet, green bell peppers. Plan to have stuffed peppers for lunch or dinner. 
31 National Trail Mix Day a high energy, tasty treat for snacks. It provides the extra energy boost to keep you from getting tired and running out of energy. 	The Month of August is the Dog Days of Summer Wow, it's sure hot and muggy. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. By definition, the Dog Days of Summer are the steamiest part of summer. It is also a period of drought and occasional strong thunderstorms. It's a time to do those memorable summer time activities that help us keep cool, like enjoy a cool summer drink, go to the park, or laze under a shady tree or enjoy the lake. 			

Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips

Cooking with Pam via ZOOM

Wednesday, August 26, 2020
12:00 NOON

Join Pam as she makes
No Bake Peanut Butter Bars
A trusted recipe that came from one of
our Houghton Lake Seniors.



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.



RCCOA Annual Memorial Service

Monday, September 14, 2020
1:00 p.m.

This service is a time to honor and remember those
seniors from our three centers and our homebound
seniors who have passed between September 1,
2019, and August 31, 2020. We encourage family,
friends, the community and those from all the
centers to join us for this special service as we
celebrate their lives.

If you know of someone that attended one of the
centers, received in-home service or "Meals-on-
Wheels", who passed during this last year, please
contact Debra, 989.366.0205, ext. 103, by
Wednesday, September 9, so we can include them in
this special event. More information will be available
in the September newsletter.



6th Annual Chili Cook Off
Date to be announced

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

Disclaimer: While the Agency continues to plans
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, ext 103
Trips must be PREPAID at registration
and are non-refundable.