



Commission on Aging

NEWS

“Informing,
Educating,
&
Caring”

www.rcco.net

September 2020

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

Thomas Pettit, Director
989.366.0205, ext. 111

Betty Kimble, Admin. Asst.
989.366.0205, ext. 100

Vivian Balmes, Bookkeeper
989.366.0205, ext. 101

Sheila Englehardt, Programs
Coordinator 989.366.0205, ext. 107

Chuck Corwin, RN
Consultant 989.366.3800

In-Home Services 989.366.3800

Mikki Stegall—Coordinator, ext. 105

Sheri Lewis, ext. 104

Kathy Miles, ext. 106

Heather Emerick, Lodge Coordinator
989.366.0205

Andy Tapia, “MOW” Hotline/Nutrition
Coordinator 989.279.0850

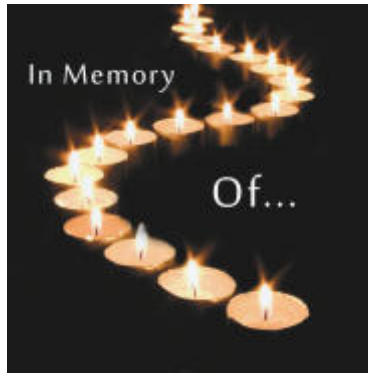
Debra Looney, Activities
Coordinator 989.366.0205, ext. 103

Crystal Peplinski, Houghton Lk
Center Manager 989.366.9168
Fax: 989.202.2008

Varlya Hanusik, Roscommon Center
Manager 989.275.8421
Fax: 989.275.6232

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

The Centers and The Lodge are closed. Meals are available for those who have need. Contact Andy Tapia, Nutrition Coordinator, to find out more.



Remembering our friends...

The Roscommon County Commission on Aging will hold its annual Memorial Service Monday, September 14, 2020, outdoors at the Houghton Lake Center.

Please follow the Stay Safe guidelines of the governor with social distancing. We request that those in attendance wear a mask if their health permits.

The service is a time to honor and remember those seniors from our three centers and our homebound seniors who passed between September 1, 2019, and August 31, 2020. We encourage the community, families, friends 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 services or “Meals-on-Wheels”, who passed during this last year, please call Debra, 989.366.0205, ext. 103, by Wednesday, September 9, so they can be included in this special event.



RCCOA Memorial Service

Monday, September 14, 2020
2:00 p.m.

Houghton Lake Center Parking Lot
2625 S. Townline Road
Houghton Lake, MI 48629

Roscommon County Commission on Aging, Inc.,
Board of Directors’ meetings
via ZOOM

Wednesday, September 16, 2020, 1:00 p.m.
To join the meeting, go to www.rcco.net.

Mr. P's Adventures

Mr P's get away at his friend's cottage was wonderful and the grandkids were so happy he had the life jackets so they could go on multiple boat rides. The entire family had a great time. Lots of memories. Mr. P realizes not everyone is as blessed to be able to do these fun things but he believes it's important to make memories with the grandkids because you never know how long you will have together. He was thinking about the Memorial Service the COA will have on the 14th...it seems the older you get, the fewer the friends you have left. So many have passed. The Memorial Service is a good time to remember those people who have passed during the last year and celebrate their friendship. He's going to try to attend the event. He can't believe it's September already...where did the year go even with the pandemic? It will soon be time to rake the leaves and get everything put away for winter. He's not ready to think about cold weather just yet but he knows it will be here before you know it. Speaking of raking...he didn't see the rake hanging in its spot in the garage. He's wondering where it could be. He needs your help locating it. When you find it, [give Deb a call, 989.366.0205, ext 103](tel:989.366.0205). She will need your name, phone number and center. You will then be entered in the drawing. If you are the winner, Deb will give you a call to make arrangements to get the gift card to you. The drawing will take place **Thursday, September 10**. Deadline to enter is **Wednesday, September 9, 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

Wow! September already. This year has really flown by. This is the last month in our fiscal year and there's only 4 months left in the calendar year. How crazy is that?!



We had our 4th Annual Car Show August 8th and even with having to "social distance" it was a lot of fun! We had some new exhibitors and quite a few spectators. It was nice seeing those of y'all who came out. We do miss seeing and interacting with our seniors. I'd like to take this time to thank our sponsors, exhibitors, spectators, volunteers, and staff that helped out! It gets better each year!

It saddens me to say this but we still do not have a reopen date for our centers and Day Lodge. I understand wanting us to "get back to normal operations", but without having concrete information about the severity of the pandemic, we are not ready to risk any lives. That doesn't mean we aren't working...Last month we delivered 7,487 "Meals-on-Wheels" and 1,085 would-be congregate meals to area seniors. Our In-home Service staff is running at full capacity. Last month 759 hours of homemaking, 193 hours of personal care, and 180 hours of respite care were provided to our clients. We continue to call clients to touch base and try to engage you (them) in alternate ways using online platforms. If you have internet and a computer, tablet or smart phone, you can join in. If you don't have a device, let us know; we may be able to help. We need to reinvent the way we provide services until we can safely gather face-to-face again.

One last thing... Have you completed your census questionnaire? It is very important that you are counted. It has an impact on how much funding is allocated to our county. It affects our funding but also many other agencies in our area. If you haven't filled out your census, I encourage you to do so.

Wishing you all the best!

Tom



Please mark your calendar to donate at this blood drive!

Here's where and when:

Houghton Lake Center

October 27, 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.



Do you remember:
Pastimes for kids in the '50s

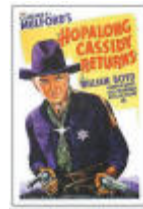
TV & Movies

The Adventures of Rin Tin Tin

Hopalong Cassidy

Lady and the Tramp (1955)

The Seventh Voyage of Sinbad (1958)



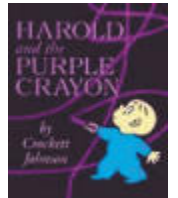
Storytime Staples

Charlette's Web (E.B. White)

The Borrowers (Mary Norton)

Harold and the Purple Crayon

(Crockett Johnson)



Favorite Toys

Mr. Potato Head

Magic 8 Ball

Hula Hoop

Frisbee



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



LET US PLACE YOUR AD HERE.

HEALTH & WELL-BEING IS OUR TOP PRIORITY

Heartland Home Health & Hospice Care
800.275.4516

heartlandhomehealth.com/WestBranch
heartlandhospice.com/WestBranch



Here for you



Skop's Tax Service, LLC

Diane J. Skop
Enrolled Agent • NTPI Fellow

(989) 366-5100

3840 W Houghton Lake Dr.
Houghton Lake

Elizabeth Fortino
Agent

989-366-5356
989-275-5454

1576 W. Houghton Lake Dr.
Prudenville, MI
www.FortinoAgency.com



30 YEARS = TRUST

Long's Hearing HealthCare

30 YEARS EXPERIENCE

1-800-286-1378



Free Hearing Tests & Cleaning

Cadillac • Prudenville • Traverse City • Rudyard

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

EXECUTIVE TRANSPORTATION

For All Your Transportation Needs:

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

9041 West Houghton Lake Drive

Call: (989) 422-6457

Email: transportationexecutive@yahoo.com

Visit us on Facebook: Executive Transportation

Licensed and Insured



4-D-5-5

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

15-0755



CAREGIVER SUPPORT GROUP

Monday, September 28, 2020

RCCOA Annex Building
1015 Short Drive
Prudenville, MI 48651

Caregivers: The RCCOA Caregiver Support Group is for any caregiver, no matter your age or what the illness is. We come together to support and encouragement one another—especially during these challenging times. The meeting is in the Annex Building. Social distancing and wearing of masks will be followed.

Munson Healthcare Hospice

Grief Support Group

Temporarily Meeting by phone.

4th Thursday of the month

3:30 p.m.

Call Grayling Grief Group (231) 213-0100

Conference ID = 21930#

Support groups create a safe, confidential, and supportive community by offering participants knowledge of the grief process and mutual support.



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!



VETERANS



Roscommon County Department of Veterans Affairs is NOT doing walk ins but by appointment only in the office.

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

Phone: 989.275.6047

E-mail: nemethh@roscommoncounty.net

WE ARE HERE TO ASSIST!

Mr. P Drawings

With the change in work schedules for many of our staff, Debra is the person to call with your Mr. P drawing entry. She will need your name, phone number and center. 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.



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



MARINE LIFE



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



Find and circle all of the listed words hidden in the grid.
 The remaining letters spell the name of a sea animal.



ANCHOVY
 BARRACUDA
 CLAM
 CLOWNFISH
 COD
 CRAB
 DOLPHIN
 HALIBUT
 JELLYFISH
 LAMPREY
 LOBSTER

MANATEE
 MARLIN
 OCTOPUS
 OYSTER
 PENGUIN
 PORPOISE
 PRAWN
 SARDINE
 SCALLOP
 SEA LION
 SEA OTTER

SEA TURTLE
 SEALS
 SHELLFISH
 SHRIMP
 SPONGE
 SQUID
 STARFISH
 STINGRAY
 TUNA
 WALRUS
 WHALE



The Difference Between Dizziness and Vertigo

In medical care, healthcare providers typically make a distinction between dizziness and vertigo for medical documentation. However, most patients generally lump dizziness and vertigo into the same category and call it “dizziness.”

What is dizziness? Dizziness is typically defined as a feeling of light-headedness, as if you were going to pass out. This feeling may come and go, or may be constant.

Dizziness is often caused by medical conditions such as dehydration, low blood sugar, irregular heart rate or low blood pressure, to name a few possible causes. An example of dizziness is getting light-headed when you stand up quickly on a hot, sunny day. That feeling of dizziness is caused by low blood pressure.

What is Vertigo? Vertigo is an illusion of spinning, tilting or translating when you are actually still, OR an impaired perception of otherwise normal motion. It can begin seconds after a certain head movement or change in position and lasts less than a minute if the head is kept still.

An example would be someone who rolls over in bed onto their left side, then feels like they are spinning for about 30 seconds. They have experienced vertigo. They felt a false sense of spinning when they were actually lying still on their left side.

What causes vertigo? The most common cause of vertigo is called benign positional paroxysmal vertigo or BPPV. It is called BPPV because it is benign (not harmful to your health), paroxysmal (occurs without warning), positional (brought on by a specific type of head movement) and vertigo (you feel a sensation of spinning).

BPPV happens when tiny particles (crystals) in the balance center of the inner ear are disturbed, usually by sudden movement. This causes the spinning sensation.

Activities that bring on vertigo can vary. They often involve moving your head into a certain position (quickly) such as: looking up, lying on one ear, rolling over in bed, getting out of bed or bending over.

There are other causes of vertigo including head injuries, stroke, circulation problems, infections, inner ear disorders.

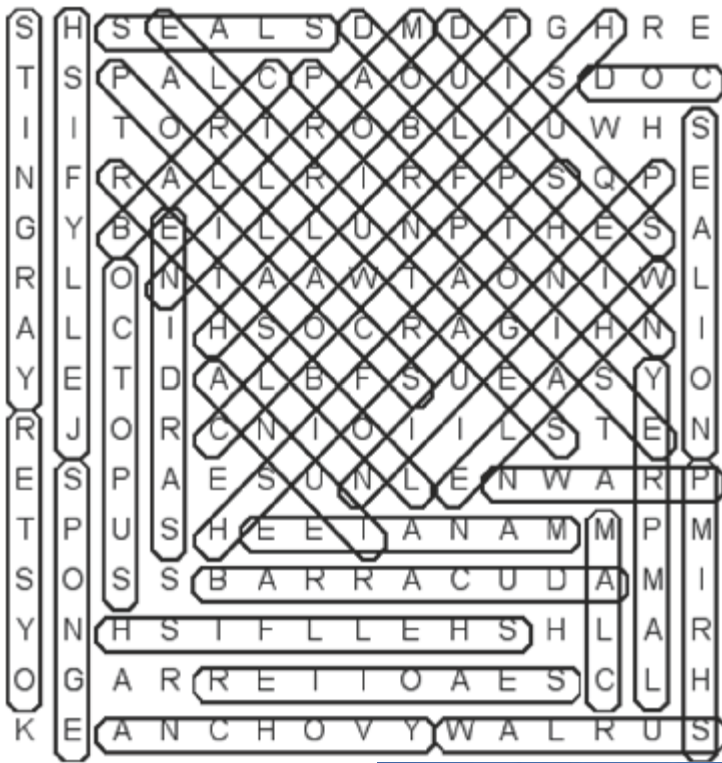
Treatment. Vertigo often gets better by itself. Many people improve without treatment.

Your doctor or physical therapist may also perform a set of movements of your head and neck called the ‘Epley maneuver’, which try to put the particles back in a better position. You may be advised to do Brandt-Daroff exercises at home that are thought to disperse any tiny particles away from the balance center of the ear, therefore getting rid of the cause of your dizziness.

If the exercises are done regularly, the symptoms should settle over the next 10 days. Most people return to work or normal activities within a week. About one in three people will have a new attack within a year. While these attacks can cause discomfort, there is usually no long-term damage.

Source: Emergency Care Clinical Network





**HIDDEN CREATURE:
GREAT WHITE SHARK**



HOW WE SERVED YOU DURING

July 2020



| | |
|----------------------------|--------|
| Meals-on-Wheels Delivered: | 7,487 |
| Center Meals Delivered: | 1,085 |
| Homemaking Hours: | 758.5 |
| Personal Care Hours: | 193 |
| Respite Care Hours: | 179.75 |
| Serenity Day Lodge Hours: | 0 |

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

| | |
|---------------|-----------------|
| Houghton Lake | Linda Miller |
| Roscommon | Thelma Stevens |
| St. Helen | Joyce Marquardt |



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



Autumnwood of McBain...



- Rehabilitation
- Skilled Nursing
- Memory/Dementia Care
- Hospice Care/Respite



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

Skilled Nursing & Rehabilitation Center

**THIS SPACE IS
AVAILABLE**

Nikki Riedel
(231) 499-1729



Tom Pettit
(989) 202-5281

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



Richard Wells
PARTNER

862 S. GARFIELD AVE.
TRAVERSE CITY, MI 49686

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

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



4-D-5-5

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

15-0755

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or extended period of time? Please call one of the centers for more information.



Get Connected. Get Answers.
SERVING NORTHEAST MICHIGAN

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

Connecting people in need with people who can help.

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

Email & 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.



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 s 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. 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.

The RCCOA 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.

Hidden Pictures®

Lion Gets a Trim

By Valeri Gorbachev



In the big picture, find these objects.



rabbit



hammer



sea gull



squirrel



toothbrush



screwdriver



pencil



penguin



frog



slipper



artist's brush



flashlight



handbell

Will Medicare Cover a Coronavirus Vaccine?

With the coronavirus pandemic responsible for more than a hundred thousand deaths and disrupting life across the United States, the only way for the country to return to normal is an effective vaccine. When a vaccine is available, Medicare will cover the cost.



Medicare covers vaccines in a variety of ways, depending on the vaccine. It may be through Medicare Part B, Medicare Part D, or a Medicare Advantage plan if you are enrolled in one. Part B covers vaccines only for certain illnesses: flu, pneumonia, and Hepatitis B (if you are at medium or high risk). Medicare covers 100 percent of the cost of these vaccines if you go to an approved provider, and you do not have to pay a deductible or coinsurance. Medicare Advantage is also required to provide these vaccines at no additional costs.

Part B also covers vaccines if you are exposed to a dangerous virus or disease, such as rabies or tetanus. In those cases, you will have to pay a deductible and a 20 percent coinsurance.

Part D covers all other doctor-recommended vaccines, such as the shingles vaccine and the Tdap (tetanus, diphtheria, pertussis) vaccine. How much the vaccine costs will depend on whether you go to a provider who is in-network for your Part D plan. If you get the vaccine in-network, you will have to pay the co-pay amount. If you get the vaccine out-of-network, you may have to pay for the entire vaccine and bill Medicare. Medicare will only pay for the approved cost, which may be less than what you paid. If you have a Medicare Advantage plan that covers prescription drugs, it may cover these vaccines. The cost to you will vary, depending on the plan.

With regard to COVID-19, the CARES Act provides that if a vaccine becomes available, Medicare is required to cover this vaccine under Part B with no cost sharing. Medicare Advantage plans are required to include the basic coverage offered by Medicare Parts A and B, so this coverage also applies to beneficiaries in Medicare Advantage plans.



Joe Sanders
The Handyman

Home Maintenance -
No job too small
989-808-2118 Cell
989-202-4539 Home
216 Windsor Dr.
Prudenville, MI 48651

**WE'RE HIRING
AD SALES EXECUTIVES**



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

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

THURSDAY
Starting @ 12:30pm
All Paper Cards
New! 2 Chances to Win \$1,000
American Legion #245
3564 S. Reserve Rd
Prudenville • 366-5334

FRIDAY
Starting @ 6:30pm
All Paper Cards
New! 2 Chances to Win \$1,000
American Legion #245
3564 S. Reserve Rd
Prudenville • 366-5334

SATURDAY
Starting @ 6:30
PROGRESSIVE JACKPOT
American Legion #245
3564 S. Reserve Rd
Prudenville • 366-5334

**Roscommon
County Transit**



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

Call (989) 366-5309 to
Make Ride Reservations



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

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Terry Sweeney to place an ad today!
tsweeney@4LPi.com or (800) 477-4574 x6407

**Great Orthopedic Care
is here in Grayling**

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

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

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



**Roberta
Eckert-Chrispell**

- Attorney at Law -

989.366.8177

3179 W. Houghton Lake Dr., Houghton Lake

SERVING ROSCOMMON AND SURROUNDING COUNTIES
AS A GENERAL PRACTITIONER FOR OVER 27 YEARS

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



**JB JORDAN
BALKEMA
ELDER LAW CENTER**

MEDICAID PLANNING
ESTATE PLANNING • PROBATE
TRUST ADMINISTRATION



CADILLAC 213-846-3606 BIG RAPIDS 231-796-4012
TRAVERSE CITY 231-935-4646 GAYLORD 800-395-4347
218 Maple St. Ste A, Big Rapids MI 49307

Dedicated to serving Seniors and Families www.myelderlawplanning.com



4-D-5-5

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

15-0755

Fourth Annual RCCOA

"Meals-on-Wheels"

Car Show



Was a great
success
because
of....

OUR SPONSORS

Tim's Collision Plus
Don Nester Chevrolet
W and W Used Auto Parts
Rosco Mini Mart
Houghton Lake Center
Roscommon Center
St Helen Center
The Serenity Day Lodge
Roscommon County
Commission on Aging

OUR WINNERS

Best of Show-Tim Gallant
1967 Chevy Nova
Drivers Choice- Tim Gallant
1967 Chevy Nova
Original-Garry Truax
1957 Chevrolet 210
Original Restored-Kim Langworthy
1968 Chevy Chevelle
Custom-Sarah Auto
1951 Hudson Hornet
Rat Rod- Duane Draper
1936 Rat Rod
Truck-Tina Carpenter
1962 Chevy C-10
Truck Modified-Chris Earius
1968 Chevy C-10
1900's-1949
David Thornewell
1948 Dodge 3 Window Coupe
1950's
Lynn Keeley
1959 Thunderbird
1960's
Janet Hacker
1969 Buick Skylark
1970's
Lynn Dewey
1970 Nova
1980's - Present
Scott Smith
1989 Pontiac Firebird
Pit Crew's Choice-Garry Truax
1957 Chevrolet 210
Sheriff's Choice- Scott Huber
1973 Ford Mustang
\$25.00 Visa Card for
Early Registration-Ken Robinson



**Michigan Firemen's Memorial Festival Committee for
the use of their grounds and the Big Red Barn**

Staff, Volunteers

The Drivers and their awesome cars!

Michigan Firemen's Memorial Festival Committee

Slow Down: Back to School Means Sharing the Road



2020 has been a different kind of year, including school schedules. Some schools will be in the classroom, others will be via the internet...regardless, drivers need to be alert and cautious. It's never more important for drivers to slow down and pay attention than when kids are present—especially before and after school. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program.

Share the road with pedestrians. A few precautions go a long way in keeping children safe:

- Don't block crosswalks.
- Yield to pedestrians in crosswalks, and take extra care in school zones.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Never pass a vehicle stopped for pedestrians.
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way.

Share the road with school buses. If driving behind a bus, allow a greater following distance than if you are driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.



- Never pass a bus from behind—or from either direction if you're on an **undivided road**—if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic **must** stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus.
- Be alert; children can be unpredictable and tend to ignore hazards and take risks.

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.

Source: National Safety Council



The Idea that Saved School Children

Frank W. Cyr was not an inventor, but rather a man with an idea. Frank attended a one-room school in Nebraska, becoming a teacher upon graduation. Born in 1900, Frank Cyr lived a full 95 years during which time he had an idea of having buses painted yellow as an attention getter and used for transporting students attending rural schools. He worked hard with school administrators and governments to set standards of safety beginning in 1930 and managed to overcome the two greatest problems — convincing manufacturers to build them and raising the money to pay for them.

Today car and truck drivers are reminded of children's safety when they meet one of these bright yellow buses with its flashing lights. The ideas of Frank W. Cyr had become a reality; one which undoubtedly has saved the lives of many young people. Frank retired as a professor of rural education from Columbia Teacher's College in 1965, having fulfilled his dream.

Source: The Country Register, pg 9, Sept/Oct 2019

zoom — free, easy-to-use website designed for video conferencing, can be used from any device—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:

- 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
- Don't have either capability but would like to attend? Questions/problems joining the group, call Tom, 989.366.0205, ext 111.



What's Different?



Find the differences. Take a look at the two pictures and find at least 10 differences between them. This month the RCCOA meal delivery drivers send their greetings. Pictured above are three of our drivers. From left to right: Karen Zydowicz (St. Helen route), Tiffany Smith (HL route), and our newest addition, Bonnie Kitchen (HL route). Missing is Bruce Behne (Roscommon route). They send a shout out to everyone and encourage you all to stay safe!

Answers from left to right: Signs on both vehicles are different and upside down; blue car in top picture has door open; Karen has a head covering in top picture; Tiffany has sunglasses in top picture and mask in bottom; coolers are stacked opposite; top picture the cooler is open; top picture man in background; Bonnie is wearing ears in bottom picture; she has a jacket on in top picture; she is holding something different in each picture; she is standing in different spot in each picture.

Houghton Lake Center News

Wake up every morning with the thought that something wonderful is about to happen. *Author Unknown*

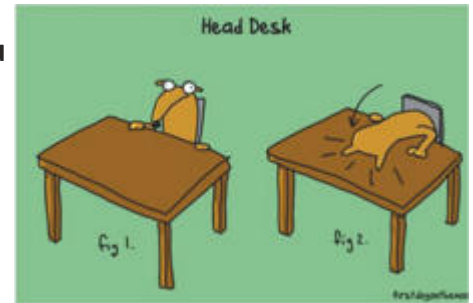


It's September already! How did it happen? Have you seen how the days are getting shorter? As I write, the weather is still very summer-like.

My garden is in the height of production and yet, very concerning. Something nasty exists in my garden and it's killing my tomato leaves/plants. The tomatoes still look great but the plants are, for lack of a better word, ugly. This led me on an internet odyssey that involved the MSU website...that college has everything about anything in this area! I've learned a lot about my gardening skills and that I don't have any! Remember several months ago when I mentioned my gardening dreams vs. my gardening reality? Yeah...this is at least partly my fault.

The word is **BLIGHT** and it has my tomatoes in death throes. I've learned that handling blight is simple... just destroy the plant. What? But there are still flowers and tomatoes growing! Do I have to? (In hindsight, YES) Did I put my plants too close together?

YES. The branches/leaves from one plant do touch each other. Can you guess what's happening? YES, blight is spreading and the only way to effectively get rid of it is to remove the infected plant. In the spring I added new soil to improve it. It is likely that I added "infected" dirt! Can you visualize my feelings?



My husband likes watering the garden, at night, after work. Can

anyone say why this is bad? I can. **POWDERY MILDEW** is on the squash

leaves. It's bad but I'm treating it with a homemade spray (found on the internet). It is water, vinegar, a few drops of dish soap, and a capful of mouthwash. It seems helpful and earwigs don't like the mouthwash. Bonus!

Have you learned anything new this summer? Can you relate to my gardening woes? Share your experiences and insights on our website. Photos are always appreciated. We want to know how you're doing!

Do what you can with what you are where you are...*Theodore Roosevelt*

Stay Safe!
Crystal Peplinski



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



Flower Trivet Class

Via Zoom
Date to be determined
Kit included*



Maximum number of participants is 10

Get with Deb, 989.366.0205, ext. 103 to let her know of your interest. Then a date can be set.

Must have an email address, internet access, and Zoom for this class.

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

Roscommon Center News

As we move into September we should all be in Stay Safe mode. I personally keep saying, "This, too, shall pass." I have found it pays to keep a positive attitude, which somedays is harder than others!



I have had the opportunity to talk with a lot of people from all three centers and am happy to hear how well everyone is doing. It has been good to be able to connect and catch up with everyone.

My daughter and I have completed the move back to the farm. Now we are trying to mesh two households into one. I have donated and given away quite a lot of stuff but it's still a process. Our garden is starting to produce. We have picked cucumbers and yellow squash. Also have the beginnings of plum tomatoes and red and orange peppers. The herbs are doing very well and the rabbits have enjoyed our different lettuces.

I certainly miss all of you and cannot wait until we can safely resume all of our activities. Until then, please continue to stay safe!

Varlya Hanusik

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



By all these lovely TOKENS
SEPTEMBER
DAYS ARE HERE,
with summer's best of
AND weather
AUTUMN'S
best of cheer.
-HELEN HUNT JACKSON

St. Helen Center News

Hope all is well with you.



Do you still have comic books? I never was into comic books, But my brother had some. I liked to read his. Did you know that NATIONAL COMIC BOOK DAY is September 25? The first comic book was published in 1837, "The Adventures of Obadiah Oldbuck" by Rudolphe Töpffer. It is considered the earliest known comic book. In 1842, "The Adventures of Obadiah Oldbuck" became the first comic book published in the United States. "Obadiah Oldbuck" was a forty page book.



Here are the Top Ten Rare Comic Books:

- Action Comics 1
- Detective Comics 27
- Superman 1
- Marvel Comics #1
- Flash Comics #1
- Batman #1
- All-American Comics #16
- Detective Comics #1
- Amazing Fantasy 15
- Captain America Comics #1

Maybe you have read these or have them lying around. I have not.

We sure miss all of you. We are still here to help.

Sally Allport,
St. Helen Center Manager
10493 E Airport Rd, St. Helen

Sally had to have emergency surgery in August but is home and recovering nicely. We wish her a speedy recovery and hope to see her back to work real soon.



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

Fridays

10:00 a.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!

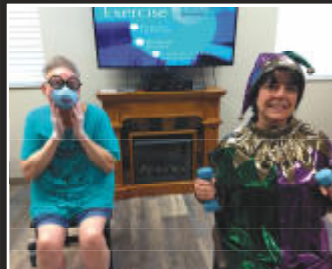


How are you at making words out of other words? Here's the Challenge:

Autumn

Make as many words as possible from the above phrase.

Have 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.

Retirement from a Child's View

After spring break, a teacher asked her young students how they spent the holidays. One small child wrote the following:

We always used to spend the holidays with Grandma & Grandpa. They used to live here in a big brick home, but Grandpa got retarded and they moved to Florida. Now they live in a place with a lot of other retarded people.

They all live in little tin boxes. They ride on big 3-wheeled tricycles and they all have name tags because they don't know who they are; and they have to put flowers on the antennas of their cars to help them find their cars.

They go to a big building called a wrecked hall, but they must have got it fixed, because it's alright now. They play games and do exercises there, but they don't do them very good. There is a swimming pool there, but they stand in it with their hats on. I guess they don't know how to swim.

As you go into their park, there is a doll house with a

little man sitting in it. He watches all day so they can't get out without him seeing them. When they can sneak out, they go to the beach and pick up shells.

My grandma used to bake cookies and stuff, but I guess she forgot how. Nobody cooks—they just eat out. They eat the same thing every night: early birds. Some of the people don't know how to cook at all, so my Grandma & Grandpa bring food into the wrecked hall and they call it "pot luck."

My grandma says grandpa worked all his life and earned his retardment. I wish they would move back up here, but I guess the little man in the doll house won't let them out!





The Horizon Senior Living
989-246-1000

Thank You. Thank You. Thank You
to our over 100 employees that work for the Horizon Senior Living! Your dedication, loyalty and compassion will keep our seniors living longer and healthier!
~ With sincere gratitude, Carl and Erin Schuler

Caring for people you care about.
It all happens here!

| | |
|---|--|
| The Horizon Senior Living I 10059 E. Airport Rd., St. Helen, MI 48636, 989-389-4900 | The Horizon Senior Living IV 218 Airport Dr., Standish, MI 48658, 989-646-0900 |
| The Horizon Senior Living II 1324 Vinewood Ave., Clare, MI 48617, 989-366-4900 | The Horizon Senior Living V 450 Quarter St., Gladwin, MI 48624, 989-246-1000 |
| The Horizon Senior Living III 613 Progress St., West Branch, MI 48661, 989-343-9404 | The Horizon Senior Living VI 452 Quarter St., Gladwin, MI 48624, 989-246-0290 |

www.thehorizonseniorliving.com



**GREAT LAKES
SOFT WATER
II**

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

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

Paul Berg, Agent
1440 Heightsview Dr
P.O. Box 308
Houghton Lake Heights, MI 48630
Email: pberg@bergmartin.com
BERG / MARTIN AGENCY, INC
1-800-689-5468 Fax: (989) 422-3779
www.bergmartin.com



KING
NURSING & REHABILITATION
COMMUNITY

2280 Tower Hill Road,
P.O. Box 397
Houghton Lake, MI 48629
Phone: (989) 422-5153
www.atriumlivingcenters.com



THE LIGHTHOUSE
AT ROSCOMMON
HEALTH AND REHABILITATION CENTER

Short-Term Rehabilitation • Memory Care Wing
Orthopedic Rehabilitation • Long-Term Care
Physical, Occupational & Speech Therapy Services
(989) 275-8936 • 1290 E Michigan Hwy • Roscommon, MI 48653



4 Star Rated

Northern Mobility
Sales and Service

Northern Michigan's Mobility Scooter and E-Bike Outlet
2215 Tower Hill Rd., Houghton Lake, MI 48629
989-302-8036
www.northernmobility.net





4-D-5-5

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

15-0755



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

Wednesday, October 7, 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.



September is Potato Month

There are over 1000 different kinds of potatoes.

H.W. Lay, the inventor of Lay's potato chips, was a traveling salesman during the 1930s. In order to make money, he started selling chips out of his car.

It takes four or five potatoes to make every bag of Lay's potato chips.



Thomas Jefferson gets credit for introducing "French fries" to America when he served them at a White House dinner in 1801.

During the Alaskan gold rush, (1897-1898) potatoes were practically worth their weight in gold. Gold at that time, was more plentiful than nutritious food.

After receiving a bouquet of potato flowers, Queen Marie Antoinette made the flower trendy by stepping out with them adorning her clothing.



Each American eats about 124 pounds of potatoes annually.

One medium potato with skin provides 600 mg of potassium, 2 grams of fiber, 100 calories and about 3 grams of protein and more vitamin C than an orange.

The word potato comes from the Spanish word patata.

Between 1845 and 1852 the potato crop in Ireland was devastated by a fungus known as "Potato Blight". The Great Potato Famine," caused a million deaths and another million people left Ireland for Canada and the US dropping the population of Ireland by 25%.

The potato is so closely related to the tomato, it is possible to graft a tomato "top" onto a potato "root" and grow both tomatoes and potatoes on the same plant.



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**



Why Are Falls So Dangerous for the Elderly?

Conditions like heart disease and cancer are known for their severity, especially for older adults. However, another cause of serious health consequences for seniors has become more and more common over the past decade: falls. According to the Centers for Disease Control and Prevention (CDC), one in four Americans aged 65 and older falls each year.

In 2018 alone, approximately 36 million falls were reported among seniors. Of those, more than eight million required medical attention or limited activity for at least one day; shockingly more than 32,000 elders died from falling. Most falls do not result in serious injuries, so how can a seemingly innocuous accident be life-threatening for an aging loved one?

The seriousness of a fall depends on the nature of the accident. For example, how a senior lands when they fall could mean the difference between a broken hip, a traumatic brain injury (TBI), or a few bumps and scrapes. Fractured bones and soft tissue injuries (bruises, sprains and strains) are the most common fall-related injuries. Unfortunately for seniors, even minor trauma can require hospitalization, and many never regain the level of functionality and confidence they enjoyed before falling.

Advanced age, frailty and pre-existing medical conditions decrease the likelihood that older individuals will recover from fall-related injuries. While ground-level falls (ones that occur when an individual falls from a standing position) do not sound serious, they can cause severe injuries in the elderly. One study found that older adults were three times as likely to die following a low-level fall compared to individuals younger than 70.

The best way to prevent falls is to address and minimize hazards before they can pose a threat to an aging loved one's health. Not every accident can be avoided, but taking certain precautions can extend a senior's independence, help them feel more confident, and greatly reduce their risk of injury and death.

Menu

SEPTEMBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
|  <p>WHO'S AWESOME? YOU'RE AWESOME</p> | <p>1 Emma M. Nutt Day became the first woman telephone operator this day, 1878. She loved the job she worked for 33 yrs.</p>  | <p>2 VJ Day or Victory Over Japan marking the end of World War II.</p>  | <p>3 Skyscraper Day is a day to appreciate and admire the world's tallest skyscrapers.</p>  | <p>4 National Carrier Appreciation Day honors everyone who is now, or once was, a newspaper carrier.</p>  |
| <p>7</p>  | <p>8 National Date Nut Bread Day is today. Enjoy a tasty bread. You can make it yourself, or buy some at the store.</p>  | <p>9 Teddy Bear Day Teddy Bears got their name from President Teddy Roosevelt, a hunter, refused to shoot a small bear. Teddy bears became wildly popular.</p>  | <p>10 Swap Ideas Day encourages us to share and trade ideas and concepts with each other. Ask a friend for some everyday ideas you could use.</p>  | <p>11</p>  |
| <p>14 Memorial Service</p>  <p>See front page</p> | <p>15 Make a Hat Day is a day for fun. Design and make a hat for yourself today. Put your personality into it.</p>  | <p>16 Collect Rocks Day Go for a walk today and look for some interesting rocks.</p>  | <p>17 Citizenship Day February 29, 1952, President Truman signed a bill establishing this day on 9/17 each year. It coincides with the signing of the U.S. Constitution.</p>  | <p>18 National Cheeseburger Day Fire up the grill to cook some cheeseburgers for lunch or dinner. Your choice on the cheese.</p>  |
| <p>21 Miniature Golf Day Find someone to go miniature golfing with you today! You don't have to be good at it—just go and have fun.</p>  | <p>22 Autumnal Equinox Day signals the beginning of Fall. There is exactly 12 hours of daylight and 12 hours of darkness at the equator. Anywhere else, you will see a little bit more or a little bit less than 12 hours of daylight.</p>  | <p>23 Checkers Day Get out the Checker Board. Invite a friend over...or play via ZOOM. Do you want the red checkers? Or, the black ones?</p>  | <p>24 National Cherries Jubilee Day is the kind of day that will make cherry lovers jubilant. If you enjoy cherries, you will love this day.</p>  | <p>25 National Comic Book Day is a super cool day. Share a comic book with a friend today. Everyone likes a good comic book.</p>  |
| <p>28</p>  <p>See page 4</p> | <p>29 Gene Autry's birthday Celebrate the "Singing Cowboy's" birthday today.</p>  | <p>30 National Mud Pack Day Usually thought of for facials but did you know a mud pack is a quick help for bee stings until you can get treatment?</p>  |  | |

All Meals Served with Milk

Suggested Donation
60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips

Cooking with Deb
via ZOOM
Friday, September 25, 2020
12:30 p.m.

Join Deb as she makes



**Homemade Cream Puff with
vanilla ice cream and
Saunders Hot Fudge**

Just like Saunders
downtown Detroit at
Hudson's or downtown

Cadillac at Green's, Eastland or anywhere
else you are lucky enough to try it!



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,
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.

The RCCOA will be **CLOSED**

Monday, September 7

for Labor Day.

An additional frozen meal will be sent out the week before to all who receive home delivered meals. Regular services will resume Tuesday, September 8, 2020.



6th Annual Chili Cook Off

Date to be announced

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

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

RESERVATIONS REQUIRED for all trips
Call Debra today 989.366.0205, ext 103
Trips must be PREPAID at registration
and are non-refundable.