



Commission on Aging

NEWS

“Informing,
Educating,
&
Caring”

www.rcco.net

January 2021

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The Centers remain closed but
congregate meals are available for
those who would like to receive
them. Contact your center of choice
to sign up for congregate meals.
For more info, see page 4.



From the RCCOA staff to you and yours!

May 2021 be kinder to us than 2020.

The Roscommon County Commission on Aging
will be CLOSED Thursday, December 31
and Friday, January 1, 2021.

“Meals-on-Wheels” clients will receive frozen meals
in advance to be used on those days.

**Roscommon County Commission on Aging, Inc.,
Board of Directors’ Meeting**

Wednesday, January 20, 2021

1:00 p.m.

Via Zoom

To join the meeting, go to www.rcco.net

Mr. P's Adventures

Mr. P and the Mrs. followed his own advice. They made time to take several drives out and around to look at Christmas lights and to see if they could find deer in the meadows at dusk. It sure did help relieve some of the stress of the times. Now to find some other ways to help relieve the stress of the times...One thing that does help is perusing the newsletter. Mr. P likes reading the various articles and columns. The helps given like *Walk Like a Penguin* are good reminders of how to walk safely when it is icy. And we all know that this time of year ice can be everywhere. Who needs to fall and break a bone?! All the activities that are included sure help to distract you for a while too. Mrs. P loves doing the word find and the one on how many words you can make from the phrase of the month. He noticed a joke that made him laugh. And he also saw a picture of a baby sticking her tongue out. When he saw her, he laughed so loud and hard...it made Mrs. P ask what he was laughing about. But when he went to show her the picture, he had lost the page and couldn't find it again. So he needs your help. Help him find the baby dressed in pink sticking her tongue out. When you find the baby, enjoy a good laugh and then **give Deb a call, 989.366.0205, ext 1103**. After all, laughter is a good stress reliever too. **She will need your name, phone number and center. Remember one entry per person, limited to voting at your center of choice.** 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, December 10**. Deadline to enter is **Wednesday, December 9, 3:00 p.m.** At the writing of this newsletter the centers remain closed, however, everyone homebound and seniors who usually attend the centers and live in the community — may participate.



FROM THE DIRECTOR



I just can't believe it is January already! That really blows a big hole in the saying, "Time flies when you're having fun!" It seems to fly regardless of the amount of fun we are able to have...Just saying. Actually, it's all in your state of mind. I am sure y'all know it better than I do but my 53 year old thought is this:

"We need to find happiness, contentment, fun where we are in life not in what we do or don't have. When we "if only" our lives away we will never be truly content" Me, 2021 (lol)

Ok... let me hop off my soap box. I hope everyone had a nice Christmas and can plan on a Happy New Year! We've recently updated our phone system to make it easier for some of our office staff to work from home. It is a real nice system and there are only a few things you need to remember:

1. You can reach any of us by calling 366-0205!
2. We've added a "1" in front of all extensions.
3. You may enter the extension at any time.
4. Extensions are listed on the front page of the newsletter.

It really is that simple!

Remember to join us online for any of our activities if you are able to access the internet. Debra and the groups have a lot of fun. One could say, "Seeing Debra on TV will make you laugh!" She's definitely a gem to have around!

Again, Happy New Year! Let's make it a good one!

All the best!

Tom

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.**

I answered the door this morning. A six foot beetle punched me in the face and called me fat...

Apparently there is a nasty bug going around!



Start the New Year Off Right By Giving the Gift of Life

Blood Drive

**Monday
January**

4

10:00 am-3:00 pm

Helpful tip:

Make sure to eat a healthy meal and drink plenty of water before donating.



**Roscommon County
Commission on Aging
Houghton Lake Center**

2625 S. Townline Rd
Houghton Lake, MI
48629

Sponsored by the RCCOA

Appointments preferred.
Call Deb, 989.366.0205,
ext 1103

Versiti Blood Center of Michigan is a local non-profit and their mission is to help people make a life-saving difference through blood products and service excellence.

Walk like a Penguin!

When things get cold and icy,
And your path looks kind of dicey,
Waddle on!

Keep your toes all pointed out-y,
Keep your knees all loosey-goosey,
Waddle on!

Keep your hands outside your pockets,
Take short steps so you won't rocket,
Waddle on!

Take it slowly. Holey-moley,
So you won't fall down and roll-y,
Waddle on!

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15-0755



CAREGIVER SUPPORT GROUP

Due to the pandemic we are unable to meet in person at this time but I was wondering if you would be interested in a virtual meeting via ZOOM...please give me (Betty Kimble) a call at 989.366.0205, ext 1100.

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. Social distancing and wearing of masks will be followed.

Munson Healthcare Hospice

Grief Support Group

Temporarily Meeting by phone.

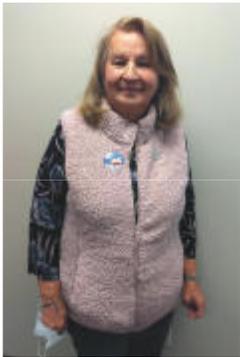
4th Thursday of the month

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. Please remember that anything shared in the group is confidential.



2021

Due to Covid-19 restrictions Tip Up

Town has been postponed from January to February 27 and 28. Even though the event has been postponed the Chamber is moving ahead with electing the 2021 queen. This year the nominees will represent a nonprofit in the community. They will be judged on their knowledge of our community and the nonprofit that they represent. The one chosen to be queen will receive prize money of \$1,000 that will go to their nonprofit.

With that said, the RCCOA has nominated Madeline Hiller to represent our agency. She serves on the COA Board of Directors and volunteers with the Agency. She also represents our Agency and County on the NEMCSA Regional Advisory Board. Additional community involvement includes the Lioness Club and the Eagles. She volunteers with Hospice.

We need your help. The judging will involve 2 judges plus community support. That's where you come in. Stay tuned for more information from the Chamber of Commerce as to what you need to do.

RCCOA Meal Program

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 daily, Monday-Friday. Hot meals go out on the weekdays and frozen meals will be sent out for the weekend.

Congregate meals or meals for those who attend our centers are no longer being delivered. To receive a hot meal:

- Look over the menu on page 23
- Select the meals you would like
- Call your center of choice ASAP to sign up for your selected meals.
- Arrive at the center to pickup your meal between 11:00 a.m. and 1:00 p.m. daily.
- Pull up in front of the awning, call the center (989.366.0205) to let them know you are there.
- Staff will bring your meal to your car.

The suggested donation for those over 60 remains \$2.50. Please bring correct change as we will be unable to provide it.

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





Happy New Year



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

Find and circle all of the listed words hidden in the grid.
 The remaining letters spell the name of a popular location
 for celebrating New Years Eve.

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW





Region 9 Area Agency on Aging
Kelly Robinette, DTR

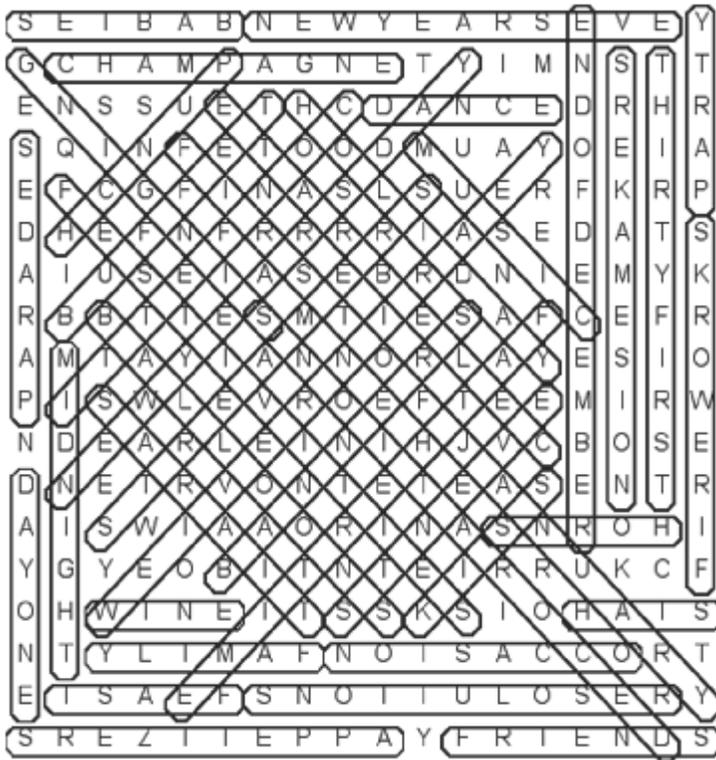
Emergency kits usually include standard supplies like non-perishable food, drinking water, batteries and first aid equipment. But, if you have an elderly or disabled relative living with you or nearby, there are some additional considerations to make when it comes to their emergency preparedness.

Every area of the world is prone to certain dangerous weather events. Hurricanes, tornadoes, wildfires, earthquakes, landslides, floods and winter storms are real threats for millions of people each year. Planning and preparing for the possibility of severe weather or natural disaster is crucial for safety and survival.

What to Include in a Senior Emergency Kit

- **Mobility Aids.** If your loved one has limited mobility, is bedbound or uses a wheelchair, make detailed plans for how they will get around and evacuate their home if necessary. For example, if your parent uses a motorized wheelchair to get around, be sure to have a manual wheelchair as backup.
- **Durable Medical Equipment.** Most emergency shelters do not have durable medical equipment (DME) available on site, so seniors must bring their own. This includes therapeutic oxygen equipment, mobility aids, blood sugar monitors, CPAP devices, specialized cushions for skin breakdown and any other portable DME they require to maintain their health.
- **Visual Aids.** For your loved one who is blind or visually impaired, keep an extra cane by their bed and attach a whistle to it. Remind them to exercise caution when moving during or immediately after an emergency, as items in their home may have shifted and paths may have become obstructed. Be sure to include an extra pair of glasses or other necessary visual aids in their emergency kit.
- **Personal Care and Sanitation Supplies.** Seniors often require specific supplies to ensure their personal hygiene and comfort. Stocking up on necessary items such as incontinence supplies (e.g., adult briefs, pads, wet wipes, barrier creams, catheter and ostomy supplies), bathing products, gloves, toilet paper and commode liners will help ensure their fundamental daily routine and quality of care change as little as possible during the emergency situation. Don't forget supplies like face masks, garbage bags, paper towels, disinfectant spray, wipes and hand sanitizer.
- **Hearing aids.** Individuals who are hearing impaired should keep extra batteries for their hearing aids with their emergency supplies. When not in use, store hearing aids in a container in a designated space, such as their nightstand, so they can be located quickly in the event of an emergency.
- **ID, Legal and Health Information.** Keep copies of important identification and health documents on hand in an emergency folder for yourself and your loved one. Bringing your driver's license or ID card and insurance cards is ideal, but copies are better than nothing. Other important papers to include in this file are copies of power of attorney (POA) documents, advance directives, and a medication list. If you have to evacuate, bring copies of the deed or lease to one's home, insurance policies and similar papers may be a good idea as well.
- **Prescription Medications.** Talk to your loved ones' doctor about obtaining an extra week's supply of all their prescription medications. This will help your loved one stick to their regime despite inclement weather and closed or inaccessible pharmacies. Keep in mind that prescription and over-the-counter medications have shelf lives. Dispose of expired medications.
- **First Aid Kit.** Include a complete first aid kit and manual in your emergency supplies kit.

Concluded on page 19



HIDDEN ANSWER:

TIMES SQUARE IN
NEW YORK CITY



HOW WE SERVED YOU DURING

November 2020

Meals-on-Wheels Delivered:	6336
Center Meals Served:	1775
Homemaking Hours:	682.5
Personal Care Hours:	155.75
Respite Care Hours:	150.5
Serenity Day Lodge Hours:	105.5

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

Houghton Lake	Marcia Wilson
Roscommon	Rod Case
St. Helen	Micky Shivley



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

10:00 a.m.-12:00 Noon

Thursday

3:00-6:00 p.m.

Tuesday, Wednesday, 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



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.



Check Out Our Resources!

We have books that may be helpful. Stop by 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.



Support us when you shop this holiday! 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.



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.

Center / COA ACTIVITIES & NEWS



Twas the Night Before Christmas

The tickets were sold...the drawing held.

And the winner is....

Joy Brushaber

Congratulations!

We hope you enjoy this beautiful quilt.

Thank you to everyone who supported our "Meals-on-Wheels" program!

Felt Snowman Coaster Class

Wednesday

January 13, 2021

1:30-3:00 p.m.



Cost: \$2.00

Maximum number of participants is 6

RCCOA Annex

1015 Short Drive

Prudenville

For more information or to reserve your spot, call Debra Looney at 989-366-0205, ext. 1103.

All supplies provided.

Safety measures including but not limited to social distancing and wearing of masks will be required. Beverages will not be supplied but you are welcome to bring a bottle of water or another beverage, non-acholic, please.

Need a gift idea? Here's a suggestion:

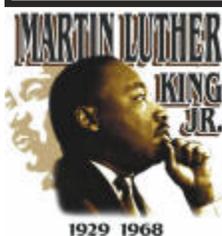
Meal Tickets for a delish hot lunch can be purchased from the RCCOA for older adults in need or that special senior you love. The tickets are \$2.50 each for 60 and over, and \$5.00 for under 60.

Interested? Call Deb, 989.366.0205, ext. 1103, to place your order. The tickets can be picked up at the Admin Building (Short Drive) or mailed to your home or even to the senior. You may pay by check, cash, or credit card.



RCCOA's Closure Policy for 2021

With winter weather at hand the need to cancel services for the day may arise. If the Agency believes it is unsafe for our drivers and providers to be out on the roads due to the weather, an automated call will be issued to all of our clients affected.



Martin Luther King, Jr. Day — was approved as a federal holiday in 1983, by all 50 states. Each year on the third Monday of January, America honors the birth, life, and dream of Dr. Martin Luther King, Jr. It is a time to remember the injustices that Dr. King fought against. A time to remember his fight for the freedom, equality, and dignity of all races and people through nonviolence.

Medicare Premiums to Increase Slightly in 2021

Medicare premiums are set to rise a modest amount next year, but still cut into any Social Security gains. The basic monthly premium will increase \$3.90, from \$144.60 a month to \$148.50.



The Centers for Medicare and Medicaid Services (CMS) announced the premium and other Medicare cost increases November 6, 2020. The hike could have been much worse due to rising costs during the coronavirus pandemic, but the bipartisan budget bill passed in October capped the increase. While the majority of beneficiaries will pay the added amount, a "hold harmless" rule prevents Medicare recipients' premiums from increasing more than Social Security benefits, which are going up only 1.3 percent in 2021. This "hold harmless" provision does not apply to Medicare beneficiaries who are enrolled in Medicare but who are not yet receiving Social Security, new Medicare beneficiaries, seniors earning more than \$88,000 a year, and "dual eligibles" who get both Medicare and Medicaid benefits.

Meanwhile, the Part B deductible will rise from \$198 to \$203 in 2021, while the Part A deductible will go up by \$76 to \$1,484. For beneficiaries receiving skilled care in a nursing home, Medicare's coinsurance for days 21-100 will increase from \$176 to \$185.50. Medicare coverage ends after day 100.

Here are all the new Medicare payment figures:

- Part B premium: \$148.50 (was \$144.60)
- Part B deductible: \$203 (was \$198)
- Part A deductible: \$1,484 (was \$1,408)
- Co-payment for hospital stay days 61-90: \$371/day (was \$352)
- Co-payment for hospital stay days 91 and beyond: \$742/day (was \$704)
- Skilled nursing facility co-payment, days 21-100: \$185.50/day (was \$176)

So-called "Medigap" policies can cover some of these costs.

Premiums for higher-income beneficiaries (\$88,000 and above) are as follows:

- Individuals with annual incomes between \$88,000 and \$111,000 and married couples with annual incomes between \$176,000 and \$222,000 will pay a monthly premium of \$207.90.
- Individuals with annual incomes between \$111,000 and \$138,000 and married couples with annual incomes between \$222,000 and \$276,000 will pay a monthly premium of \$297.
- Individuals with annual incomes between \$138,000 and \$165,000 and married couples with annual incomes between \$276,000 and \$330,000 will pay a monthly premium of \$386.10.
- Individuals with annual incomes above \$165,000 and less than \$500,000 and married couples with annual incomes above \$330,000 and less than \$750,000 will pay a monthly premium of \$475.20.
- Individuals with annual incomes above \$500,000 and married couples with annual incomes above \$750,000 will pay a monthly premium of \$504.90.

Rates differ for beneficiaries who are married but file a separate tax return from their spouse. Those with incomes greater than \$88,000 and less than \$412,000 will pay a monthly premium of \$475.20.

Those with incomes greater than \$412,000 will pay a monthly premium of \$504.90.

The Social Security Administration uses the income reported two years ago to determine a Part B beneficiary's premium. So the income reported on a beneficiary's 2019 tax return is used to determine whether the beneficiary must pay a higher monthly Part B premium in 2021. Income is calculated by taking a beneficiary's adjusted gross income and adding back in some normally excluded income, such as tax-exempt interest, U.S. savings bond interest used to pay tuition, and certain income from foreign sources. This is called modified adjusted gross income (MAGI). If a beneficiary's MAGI decreased significantly in the past two years, she may request that information from more recent years be used to calculate the premium. You can also request to reverse a surcharge if your income changes.

Those who enroll in Medicare Advantage plans may have different cost-sharing arrangements.

Joe Sanders
The Handyman

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

SATURDAY
Starting @ 6:30
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Prudenville • 366-5334

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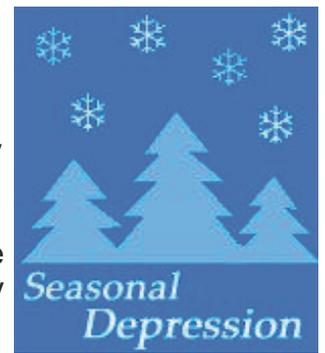
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Seasonal Depression in the Elderly

Anne-Marie Botek | Updated November 23, 2020—AgingCare Email Newsletter

Falls and hypothermia are likely to top the list of caregiver concerns during the icy winter months, but seniors are also at risk for some lesser-known health hazards. Seasonal affective disorder (SAD) and vitamin D deficiency can have damaging effects on older adults' physical and mental health. Learn about the signs of these conditions and their treatments to ensure your loved one has a happy and healthy winter.



What Is Seasonal Affective Disorder?

Feeling a bit glum may seem like an ordinary reaction to the fading glow of the holidays and the darker winter months. But, when that feeling of sadness persists for more than a week or two, it's a red flag.

Seasonal affective disorder is a form of depression that cycles with the seasons. It can occur during any time of the year, but it typically affects people during the winter.

As the weather gradually gets colder and the days get shorter, people affected by winter-induced SAD will generally begin to feel the **symptoms of depression**. Signs of SAD include a loss of energy, changes in appetite and sleeping habits, irritability, and loss of interest in socializing and other activities.

According to the National Institute of Mental Health, SAD is more prevalent in women and people who live further from the equator, where the sun is not as strong or constant. Individuals with existing mental disorders, such as anxiety disorders, major depressive disorder and bipolar disorder, more commonly experience the so-called "winter blues."

The main difference between SAD and general depression is that SAD only strikes during certain times of the year. A decline in the amount of daylight during fall and winter affects circadian rhythms and causes hormonal changes that lead to depressive symptoms in people with SAD. These effects can be compounded if a person cannot or does not want to regularly spend time outdoors, which is particularly impactful to seniors who are housebound or live in areas prone to ice and snow.

Treatments for SAD

Like other forms of **depression**, SAD can be treated with antidepressant medications. These prescriptions take a few weeks to achieve their full effect. If a loved one is prone to SAD, it is best to begin treatment prior to the onset of symptoms each year.

A non-pharmaceutical option for alleviating the symptoms of SAD is bright light therapy. Bright light therapy utilizes a piece of equipment called a "light box," which is essentially a fluorescent lamp that emits a spectrum of light intended to simulate natural sunlight. A good quality light box will come with a filter that blocks harmful UV rays so the light does not damage a person's eyes or skin.

Research has shown that, when used properly, a light box can decrease the amount of melatonin (a hormone that is typically produced at night and causes drowsiness and lethargy) circulating in a person's body during the day and regulate the neurotransmitters serotonin and epinephrine. Having an imbalance of these chemicals can intensify symptoms of depression.

If an aging loved one has been diagnosed with SAD, their doctor may instruct them to sit in front of a light box for 30 to 45 minutes a day, usually in the morning, in order to make up for the lack of sunlight many people experience during winter. Although it is not always the go-to treatment for SAD, some studies have shown that light therapy has the potential to be as effective as antidepressant medication.

Of course, a more natural alternative to light therapy is daily exposure to sunlight. If time, physical health and weather conditions permit, it would be beneficial for a person with SAD to go outside for a few minutes each morning to soak up some sun. Every little bit helps.

Concluded on page 13

Continued from page 12

Seasonal Affective Disorder and Vitamin D Deficiency in Seniors



Research shows that vitamin D plays an increasingly important role in physical and mental health. This vital nutrient has been linked to bone and heart health, cancer and diabetes prevention, and increased immune function.

Vitamin D deficiency can have negative health consequences for a person of any age, but it can be particularly dangerous for older adults. Symptoms of vitamin D deficiency are very subtle and can include muscle and bone pain, excessive fatigue, and depressed mood. Seniors who don't get enough vitamin D are at an increased risk of developing osteoporosis—a dangerous decrease in bone density that can contribute to broken bones.

The National Institutes for Health (NIH) has identified elderly people as an at-risk group for vitamin D deficiency. Not only do changes in diet often eliminate foods rich in vitamin D from a senior's meal choices, but aging bodies have more difficulty converting and absorbing vitamin D from foods.

Additionally, older bodies are less efficient at using sunlight to produce vitamin D, and seniors are more likely to have mobility limitations that prevent them from getting outside to get enough sun exposure. Studies have shown that seniors' vitamin D levels tend to drop during the winter months when the days are shorter and the sun is at a lower angle in the sky—two factors that are not conducive to synthesis in the skin. Furthermore, certain medications, such as the anti-inflammatory prednisone, can inhibit the ability to produce and metabolize vitamin D.

How to Increase Vitamin D Levels

A simple blood test is used to diagnose vitamin D deficiency, but it can be tricky to treat this condition. Doctors are reluctant to prescribe extra time in the sun to a group of people prone to developing skin cancer, and it can be difficult to determine proper dosages for supplementation.

The safest way to treat or prevent deficiency is to ensure a senior eats food fortified with vitamin D. A person can obtain vitamin D naturally by eating beef liver, egg yolks, cheeses, and fatty fish like salmon. Certain varieties of milk, yogurt, cereals and juice are fortified to contain extra doses of the vitamin, but not so much as to pose a hazard to a person's health.

Consult a Doctor About Treatments for SAD

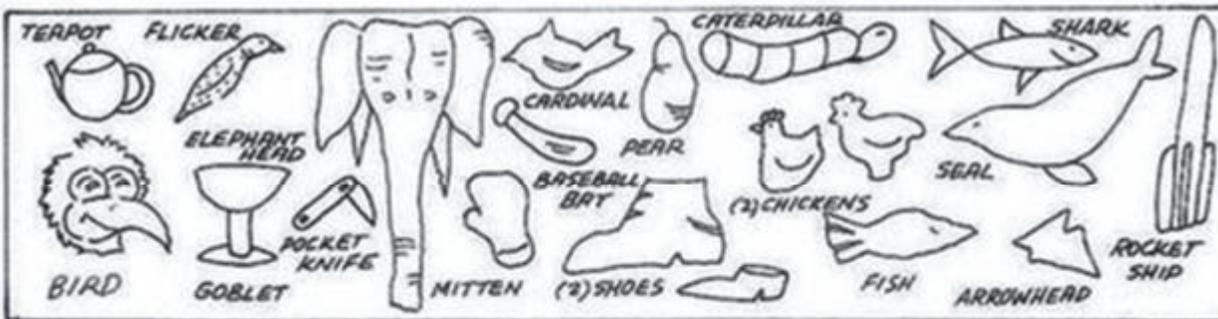
If you believe an aging loved one may be experiencing something more serious than the fleeting winter blues, encourage them to meet with their doctor to determine if SAD and/or vitamin D deficiency may be to blame. Even non-pharmaceutical treatments like some of the ones discussed above are not necessarily a good fit for everyone. Seniors often have existing medical conditions and take many medications—factors that can complicate diagnosing and treating new health concerns. A physician will work with you both to devise an appropriate course of treatment that will help your loved one improve their mood and energy levels so they can feel like themselves again.

Sources: Seasonal Affective Disorder (<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder/index.shtml>); Illuminating Rationale and Uses for Light Therapy (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2670336/>); Vitamin D Health Professional Fact Sheet (<https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>); Seasonal Variation in Vitamin D in Association with Age, Inflammatory Cytokines, Anthropometric Parameters, and Lifestyle Factors in Older Adults (<https://doi.org/10.1155/2017/5719461>)





Hey, when you are done finding all the objects, why not spend some time coloring the picture. Looks like a fun one to color!



Hidden Picture by Liz Ball



Houghton Lake Center News

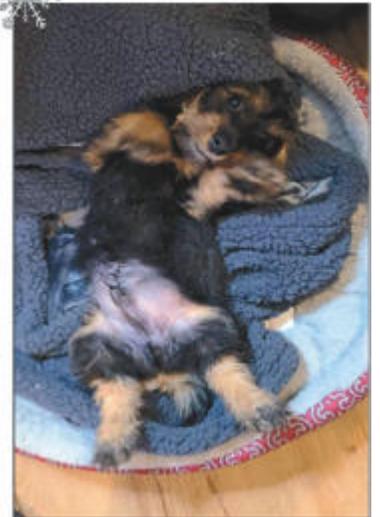
JANUARY

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect." -Alan Cohen

January 2021... Am I the only one relieved to get past 2020? I am not into making New Year's resolutions, but this year I am pledging to enjoy all the wonderful things that come with 2021! That includes snow, ice, freezing temperatures, and darkness! I am grateful for my warm house, my working phone, and the ability to Zoom with family and friends! Do you make resolutions? If yes, please let me know what they are and we can enjoy 2021 together!



Some of you have met Scamp while picking up a meal at the center. Other's may remember his photos from the December Newsletter. He is/was a pleasant surprise, but not the puppy I was expecting. The photos are of Griffin, my December puppy! He is a funny and fun puppy, "talks" and plays with Scamp, charms everyone he meets. I think I have double trouble! He will be visiting the center with me from time-to-time while I test his ability to be a therapy dog.



Stay healthy and remember to make memories by taking photos and/or keeping a Journal!

Stay Safe!
Crystal Peplinski

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



Roscommon Center News

January

We made it through 2020! I pray that BLESSINGS will fall on us all in the New Year of 2021!! I was thinking about how I did not live through a world war with our troops coming home plus all the ones who did not make it home or did not come home whole. It was a big adjustment everyone went through at that time, but this pandemic has made me look at life as we have known it in a whole new way.

Hopefully, we will be able to resume our activities at our Centers sooner rather than later. I have missed our interactions with each and everyone of you and cannot wait until things are back to normal or the New Normal. I'm looking forward to movie day once a month and, of course, we won't forget BINGO and cards. We are also coming up with some new ideas and would like suggestions from you.

My family held a ZOOM meeting Saturday, December 12 which lasted for over 2 hours. What a hoot! It was wonderful to actually see everyone. My, how big the littles ones have grown. We are a loud bunch! It was just great to interact with everyone. Not as good as giving and getting hugs but better than nothing.

My daughter, Trisha, and I hopefully will be able to attend our Christmas Eve service, even if it's in the parking lot of the church. We will have a quiet Christmas dinner and enjoy all our fur babies. It will be a good day to relax after such a rough year!

Happy New Year 2021!

Varlya Hanusik



Shoveling Safety

**Tips to minimize risk,
maximize benefit**



Winter weather has already hit with snow and cold. While shoveling can be great exercise, it can also pose some risks. The National Safety Council recommends the following tips to shovel snow safely:

- * Do not shovel after eating or while smoking.
- * Take it slow and stretch out before you begin.
- * Shovel only fresh, powdery snow.
- * Push the snow rather than lift it.
- * If you do lift it, use a small shovel or only partially fill the shovel.
- * Lift by bending your legs, not your back.
- * Do not work to the point of exhaustion.

And remember: don't pick up that shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.



St. Helen Center News



At the writing of this newsletter, Sally continues to undergo treatments for the brain tumor that was removed back in October. She is doing ok and says she misses everyone. She can hardly wait until this is behind her and she can be back at work. Sally wishes everyone a Happy New Year!

Sally Allport

St. Helen Center Manager

10493 E Airport Rd, St. Helen



The RCCOA staff is rooting for you, Sally!

May your treatments be successful and you have a full recovery!

Center Activities

Walk Away the Pounds

with Leslie Sansone

Via Zoom

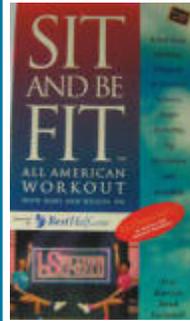
Tuesday, Thursday, Friday

9:30 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!



All American Workout Video

Monday, Wednesday

9:15 a.m.

SIT AND BE FIT with Mary Ann Wilson, RN. This 20-minute workout video shows the importance of exercise for the geriatric and less mobile population with significant benefit.

JODI STOLOVE'S
**CHAIR DANCING®
FITNESS**

Monday, Wednesday

10:00 a.m.

Exercise to the beat without leaving your seat!

This program offers a fun, convenient way to get aerobic exercise, burn calories, tone muscles, and improve flexibility. Energizing music and up-beat choreography make Chair Dancing the fitness program you'll look forward to doing regularly. Your core strength, balance, coordination, and endurance will improve and the program is easy to follow.

You will need:

Straight back chair
2 paper plates.



Exercisers

Join us for our
Arthritis Exercise Class...

**No, not at the centers
but via ZOOM.**

Tuesday, Thursday, Friday
10:00 a.m.



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 1111.



Calling All VOLUNTEERS

Due to changes that took effect October 1, the Agency is now required to do 3 separate background checks on all of our volunteers. If you have volunteered at one of our centers or would like to volunteer in the future, the Agency needs you to fill out a new application and background check release form.

Please contact Debra Looney to get these forms.

Debra Looney
Annex Building
989.366.0205, ext. 1103

Continued from page 6.



- **A Communication Plan.** Your family and friends may not be together when disaster strikes, so make a plan for how you will contact one another to determine a safe place where you all can meet if traveling is feasible. Keep in mind that roads may be unsafe and internet and phone lines may be down for some time, depending on the situation. Make a list of important phone numbers for family, friends, local contacts, shelters and aid organizations, and your loved ones' other care team members to include in the emergency file.
- **An Emergency Care Plan.** If a senior receives in-home care services or resides at a long-term care facility, be sure to ask their care providers about protocol for emergency situations. For example, find out up to what point home health aides will come to your loved ones' home to provide care, where and when and how your loved ones' senior living facility evacuates residents. Don't forget to create back-up plans to help you pivot quickly in changing circumstances.

Creating an Emergency Plan Helps Keep you Safe and Calm. If your loved one has Alzheimer's or another form of dementia, knowing that even seniors who are cognitively impaired have an innate understanding that something is wrong in emergency situations. Explain what is happening in easy to understand terms. Don't expect them to remember specific details. Validate their concerns, try to keep them calm. Provide clear direction without losing patience. Creating a comprehensive emergency plan and a disaster kit is crucial to keeping you and your loved one safe and prepared.

Source: www.agingcare.com

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!

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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
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What's Different?

Happy New Year!

Looks like some of the staff had a great time celebrating the exit of 2020 and entrance of 2021...



Pictured from left to right are: Bonnie Kitchen, meal driver; Becky Pratt, HL Center cook; Kelly Hatfield, meal driver; Craig Johnston, HL kitchen helper; Bert Hamel-Falzon, chore and sub-driver; Ron Obey, chore; Crystal Peplinski, HL Center Manager.

Find the differences. Take a look at the two pictures and find at least 32 differences between them.

Answers from left to right: Bonnie—feather boa, eyes with ears, boots/stocking feet; Becky—hat, sign, champ glass; arms positioned differently, bow tie; Kelly—cheers, top hat, mask, scarf, position of hands/arms; Craig—hat, mask, plopped on table (too much partying); Bert—hat, signs, position of left hand; Ron—glasses, hat, pipe, moved over; Crystal—different hat, mask, feathered boa, sweater, necklace; pant legs, glasses, table—hat tipped over, bottle and glasses tipped over.

**ROSCOMMON COUNTY COMMISSION
ON AGING PRESENTS**

Chicago



August 2-6, 2021
\$525

5 days 4 nights
per person double occupancy

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Visit to the **Museum of Science and Industry**
- ◆ Visit to the **World Famous 360 CHICAGO**, formerly the John Hancock Observatory
- ◆ **Guided Tour of Chicago**
- ◆ **SKYLINE CRUISE** on Lake Michigan
- ◆ Visit to the historic **NAVY PIER** and **Chicago's MONEY MUSEUM**
- ◆ **Gaming** at a Chicago Area Casino
- ◆ **Two Diamond Tours Dinner Parties** with Entertainment
- ◆ 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 1103.



**ROSCOMMON COUNTY COMMISSION
ON AGING PRESENTS**



**Branson Holiday Show
Extravaganza**

11/28 — 12/4, 2021
\$709

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:** ALL HANDS ON DECK CHRISTMAS SHOW, DUBLIN IRISH TENORS CHRISTMAS SHOW, & THE DOUG GABRIEL SHOW
 - ◆ **Three Evening Shows:** JESUS Show at the Sight & Sound Theatre, PRESLEY'S COUNTRY CHRISTMAS, & THE HUGHES BROTHERS CHRISTMAS SHOW
 - ◆ **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 1103.



More Happenings



Michigan's Older Adults Stay Active, Connected & Safe

Michiganders can now enjoy over 150 small group classes for FREE! This is supported by the Michigan Health Endowment Fund, and in partnership with GetSetUp.

How Can These Classes Help You? These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently and learn new things. And most importantly, have fun! Here's the classes available:

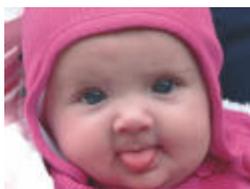
- Learn How To Use Zoom To Connect With Others
- Take Fitness Classes To Stay Healthy
- Join A Social Hour To Talk About Your Interests
- Getting To Know Your Device
- Stay Independent By Learning About Apps
- What Would You Like To Learn Today?

To join the classes go to: www.getsetup.io/Michigan.

Use coupon code MICHIGANHEALTH to waive any fees associated with small group classes.

To get started take the "New Member Orientation".

www.getsetup.io/michigan



COFFEE WITH DEB

Mondays, Wednesdays

11:00 a.m.

Grab your cup of Joe and join us for some much needed conversation!

Are you missing your friends? Well, here's an idea. How about getting on your computer, tablet or phone and join our "Lets Beat COVID Coffee Hour". This will be a ZOOM hour Monday and Wednesday at 11:00 a.m. You don't have to get dressed up but you do have to get dressed! LOL! So, pour yourself a cup of Joe, tea or anything else you enjoy in the mornings, log on and join the fun! We will have special guests once in awhile. If you need help log-in help, call Deb, 366-0205, ext. 1103. Thank you Chuck Corwin for sharing this awesome idea!



2020 Income Tax Returns

The RCCOA is partnering with United Way and participating in the VITA (Volunteer Income Tax Assistance) Program in 2021 to do 2020 tax returns. The Agency will do returns from Tuesday, February 16 through Thursday, April 15, 2021. Information as to whether the appointments will be virtual or in person will be in the February newsletter.



WREATHS *across* AMERICA

Thank you to:
Roscommon County Commission on Aging
The Serenity Day Lodge
All 3 Centers
for supporting "Wreaths Across America" again this year!

Menu

JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4 Chicken & Broccoli Casserole Green Peas Waxed Beans Wheat Bread Chocolate Chip Cookie</p>	<p>5 Hamburg Stroganoff over Cavatappi Mixed Vegetables Dinner Roll Blueberry Delight</p>	<p>6 BBQ Chicken German Potato Salad Carrots Corn Bread Fresh Fruit</p>	<p>7 Breaded Pork Mashed Potatoes & Gravy Green Beans Wheat Bread Fruit Cocktail</p>	<p>8 Cabbage Casserole Mashed Potatoes & Tomato Gravy Peas & Pearl Onions Dinner Roll</p>
<p>11 Country Fried Steak Mashed Potatoes & Country Gravy Green Beans Dinner Roll</p>	<p>12 Pork Spareribs Scalloped Potatoes Pineapple Coleslaw Honey Wheat Roll Hot Spiced Peaches</p>	<p>13 Lasagna Roll-Up Peas Wax Beans Tossed Salad Dinner Roll Fresh Fruit</p>	<p>14 Chicken & Noodles Succotash Veggie Blend Diced Pears Wheat Bread</p>	<p>15 Meatloaf Mashed Potatoes & Brown Gravy Calif. Blend Veggie Tossed Salad Dinner Roll</p>
<p>18 Ravioli Florentine Broccoli Cauliflower Wheat Bread Martin Luther King, Jr Day</p>	<p>19 Pot Roast Mashed Potatoes & Gravy Baby Carrots Roll Cheesecake</p>	<p>20 Oven Fried Chicken Sweet Potato Wedges Broccoli Wheat Bread Grapes</p>	<p>21 Salmon Cakes over Brown Rice Winter Blend Veggie Wheat Bread Fruit Cup</p>	<p>22 Chicken Chili Peas & Pearl Onions Stewed Tomatoes Tossed Salad Cornbread</p>
<p>25 Goulash California Veg. Blend Green Peas Tossed Salad Wheat Bread</p>	<p>26 Country Fried Steak Mashed Potatoes & Country Gravy Beets Dinner Roll</p>	<p>27 Homestyle Veal Mashed Potatoes & Gravy Green Beans Wheat Bread Fresh Fruit</p>	<p>28 Roast Pork Sweet Potatoes Spinach Wheat Bread Applesauce</p>	<p>29 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Dinner Roll</p>

All Meals Served with Milk



Suggested Donation
60+ (or younger Spouse): \$2.50
All Others: \$5.00



Menu Subject to Change

COA FUN



Cooking with Tiffany
via ZOOM
Thursday,
January 28, 2021
1:00 p.m.

Join Tiffany as she makes
Pumpkin Magic Cake

For those who don't know Tiffany, she has been with the Agency two years in February. She began as one of our In-Home Service Providers, then a Lodge Provider and is now an office assistant in the Administrative Offices. She worked with the VITA tax program last year as well and will be assisting in this area again this year. And you may have even seen her bringing a meal to you!



The Agency would like to give a shout out to all of our wonderful volunteers at all three Centers. You are all so appreciated, more than you will ever know!



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

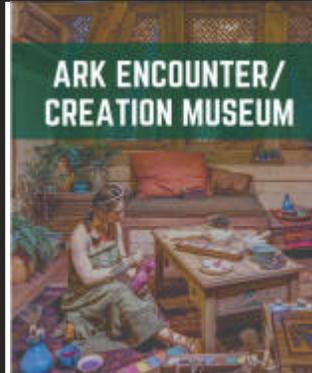
Martin Luther King

Make as many words as possible from the above phrase.

Have fun!!!!

Disclaimer: While the Agency continues to plan 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.



Back by popular demand!

The RCCOA presents a trip to The Ark Encounter & Creation Museum in Kentucky. The trip will be 5 days and 4 nights.

June 7-11, 2021

Depart: Houghton Lake Center 8:00 a.m.

Cost: \$589 (price per person, based on double occupancy.)

This incredible price includes:

- ◇ Motorcoach transportation
- ◇ **4 nights** lodging
- ◇ **8 meals:** 4 breakfasts and 4 dinners
- ◇ Admission to the stunning **Ark Encounter!**
- ◇ Admission to the Famous **Creation Museum**
- ◇ Admission to the **Newport Aquarium**
- ◇ BB Riverboats **Sightseeing Cruise** along the Ohio River
- ◇ And much more

Interested? Want a flyer with more details? Ready to sign up for the trip? Contact Debra Looney, 989.366.0205, ext. 1103. She can answer your questions, give you a flyer, and sign you up.



RESERVATIONS REQUIRED for all trips
Call Debra today 989.366.0205, ext 1103
Trips must be PREPAID at registration
and are non-refundable.