



Commission on Aging

# NEWS

“Informing,  
Educating,  
&  
Caring”

[www.rcco.net](http://www.rcco.net)

March 2021

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

**Thomas Pettit**, Director  
989.366.0205, ext. 1111

**Betty Kimble**, Executive. Asst.  
989.366.0205, ext. 1100

**Vivian Balmes**, Bookkeeper  
989.366.0205, ext. 1101

**Sheila Englehardt**, Programs  
Coordinator 989.366.0205, ext. 1107

**Chuck Corwin**, RN  
Consultant 989.366.0205

In-Home Services 989.366.0205  
**Sheri Lewis**, ext. 1104

**Heather Emerick**, Lodge Coordinator  
989.366.0205, ext. 1108

**Dana Clayton**, Resource Coordinator  
989.366.0205, ext. 1118

**Andy Tapia**, “MOW” Hotline/Nutrition  
Coordinator 989.366.0205, ext. 1110

**Debra Looney**, Activities  
Coordinator 989.366.0205, ext. 1103

**Crystal Peplinski**, Houghton Lake  
Center Manager 989.366.0205, ext.  
1112, Fax:989.202.2008

**Varlya Hanusik**, Roscommon Center  
Manager 989.366.0205, ext. 1115  
Fax: 989.275.6232

**Sally Allport**, St. Helen Center  
Manager 989.366.0205, ext. 1117  
Fax: 989.389.3684

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.



Maddie Hiller, Roscommon County  
Commission on Aging’s nominee to  
represent the Agency, was crowned  
Tip-up Town queen February 1. The  
ceremony was held at Kabintree  
Koncepts. Congrats Maddie!

This year the nominees each  
represented a nonprofit in the  
community. They were judged on  
their knowledge of our community and the nonprofit they represent. The  
one chosen to be queen received prize money of \$1,000 that went to their  
nonprofit. RCCOA Director Tom Pettit, who was present, offered to split  
the \$1,000 donation with the other two nominees. The COA received \$500  
while the other two each received \$250.

Maddie has lived in the community since 1989 and serves on the  
RCCOA Board of Directors. She is willing to do whatever she can this year  
to represent our community  
and the RCCOA at various  
events and festivals.



**Roscommon County Commission on Aging, Inc.**

**Board of Directors’ Meeting**

**Wednesday, March 17, 2021**

**1:00 p.m.**

**Via ZOOM — To join the meeting, go to [www.rcco.net](http://www.rcco.net)  
Public is welcome to attend.**



## Mr. P's Adventures

Mr. P is so grateful to everyone who helped him find his special Valentine from his granddaughter. He would hate to lose it! It's hard to believe that the first two months of 2021 are already past. But yet so many changes have taken place and continue to take place. Mr. P has heard that our health department is not getting as much of the Covid vaccines as they expected so their immunization program is progressing slowly. They say be patient! He heard the virtual Valentine's Concert was a great success. Everybody really enjoyed themselves. In fact the COA plans on having another one this month. He also found the article on Self-Neglect very informative. Gives ya something to think about...and watch for especially with friends that are living by themselves. Mrs. P thought tonight would be a good time to have burgers for supper so she sent Mr. P to the store to get some buns. Like a good husband he did the errand but when he got home and gave her the package, she asked him if he had noticed anything different about it. He hadn't so she gave it to him to look at. It took a few minutes but he finally figured out what she was talking about. So, now he is challenging you to find the package of buns and see what is different. When you find the buns and figure out what is wrong, **give Deb a call, 989.366.0205, ext 1103. She will need your name, phone number and center. Remember one entry per person, limited to voting at one 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, March 11.** Deadline to enter is **Wednesday, March 10, 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



You sure are a welcome sight after last month! It seems like we were spared the Artic weather in January just to get it in February. Don't worry, even though winter surely isn't over with, we are in the home stretch. In a couple weeks we will turn our clocks ahead and it will stay light longer. I remember a few years ago we had open water on the lake for St. Patrick's Day. It's hard to imagine right now, but my fingers, toes, and eyes are all crossed!

I'd like to thank everyone who attended "My Distant Valentine" concert last month. I understand it isn't our preferred way to socialize or get together, but we appreciate the effort you put forth to join us. A great job in decorating for it, right? It was a lot of fun! Stay tuned for future concerts. We will be having them monthly!



We haven't offered an Intro to ZOOM class lately, but, if you'd like one, just let Debra know and we can set it up with MSU Extension.

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.



Drop by to  
Give the Gift of Life



**Blood Drive**

**Monday  
March  
1**

**10:00 am-3:00 pm**

**Helpful tip:**

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



Thank you! We had our LARGEST turn out ever in January. Hope to see you!

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.

**Daylight Savings**

**Time begins**

**Sunday, March 14**

Spring forward one hour before you go to bed.



It's also a good time to check the batteries in your smoke alarms and carbon monoxide detectors. If you are unable to check them yourself, we can help. Call In-Home Services, 989.366.0205, for assistance.



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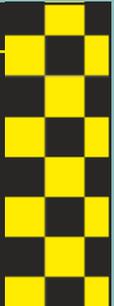
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15-0755



## CAREGIVER SUPPORT GROUP

Based on current guidelines our support group will resume meeting in person. Social distancing and wearing of masks will be followed.

**Tuesday, March 16, 2021**

**1:30-2:30 p.m.**

**RCCOA Annex, 1015 Short Drive  
Prudenville**

The RCCOA Caregiver Support Group is for any caregiver, no matter your age or what the illness is. We come together to support and encourage one another. Contact Betty, 989.366.02025, ext. 1100, for more information.

## 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.



## 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!

## 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.

## 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!**

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



# Birds



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

Find and circle all of the birds hidden in the grid.  
 The remaining letters spell an additional bird.

BLACKBIRD  
 BUDGIE  
 CANARY  
 CARDINAL  
 CHICKEN  
 CRANE  
 CROW  
 DODO  
 DOVE  
 DUCK

EAGLE  
 EMU  
 FALCON  
 FINCH  
 FLAMINGO  
 GOOSE  
 HAWK  
 HERON  
 JAY  
 MAGPIE

MARTIN  
 MOCKINGBIRD  
 MYNA  
 OSTRICH  
 OWL  
 PARAKEET  
 PARROT  
 PELICAN  
 PIGEON  
 RAVEN

ROBIN  
 SEAGULL  
 SPARROW  
 SWAN  
 TURKEY  
 VULTURE  
 WOODPECKER  
 WREN



## How Understanding Portion Sizes Can Help Meet Healthy Eating Goals

Region 9 Area Agency on Aging  
Kelly Robinette, DTR

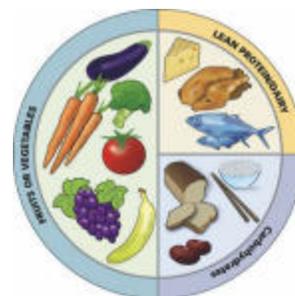
**What is the difference between a portion and serving?** A **portion** is the amount of food you choose to eat for a meal or snack. A portion is 100% under your control. A **serving** is a standard measured amount used to help give advice about how much you eat, or how to identify how many calories and nutrients are in a food. The Nutrition Facts Label on packaged food tells you the number of servings in the container. Many foods that come as a single portion actually contain more than one serving. So, be sure of the portion size!

Over time, food and drink portions have become larger. In some cases, they are a lot bigger, like double what they were just a few years ago. Fast food meals, quick serve eateries, restaurants, supermarkets and even cookbooks, they all serve larger portions and contribute to the expanding waistlines of Americans.

It is hard to find “small” any more, as portions seem to be “super sized.” Some portions have simply grown so much in size that they can provide enough servings for at least 2 adults. The growing portion sizes are changing what people think of as a “normal” portion at home, too. This is called “portion distortion”

**Portion size your plate.** When you are trying to eat healthfully, it’s essential to keep track of just how much you’re eating. It’s easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate. Use a 9-inch dinner plate for meals.

- ◆ **1/2 plate vegetables:** Fill half your plate with a colorful assortment of non-starchy vegetables and fruit.
- ◆ **1/4 plate proteins:** Low fat proteins are good for your heart and better for the waistline. Bake, broil, or grill your way to a delicious and healthy meal.
- ◆ **1/4 plate starches:** Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of the plate.



### A healthy portion size: a visual guide for adult servings

- ◆ One fruit serving = 1/2 cup canned or one medium fruit (about the size of a tennis ball)
- ◆ One meat, poultry or fish serving = 3 oz (about the size of a deck of cards)
- ◆ 1 grain = one slice bread, pre-sliced (about the size of a cassette tape ) or 1/2 cup pasta (about the size of a woman’s palm stacked 1” high)
- ◆ 1 dairy serving = 8 oz (the size of a container of individual yogurt)
- ◆ 1 vegetable serving = 1/2 cup cooked or canned vegetables (about 1/2 baseball)
- ◆ 1 fat serving = 1 teaspoon (about the size of 4 stacked dimes)
- ◆ Handful = 1-2 oz Example: 1 oz nuts =1 handful
- ◆ Fist = 1 cup Example: 2 servings of pasta or oatmeal
- ◆ Palm = 3 oz Example: a cooked hamburger
- ◆ Thumb = 1 oz Example: piece of cheese



Source: Colorado State University Extension

### Today’s Chuckle:

**Q: Why did the cookie cry?**

**A: Because his mother was a wafer so long.**

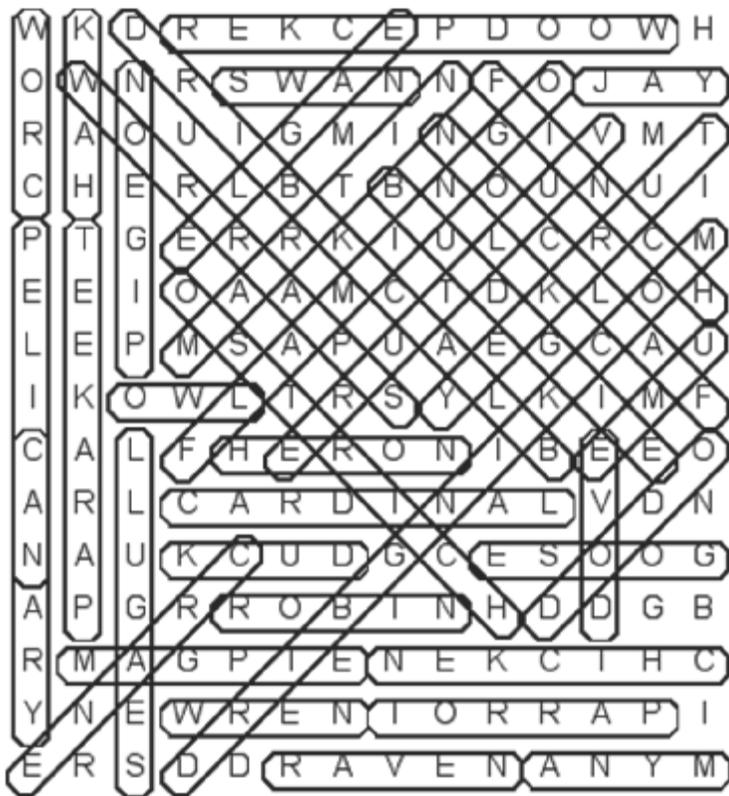
**Q: What does a gingerbread man put on his bed?**

**A: Cookie sheets.**

**Q: What kind of socks do you need to plant a garden?**

**A: Garden hose.**





**HIDDEN ANSWER:**

Hummingbird



**HOW WE SERVED YOU DURING**

**January 2021**

Meals-on-Wheels Delivered:	6375
Center Meals Served:	706
Homemaking Hours:	459.5
Personal Care Hours:	157.25
Respite Care Hours:	172
Serenity Day Lodge Hours:	109.25

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

Houghton Lake	Greg Manor
Roscommon	Bob Brotobeck
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...**

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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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Email & chat available at: [www.211nemichigan.org](http://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

OPEN:

**Monday & Wednesday**

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

1:00-2:00 p.m.

**Thursday**

3:00-6:00 p.m.

**Tuesday, 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. Phone number: 989.202.4889.

### Where Can 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.

**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 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

Thursday, March 18  
Live from  
Houghton Lake Center  
Free Concert with Greg Bogus  
via ZOOM  
2:00-3:00 p.m.

Join us for another **FREE ZOOM** concert with Mr. Greg Bogus, back by popular demand! Tell your friends about this fun filled afternoon. If you are new to ZOOM, look on page 18 for instructions on ZOOM or go to [rcco.net](http://rcco.net), click on **Join Zoom Activity**. This link will take you right to the concert. You don't even need to leave the comfort of home!



Roscommon County Commission on Aging and Serenity Day Lodge will be **CLOSED** for staff training

Wednesday, March 10, 2021

No meals will be delivered. Regular distribution of meals will resume Thursday, March 11. "Meals-on-Wheels" clients will receive frozen meals in advance for that day.

## Felt Shamrock Coaster Class



Monday  
March 15, 2021  
1:30-3:00 p.m.

Cost: \$2.00 per kit  
Extra kits available

Maximum number of participants is 6  
ZOOM participation possible

**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.**



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

Make as many words as possible from the above phrase.

# What is Long-Term Care and Who Provides It?

Long-term care is the care you need if you can't perform daily activities on your own for an extended period of time. There are a number of different ways that long-term care can be provided.



Most long-term care involves assisting with basic personal needs rather than providing medical care. You are usually determined to need long-term care if you need help with two or more “activities of daily living” (such as bathing, dressing, eating, and going to the bathroom). Family members usually provide long-term care to start, but as an illness escalates paid care may become necessary.

The following are the types of long-term care:

- **Home care from family member.** The most basic form of long-term care is when a family member becomes the caregiver. It can involve simple tasks like buying groceries or more complicated ones like bathing and dressing. Sometimes family members can be paid for their work.
- **Home care aide.** Home care aides provide companionship and socialization and assist with meal preparation, housecleaning, laundry, shopping, and errands. They are also called homemaker or chore aides.
- **Home health care aide.** Health care aides provide personal care (bathing, grooming, etc.), assist with range-of-motion exercises, provide some medically-related care (empty colostomy bags, dress dry wounds, check blood pressure, etc.), and provide assistance with housekeeping and errands. They are often referred to as personal care assistants
- **Adult day care.** Adult day care allows family members to get a respite from caregiving. In general, there are three types of centers: those that focus on social interaction, those that focus on health care, and special Alzheimer's care centers.
- **Assisted living facility.** Assisted living facilities are a housing option for people who can still live independently but who need some assistance. Depending on the facility, that assistance may include help with meal preparation, housekeeping, medication management, bathing, dressing, transportation and some nursing care. Residents usually live on their own, in small apartments. Despite the emphasis on independence, supportive services are available 24 hours a day in order to provide different levels of help with activities of daily living. The level of medical supervision depends on the facility.
- **Nursing home.** Nursing homes are the highest level of long-term care. They provide 24-hour care to residents. Staff provide help with daily activities such as feeding, dressing, and bathing along with medical care and physical, occupational, and speech therapy.

Costs for care can vary widely, from a few hundred dollars a week to pay for coverage when family members are at work to \$300,000 or more a year for around-the-clock home care or care in the most expensive nursing homes, perhaps with private aides hired on the side.

Long-term care costs, whether at home, in assisted living or in a nursing home, are paid primarily from three sources: out-of-pocket, Medicaid, and long-term care insurance. Medicare, the health insurance for people over age 65, only pays for up to 100 days of skilled nursing facility care following a hospitalization, and only for so long as the patient is deemed to need skilled care. It will also pay for skilled care at home -- in theory indefinitely, but this may take some advocacy.

Joe Sanders  
**The Handyman**

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Prudenville, MI 48651



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Prudenville • 366-5334

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

**SATURDAY**  
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American Legion #245  
3564 S. Reserve Rd  
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# ROSCOMMON COUNTY VITA PROGRAM



## What to bring checklist

- Photo ID for you and your spouse (if married)
- Social Security cards or Individual Taxpayer Identification Number (ITIN) for you, your spouse and/or dependents
- Birth dates for you, spouse and/or all dependents
- All Forms W2, 1098, and 1099
- Forms 1095-A, B or C (ACA Statements)
- Information for other income
- Information for all deductions/credits
- Statement from DHHS
- Consumers Energy or DTE bill (showing amount paid in 2020)
- Property tax bill or proof of rent paid
- Landlord's name & address
- SSA 1099 for Social Security Income
- Last year's tax returns
- Total amount paid in daycare and their tax ID number
- Divorce/alimony documents
- Bank routing and account numbers for direct deposit
- For married filing joint, both spouses **must** be present to sign the completed return



## ***Volunteer Income Tax Assistance (VITA) Program***

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide **free basic income tax return** preparation with electronic filing to qualified individuals.

***Roscommon County Commission on Aging is partnering with United Way again to provide free tax help to those who qualify.***

*Due to CoVid-19, taxes will be prepared on a drop off basis.* Please call and request an intake form. Upon completing the form and gathering the supporting documents you may drop the packet off at:

***RCCOA Administration Office  
1015 Short Drive, Suite A, Prudenville.***

*This service will be available from*

***Tuesday, February 16 - Thursday, April 15, 2021.***

***Call the RCCOA at 989.366.0205, ext. 1102,  
to request an intake form.***

**Please see a professional tax preparer for assistance with complicated returns.**

Roscommon County VITA Program uses IRS-EITC income guidelines to determine a taxpayer's eligibility for free tax preparation.





## COVID-19 Scams

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.

Remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people.

Here are things you need to know about the COVID-19 vaccine:

- You likely **will not need to pay anything out-of-pocket** to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- **You will not be solicited door to door** to receive the vaccine.
- **No one from Medicare or the Health Department will contact you** unless you contacted them first.
- **No one from a vaccine distribution site or health care payer**, like a private insurance company, **will call** you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- **Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues.** If your personal information is compromised, it may be used in other fraud schemes as well.
- **Be suspicious of anyone going door-to-door** to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- **Beware of providers offering** other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.
- **Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB)**, looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org).

More information: SMP COVID-19 Fraud Page; SMP Consumer Fraud Alert: COVID-19; SMP Consumer Fraud Alerts Page

Source: *Ageing News and Views*, NEMCSA, December 23, 2020 issue

# Hidden Pictures®

## Happy St. Patrick's Day!

Are you ready for Saint Patrick's Day cheer this year? Now that you've found the leprechauns' gold, search for these 16 hidden objects.



Illustrated by R. Michael Palan



butterfly



golf club



hammer



mug



snake



winter hat



lollipop



tack



fishhook



artist's brush



needle



crown



pennant



ice-cream cone



chicken



comb

# Houghton Lake Center News

**Knowledge is knowing a TOMATO is a fruit;  
Wisdom is not putting it in a FRUIT SALAD.**

-Miles Kington

Did you know the word "March" comes from the Roman "Martius"? March was originally the first month of the Roman calendar and was named after Mars, the god of war. It was also the beginning of our calendar year until January and February were moved from the end of the year around 150 BC. Happy New Year Ancient Romans!

How do you celebrate St Patrick's Day, if you do? Do you wear green or drink green beer? All through my youth I thought I was 0% Irish. When I asked what my maternal grandmother what our heritage was, I was told French Canadian...I couldn't blame them because of the negative treatment the Irish received. But I discovered our ancestors immigrated to the U.S. via Quebec, Canada. They made a slight change to their surname and spoke fluent French before coming to Michigan and the Midwest. Did you ever find out something interesting about your ancestors?

It's March, does that mean Spring is just around the corner? If that's true...



## Gardening Season is coming!!!



How to avoid blight again? I saw this idea (on the left) and thought I might try it. Do you think this idea will help or would it be wasting my money? Are the pots too small? What do you think about this plan? It looks foolproof... but is it Crystal proof? I'd like to try the archway on the right! Squash all along one side, tomatoes and other climbers on the other. LOVE IT!!! My email address is below for those that would like to send your ideas for my garden. You can call or drop off ideas as well. With your help, it's going to work this time. I just know it!

*Stay Safe!*

*Crystal Peplinski*

hlctr@rcco.net

Houghton Lake Center Manager

2625 S Townline Rd

Houghton Lake, MI



# Roscommon Center News



I sincerely hope all are doing well!! I know I bug you at least once a week if not more to see how you are doing.

From what I am hearing, a lot of you have already received at least your first vaccination and are waiting for the second one. I have heard good responses so when it's my turn I won't be so anxious.

What, with not being able to get out and interact with others except on the phone and with my daughter, I have gotten hooked on watching the series "The Crown" on Netflix. I am thoroughly enjoying it. A lot of smoking and drinking goes on and other stuff so its not really suitable for the kids. If you have Netflix, it's worth the watch.



I've ordered my seeds for our garden. Now I just have to wait for the weather to cooperate. Then the hard work begins. But it shouldn't be as bad as last spring!

We are getting excited to reopen our centers as soon as we can. I have some new ideas in the works for us to try. But there's no need to worry. We will always have cards, bingo and pool available as well.

Everyone please continue to stay safe.

*Varlya Hanusik*

rccoavfh@yahoo.com.sg

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



## Texting FOR Seniors



**BFF** - best friend fell  
**BTW** - bring the wheelchair  
**TTYL** - talk to you louder  
**BYOT** - bring your own teeth  
**LMDO** - laughing my dentures out  
**FWIW** - forgot where I was  
**IMHAO** - is my hearing aid on?  
**OMMR** - on my massage recliner  
**ROFLACGU** - rolling on the floor  
laughing and can't get up

# St. Helen Center News



Sally sends this message to everyone:

I'm doing ok on chemo. I'm taking it a little better than the first treatments. It takes me about 4 or 5 days to bounce back rather than weeks now. Thank you for your support. Happy St. Patrick's Day!

**Sally Allport**

*St. Helen Center Manager*

*10493 E Airport Rd, St. Helen*

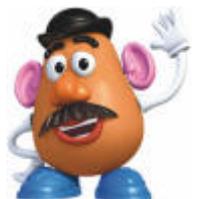
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## Spud Trivia

Here's a collection of fun spud/potato facts and trivia:



- Origins of the word "spud" can be traced to the instrument used to dig potatoes from the ground...the spade!
- Potatoes originated in the Andes of Bolivia and Peru. In 1537 Spanish conquistadors discovered the potato.
- Potato chips were invented by Chef George Crum in Saratoga Springs, NY, August 24, 1853, and has been America's number one snack food for more than 50 years. In two hours a factory can make 7,000 pounds of chips. It takes 10,000 pounds of potatoes to make 2,500 pounds of potato chips. **National Potato Chip Day is March 14.**
- When Sir Walter Raleigh first brought potatoes to the court of Queen Elizabeth I, there seems to have been a lack of communication. The cooks tossed out the tubers and boiled the stems and leaves. Everyone who partook became deathly ill and potatoes were banned from the Royal kitchen for a long time!
- Thomas Jefferson first introduced French fries to the White House during his presidency.
- The average American eats over 4 pounds of potato chips each year. In 2011 Americans ate 1.5 billion pounds of potato chips.
- Americans consume 110 pounds of potatoes per person per year.
- Potatoes are the world's 4th food staple after wheat, corn and rice.
- Potatoes were not a part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.
- The Mr. Potato Head doll was born in 1952 and introduced to Mrs. Potato Head in 1953. According to Playskool, Inc., the two honeymooned in Boise, Idaho and have 12 children. In 1987, Mr. Potato Head gave up his pipe to set a good example for children. For more interesting Mr. Potato Head facts, go to [mrpotatohead.net](http://mrpotatohead.net).



# Center Activities

Join Deb for any of the exercise classes below in person or via ZOOM. If you would like to exercise in person, the classes will be held at the **RCCOA Annex Building**, 1015 Short Dr, Prudenville. Class space is limited so signup is required. Call Deb, 989.366.0205, ext. 1103. Otherwise, you may participate via ZOOM. You may connect through the RCCOA website,

## Walk Away the Pounds

with Leslie Sansone

Tuesday, Thursday — 9:30 a.m.

Friday — 9:15 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.)

## Exercisers

Join us for our  
Arthritis Exercise Class...

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

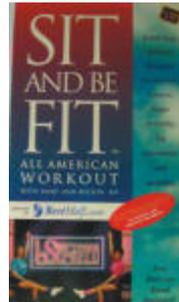


free, easy-to-use website designed for video conferencing, can be used from any device—your phone, tablet, or computer as long as you have internet

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.



## All American Workout Video

Monday, Wednesday

9:30 a.m.

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

## Brain Workout

Monday, Wednesday

10:00 a.m.



The Brain Workout leads viewers through a fun and challenging program designed to keep the mind flexible and alert. This is a seated exercise program that lasts for 20 minutes.

## Osteoporosis Workout

Monday, Wednesday

10:30 a.m.



This workout series consists of exercises designed to improve postural stability, core strength, and balance control. These exercises build your bones as you remain seated during this 20 minute exercise program.

Continued from page 20 —Elder Self-Neglect  
**Knowing How/When to Intervene**

Self-neglect is increasingly common among seniors who are physically handicapped and/or cognitively impaired because they do not have the ability to properly care for themselves. However, some elders who are fully functional still make poor decisions that result in outcomes that appear to be self-neglect. The challenging aspect in cases like these is that competent older adults can make hazardous lifestyle choices freely and without intervention as long as they are not causing immediate harm to other people.



Countless concerned family members struggle to get self-neglecting elders to accept assistance with personal care, housekeeping, medical care, and financial management. Some even resort to filing reports with social services agencies like APS to get their loved ones help. This can be an effective intervention if APS follows up on the report, conducts an investigation, and confirms that the elder is at risk and requires assistance, but this is not always a guarantee. Typically, elders have the choice to accept or reject the services/supports offered to them.

Even if a self-neglecting senior doesn't "officially" require outside care yet, it is important to keep a close eye on the situation. Illnesses or conditions that follow a progressive pattern, such as Alzheimer's disease and other forms of dementia, Parkinson's disease, depression, or addiction may lead to a gradual loss of ability or interest in self-care. Sadly, as their situation deteriorates, it may take more than one APS report, a major medical setback or some other kind of emergency to instigate a full intervention and get a self-neglecting elder the help they need.

Sources: Elder Self-neglect and Abuse and Mortality Risk in a Community-Dwelling Population (<https://jamanetwork.com/journals/jama/fullarticle/184342>); Home for the Holidays: What to look for when visiting an elderly relative (<https://ncea.acl.gov/NCEA/media/Publication/Home-for-the-Holidays-What-to-look-for-when-visiting-an-elderly-relative.pdf>)





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<b>The Horizon Senior Living II</b> 1324 Vinewood Ave., Clare, MI 48617, 989-366-4900	<b>The Horizon Senior Living V</b> 450 Quarter St., Gladwin, MI 48624, 989-246-1000
<b>The Horizon Senior Living III</b> 613 Progress St., West Branch, MI 48661, 989-343-9404	<b>The Horizon Senior Living VI</b> 452 Quarter St., Gladwin, MI 48624, 989-246-0250

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# Elder Self-Neglect: A Hidden Hazard

Anne-Marie Botek



Most people are aware seniors can be very vulnerable and are often targeted by scammers and abusers. Elder abuse, whether physical, financial, emotional or sexual, is a real concern for family members of seniors, especially those who are physically disabled or cognitively impaired. However, there is another threat to the elderly that receives less attention: self-neglect.

## What Is Elder Self-Neglect?

Imagine entering the home of an elderly loved one and being greeted by a foul-smelling odor that seems to have no identifiable source. The house is in disarray, there are papers, dirty dishes and other debris covering most of the countertops. Your loved one is wearing soiled clothing and appears as if they haven't bathed in days or weeks, but they act as if everything is totally normal.



Understandably, you're shocked. The last time you visited just a few months ago, both their house and their physical appearance were nearly immaculate. This is a classic example of elder self-neglect, and scenarios like these are often what initially cause family members to step into the caregiving role. **The U.S. Department of Health & Human Services** defines elder self-neglect as "behavior of an elderly person that threatens his/her own health or safety and generally manifests itself by failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication (when indicated), and safety precautions."

## The Impact and Prevalence of Self-Neglect

Elder self-neglect is more prevalent than most people recognize. In fact, most research points to self-neglect being the most common form of elder abuse—a confusing statement, since this form of mistreatment doesn't involve others at all. Because self-neglect often occurs inside private homes and among isolated seniors, it is likely that reports do not fully represent the magnitude of this issue. According to a 2009 study, self-neglect is not only damaging to one's health but also potentially life-threatening. Through the collection and analysis of data from almost 10,000 seniors over several years, it was discovered elder self-neglect was associated with a significant increase in premature death. This heightened mortality risk was most prominent in the year after self-neglect was reported to and/or confirmed by social services agencies, such as Adult Protective Services (APS).

## Detecting and Preventing Self-Neglect Among Seniors

Self-neglect comes in many forms. Some elders stop taking their meds, others cease cleaning their homes, still others stop bathing and grooming themselves. The above study found that seniors who have limited or nonexistent social networks are more prone to fall into a dangerous pattern of self-neglect. This may explain why long-distance family members are often blindsided by discoveries like the hypothetical one presented above when they come for infrequent visits. The National Center on Elder Abuse recommends family members and friends should keep an eye out for the following signs of self-neglect:

- Confusion
- Inability to handle activities of daily living (ADLs)
- Inability to handle instrumental activities of daily living (IADLs)
- Symptoms of depression
- Excessive drinking or drug use
- Frequent falls
- Signs of poor physical health, such as weight loss, dehydration, poor medication adherence, etc.
- Indicators a senior is not getting care for problems with eyesight, hearing, dental issues, incontinence, etc.



Concluded on page 19.

## ROSCOMMON COUNTY COMMISSION

### Chicago



**August 2-6, 2021**

**\$525**

5 days 4 nights  
per person double occupancy

#### Incredible Price Includes:

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- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
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- ◆ Guided Tour of Chicago
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Extravaganza**

**11/28 — 12/4, 2021**

**\$709**

7 days 6 nights  
per person double occupancy

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- ◆ 10 meals: 6 breakfasts and 4 dinners
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  - ◆ **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.



# Education



## 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](http://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](http://www.getsetup.io/michigan)



State of Michigan  
Attorney General Dana Nessel



## Warns Consumers to be on Alert for Law Enforcement Scam Calls

Beware of scammers posing as law enforcement agencies or other companies demanding payment for warrants or services via gift cards. Illegal robocalls have been reported are spoofing — falsifying the phone number, they claim the victim's name is on a package of drugs and money and/or there is a warrant out for their arrest. The scammer tells the victim to wire money and/or purchase gift cards. They are then instructed to provide the gift card numbers over the phone to take care of the warrant.

**Be aware that no law enforcement agency will ever contact you by phone demanding you pay, regardless of the payment method, for your warrant to disappear.**

**Spoofing** allows scammers to disguise their actual phone numbers and show a local phone number on caller ID. If you receive one of these calls, hang up immediately. Do not fall for it.

If you believe you are the target of a scam, hang up the phone immediately and independently verify the identity of the caller. Call the phone number you know to be correct. **Never** give out any personal information to someone who initiates a phone call.

**To report fraud** or if you have a general consumer complaint, contact the Attorney General's Consumer Protection Team by calling 877.765.8388.

The Michigan Department of Attorney General provides resources online specifically related to robocalls. It helps consumers identify the signs of a scam to actual recordings of such calls. This information helps equip anyone with the tools needed to combat this public nuisance.

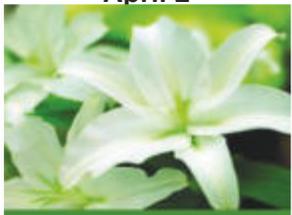
The Attorney General's office is committed to protecting consumers. They recognize these people will stop at nothing to swindle anyone out of their personal information and hard earned money.

# Menu



# MARCH 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Goulash California Veg. Blend Green Peas Tossed Salad Wheat Bread	<b>2</b> Country Fried Steak Mashed Potatoes & Country Gravy Beets Dinner Roll	<b>3</b> Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Dinner Roll	<b>4</b> Roast Pork Sweet Potatoes Spinach Wheat Bread Applesauce	<b>5</b> Lasagna Roll-Up Peas Wax Beans Tossed Salad Dinner Roll Fresh Fruit
<b>8</b> Chicken Marsala <i>over Cavatappi</i> Green Peas Wheat Bread Warm Spiced Peaches	<b>9</b> Swedish Meatballs <i>over Egg Noodles</i> Capri Vegetables Prince Charles Veggie Dinner Roll	<b>10</b> 	<b>11</b> Chicken Ala King <i>over a Biscuit</i> Succotash Warm Spiced Applesauce	<b>12</b> Baked Spaghetti Brussels Sprouts Tossed Salad Wheat Bread Hot Peach Delight
<b>15</b> Chicken & Broccoli Casserole Green Peas Waxed Beans Wheat Bread Chocolate Chip Cookie	<b>16</b> Hamburg Stroganoff <i>over Cavatappi</i> Mixed Vegetables Dinner Roll Blueberry Delight	<b>17</b> Corned Beef & Cabbage Redskins Carrots Dinner Roll Lime Fluff 	<b>18</b> Breaded Pork Mashed Potatoes & Gravy Green Beans Wheat Bread Fruit Cocktail	<b>19</b> Ravioli Florentine Broccoli Cauliflower Wheat Bread
<b>22</b> Country Fried Steak Mashed Potatoes & Country Gravy Green Beans Dinner Roll	<b>23</b> Pork Spareribs Scalloped Potatoes Pineapple Coleslaw Honey Wheat Roll Hot Spiced Peaches	<b>24</b> Homestyle Veal Mashed Potatoes & Gravy Green Beans Wheat Bread Fresh Fruit	<b>25</b> Chicken & Noodles Succotash Veggie Blend Diced Pears Wheat Bread	<b>26</b> Salmon Cakes <i>over Brown Rice</i> Winter Blend Veggie Wheat Bread Fruit Cup
<b>29</b> Cabbage Casserole Mashed Potatoes & Tomato Gravy Peas & Pearl Onions Dinner Roll	<b>30</b> Pot Roast Mashed Potatoes & Gravy Baby Carrots Roll	<b>31</b> Oven Fried Chicken Sweet Potato Wedges Broccoli Wheat Bread Grapes	<b>April 1</b> <b>April Fool's Day</b> Meatloaf Mashed Potatoes & Brown Gravy Calif. Blend Veggie Tossed Salad Dinner Roll	<b>April 2</b>  WE WILL BE CLOSED GOOD FRIDAY

All Meals Served with Milk

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

Menu Subject to Change

# COA FUN

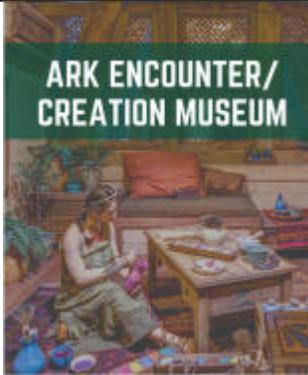
Cooking with Heather  
Lodge Coordinator

via ZOOM

Tuesday, March 16, 2021

1:30 p.m.

Join us on ZOOM with Heather Emerick, Serenity Day Lodge Coordinator, as she prepares a Guinness Chocolate Cake with Irish Buttercream frosting. Sounds delicious!



**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.



Roscommon County  
Commission on Aging  
and Serenity Day Lodge  
will be **CLOSED**

**Good Friday, April 2, 2021**

No meals will be delivered. Regular distribution of meals will resume Monday, April 5. "Meals-on-Wheels" clients will receive frozen meals in advance for that day.



**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.

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