



Commission on Aging

NEWS

“Informing,
Educating,
&
Caring”

www.rcco.net

June 2021

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Prudenville, MI 48651
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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.



To honor fathers and grandfathers,
a special meal is planned for
Friday, June 18, 2021.

Be sure to call the Center Manager of your choice
ASAP to reserve your meal.

(You can find the menu on page 23.)

A special concert with Greg Bogus is also planned.
For details go to page 9.

Roscommon County Commission on Aging, Inc.

Board of Directors' Meeting

Wednesday, June 16, 2021

1:00 p.m.

Via ZOOM — To join the meeting, go to www.rcco.net
Public is welcome to attend.

Mr. P's Adventures

Mr. P sends his thanks for helping him locate the info on the Memorial Day service. Mr. and Mrs. P certainly appreciate you assisting him. He believes it is very important to remember our soldiers who literally laid down their lives for our country and our freedom. He believes it is so sad how so many have become intolerant of someone who believes or looks at things differently than they do. He sure is enjoying the summer weather and getting outdoors more. In fact he and Mrs. P have been going out for more walks. He decided not to do a garden this summer. They will need to be gone at different times so keeping it up would be challenging. He heard about a program for seniors where, if they qualify, they can get \$20 in coupons to buy fresh fruits and veggies at the farmers market. He knows the COA has done it in years past but it doesn't look like they are doing it this year. Another organization is. He saw information in the newsletter so he wants to call to see if they qualify...Could you help him find the page the information is on so he can check into the program? In fact you might want to check on it, too. When you find the page, **call Deb, 989.366.0205, ext. 1103. She needs 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 call you to make arrangements to get the gift card to you. The drawing takes place **Thursday, June 10.** Deadline to enter is **Wednesday, June 9, 3:00 p.m.** At the writing of this newsletter centers remain closed, however, everyone homebound and seniors who usually attend the centers and those who live in the community may participate.



The *News* is published monthly by the Roscommon County Commission on Aging (RCCOA) and is distributed free of charge to Roscommon County residents. "Views and comments expressed in the *News* are not necessarily the views and comments of the RCCOA, its staff or its board. The *News* is funded in part by advertising dollars, but the RCCOA does not necessarily endorse any one business or organization." **For information on advertising in the *News*, contact Betty at 989.366.0205.**

FROM THE DIRECTOR

Happy Father's Day to all you fathers out there. I trust you will have a wonderful day!

What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...
- Unknown -*

Stay safe!

Tom



Blood Drive

**Monday
July 5, 2021**

10:00 am-3:00 pm

Helpful tip:

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



Thank you! 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.

**Senior Project Fresh
Farmers Market Nutrition Program**

FARMERS MARKET COUPON BOOKS

To sign up for coupons and attend a telephone class, contact Roscommon County MSU Extension: 1-989-275-5043

CALL-IN LEARNING

Call 1-646-876-9923
Meeting ID: 994 3536 2312
Password/Participant ID: 48653

Class participants will receive coupon mailing priority.

Call-in class options*:

- Tuesday, June 15
10-10:30 a.m.
- Thursday, July 1
9-9:30 a.m.
- Monday, July 12
1-1:30 p.m.

*Participants need to only attend one class.

#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.

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CAREGIVER SUPPORT GROUP

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

Tuesday, June 8, 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, 989.366.0205, 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 by appointment only in the office. You may call or drop by to make the appointment. The staff is 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!





GOLF



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



Find and circle all of the words hidden in the grid.
 The remaining letters spell a Mark Twain quotation.



ALBATROSS
 APPROACH
 BACK NINE
 BACKSPIN
 BALL
 BIRDIE
 BOGEY
 BUNKER
 CADDIE
 CART
 CHIP



CLUBHOUSE
 CLUBS
 CONDOR
 COURSE
 DIVOT
 DRIVER
 DRIVING
 RANGE
 EAGLE
 FAIRWAY
 FLAGSTICK
 FORE

GREEN
 GRIP
 GROSS
 SCORE
 HANDICAP
 HOLE IN ONE
 HOLES
 HOOK
 IRON
 NET SCORE
 PAR
 PUTTER

ROUGH
 RULES
 SHOT
 SLICE
 STROKE
 SWING
 TEE OFF
 TREES
 WATER HAZARD
 WEDGE
 WOOD



Oral health means more than healthy teeth. The word “oral” refers to the mouth which includes not only teeth, gums and supporting tissue but also the hard palate and soft palate, the mucosal lining of the mouth and throat, the tongue, lips, salivary glands, chewing muscles and the jaw. Oral health is an important part of overall health. Most people don’t connect their mouths to the rest of their bodies. There is growing evidence linking periodontal (gum) disease to a variety of serious health conditions including heart disease, stroke and respiratory disorders, Diabetes and oral health are also connected. Gum disease may worsen existing diabetes or increase complications with diabetes.



Causes and Risks

Decay. Two types of decay or cavities are prevalent in adults: root decay and decay at the edges of fillings. Cavities in older adults appear most frequently on the roots of the teeth at the gum line. Years of brushing too hard and the natural effects of aging can cause gums to recede, exposing roots of the teeth, which are susceptible to decay because they are not protected by enamel. Tooth or root decay is caused by bacteria (plaque), which should be removed thoroughly daily.

Periodontal (gum) disease. Periodontal disease is one of the most common diseases in humans, over time, a buildup of bacteria or plaque on teeth can spread to underlying bone and lead to tooth loss. Swollen bleeding gums, loose or shifted teeth, bad breath and gum recession are signs of periodontal disease.

Dry mouth. Dry mouth occurs when there is a decrease in saliva flow. The normal flow of saliva is about 50 ounces per day which is needed to keep the mouth moist and healthy. There are several causes including medications, high blood pressure, heart problems, depression, radiation therapy to the neck and head, Sjogren’s syndrome, diabetes and dehydration to name a few. Dry mouth can lead to an increase in decay and periodontal disease. It can also affect chewing, speaking, swallowing and the ability to taste. To help relieve dry mouth, sip water throughout the day, chew sugarless gum, suck on sugarless mints, or use oral lubricants available over the counter. Regular professional cleanings, proper diet and a diligent homecare program are recommended to reduce cavities and gum disease.

Prevention/Maintenance

Daily hygiene. Brush natural teeth twice a day with a soft toothbrush and fluoridated toothpaste. Hold the toothbrush at a 45-degree angle to the teeth and clean using a small circular motion. Brush both the inside and outside of the top and bottom teeth as well as chewing surfaces. It is also important to brush the tongue, gums, and roof of the mouth to tone gum tissue and remove bacteria.

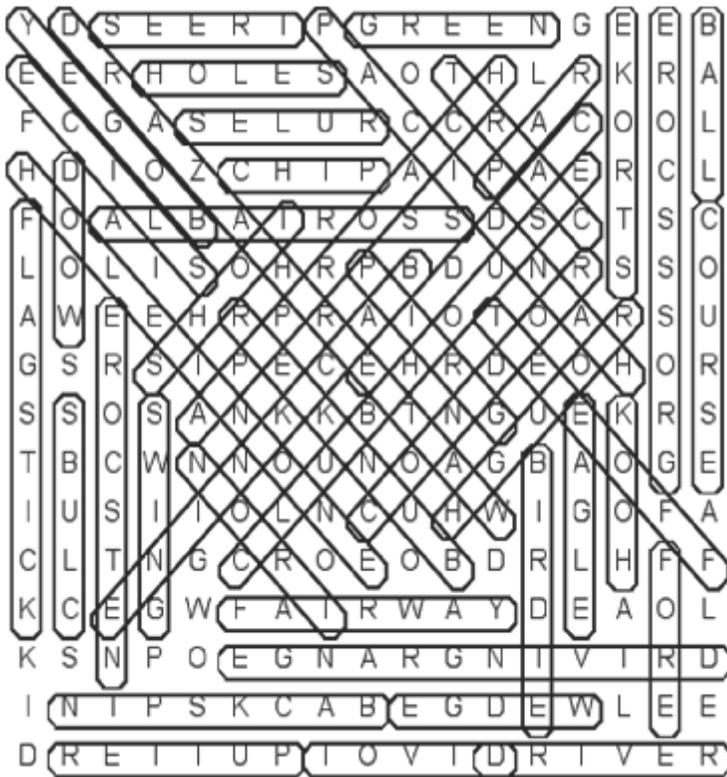
Floss. Floss once a day to clean between teeth. One handled flossers are available to those who have difficulty with traditional flossing.

Denture care. Dentures, full and partial, accumulate food and plaque and need to be cleaned. Dentures should be brushed thoroughly to loosen food debris and reduce odors. Commercial denture cleaning solutions do not replace the need to brush. Dentures should be brushed thoroughly twice a day using warm water and mild soap or denture paste. Brush over a sink partially filled with water and lined with a washcloth to prevent breakage in the event the denture is dropped, Do not use toothpaste or cleaners that can scratch, and never use bleach to clean or soak dentures as it can discolor and weaken them. When not wearing dentures, or at night, soak them in water or a denture cleaning solution to prevent drying. After any soaking, rinse dentures in warm water. Denture cleaners may be toxic if ingested; they should not be gargled or swallowed. Proper care of dentures can extend their life and contribute to a healthy mouth. The average lifespan of dentures is five to seven years; dentures may need to be relined or replaced as the mouth changes with age.



Dental implants. Dental implants are a popular and successful alternative for replacing missing teeth. They are special titanium posts that fuse directly to the bone and, unlike some procedures, do not destroy other teeth. An implant is treated like a natural tooth but is not as strong, so it is important to brush and floss gently. As the trend toward implants escalates, so too does the specialized knowledge required by the dental hygienist to advise clients before, during and after choosing implants.

Continued on page 19



HIDDEN ANSWER:
Golf is a good walk spoiled.



HOW WE SERVED YOU DURING

April 2021

Meals-on-Wheels Delivered:	6010
Center Meals Served:	642
Homemaking Hours:	391.75
Personal Care Hours:	91.25
Respite Care Hours:	101.5
Serenity Day Lodge Hours:	117.75

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

Houghton Lake	Agnes Harmon
Roscommon	Linda Grant
St. Helen	Mikki Schivley



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

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4-D-5-5

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

15-0755

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



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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

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



Live from
Houghton Lake
Center
Father's Day
Concert

presenting **Greg Bogus**

Friday, June 18, 2021, 2:00 p.m.

Join us for another **FREE ZOOM** concert with Greg. 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, click on **Join Zoom Activity**. This link will take you right to the concert.



Flower Trivet Class

Tuesday
June 22, 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-alcoholic, please.



Volunteers Needed

AmeriCorps Seniors (RSVP-Retired Senior Volunteer Program) is looking to strengthen and increase the roles of service and volunteering for Roscommon County. We are looking for volunteers 55 and older. Areas for volunteers to serve with include Meals on Wheels, food distribution sites, food pantries, non-emergency medical transportation and more. The hours to volunteer can be flexible to your schedule. If you are interested, please contact us at 989-358-4650 or email rsvp@nemcsa.org

Roscommon County Commission on Aging
Centers, and Serenity Day Lodge

CLOSED
Friday, July 2, 2021



No meals will be available. Distribution of meals will resume Monday, July 5. "Meals-on-Wheels" clients will receive frozen meals in advance for that day.

So, you like to read?!



Who doesn't say shhh when you are in the middle of a good book and don't want to be disturbed? Do you like talking with someone about the book you are reading? We have the answer! We have a Book Club that discusses a specific book each month. We meet at the Annex building—1015 Short Drive, Prudenville, 1:00 p.m. the third Tuesday of the month.

June's book to be discussed:

Mrs. Lincoln's Dressmaker
By Jennifer Chiaverini

Pick up a copy of the book, read it and be ready to talk about it prior to the meeting.

You may bring bottled water. Call Debra Looney with questions or to sign up, 989-366-0205, ext. 1103. **Space is limited to 10 people.**



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

Make as many words as possible from the above phrase.

The Top Eight Mistakes People Make With Medicaid

Medicaid planning can be a difficult and confusing process. The following are some common mistakes people make when planning to apply for Medicaid.



- **Thinking it's too late to plan.** It's almost never too late to take planning steps, even after a senior has moved to a nursing home.
- **Giving away assets too early.** First, it's your money (or your house, or both). Make sure you take care of yourself first. Don't put your security at risk by putting it in the hands of your children. Precipitous transfers can cause difficult tax and Medicaid problems as well.
- **Ignoring important safe harbors created by Congress.** Certain transfers are allowable without jeopardizing Medicaid eligibility. These include: transfers to disabled children, caretaker children, certain siblings and into a trust for anyone who is disabled and under age 65; a transfer to a 'pay-back' trust if under age 65; and a transfer to a pooled disability trust at any age.
- **Failing to take advantage of protections for the spouse of a nursing home resident.** These protections include the purchase of an immediate annuity, petitioning for an increased community spouse resource allowance, and in some instances petitioning for an increased income allowance or refusing to cooperate with the nursing home spouse's Medicaid application.
- **Applying for Medicaid too early.** This can result in a longer ineligibility period in some instances.
- **Applying for Medicaid too late.** This can mean the loss of many months of eligibility.
- **Not understanding how Medicaid affects your home.** Nursing home residents do not automatically have to sell their homes in order to qualify for Medicaid, but that doesn't mean the house is completely protected. The state will likely put a lien on the house while the resident is living and attempt to recover the property after the resident has passed away.
- **Not getting expert help.** This is a complicated field that most people deal with only once in their lives. Tens of thousands of dollars are at stake. It's penny wise and pound foolish not to consult with an attorney who knows how to guide clients through the process.



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

SATURDAY
Starting @ 6:30
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Prudenville • 366-5334

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4-D-5-5

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15-0755



“MEALS-ON-WHEELS” CAR SHOW



Roscommon County Commission On Aging’s Fifth Annual “Meals-on-Wheels” Car Show

**Saturday, August 14, 2021
9:00 a.m.- 4:00 p.m.**

**Roscommon Fire Training Grounds
290 Ballenger Rd, Roscommon, MI 48653
989-366-0205 ext. 1103**

Pre-register by July 23
For a chance to win a
\$25.00 Gas Card

Car & Driver Photo

Auto Parts Swap
Vendors needed
\$20.00 booth fee

REGISTRATION
\$20.00 per auto
8:00 a.m.- 11:00 a.m.
“Meatloaf dinner” available
Served 12:00 Noon—1:00 p.m.
\$5.00 each
Trophies Awarded
3:00 p.m.
Dash Plaque to first 100 entries

Best of Show
Sheriff's Choice
ROSCO Rat Rod

Many more
categories
for trophies

Name: _____ Phone _____
Address: _____ City: _____
State & Zip: _____ Club: _____
Year, Make & Model: _____
Signature: _____



Return to: 1015 Short Dr., Suite A, Prudenville, MI 48651 or drop off at your nearest Center. **989-366-0205 ext.1103**

The Roscommon County Commission on Aging and/or Firemen’s Memorial Committee accepts no responsibility for injuries, property damage or theft before or during this event. By signing above you agree to this statement.

Healthy Summer Foods for Seniors

Anne-Marie Botek

The days are getting warmer and longer, inspiring people to get outside and enjoy the sunny weather by barbecuing or going on picnics.

Even if you aren't able to take part in traditions like cookouts or bustling holiday parties, you can use food to help you feel connected to seasonal celebrations. Many popular summer foods are both tasty and nutritionally dense, offering the added benefit of getting the vitamins and nutrients we need to remain healthy.



Below are some popular summer treats that may offer unexpected health benefits for you and your loved one. Ruth Frechman, MA, RDN, CPT, registered dietician and recent spokeswoman for the American Academy of Nutrition and Dietetics, offers her perspective on how these iconic foods can be both tasty and nutritious for seniors.

Senior-Friendly Barbecue Basics

Watermelon — Synonymous with summer, this juicy fruit is not only low in fat, but it also contains a staggering amount of nutrients seniors need. Pound for pound, watermelon has more lycopene than any other fresh fruit or veggie. Also found in tomatoes, lycopene is an antioxidant that has been shown to combat certain forms of cancer and heart disease. Watermelon is also packed with potassium, which can be a boon for seniors suffering from potassium deficiency, or hypokalemia. According to the National Institutes of Health, hypokalemia in seniors can sometimes be brought on by certain heart and blood pressure medications and can cause problems with heart and muscle function. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

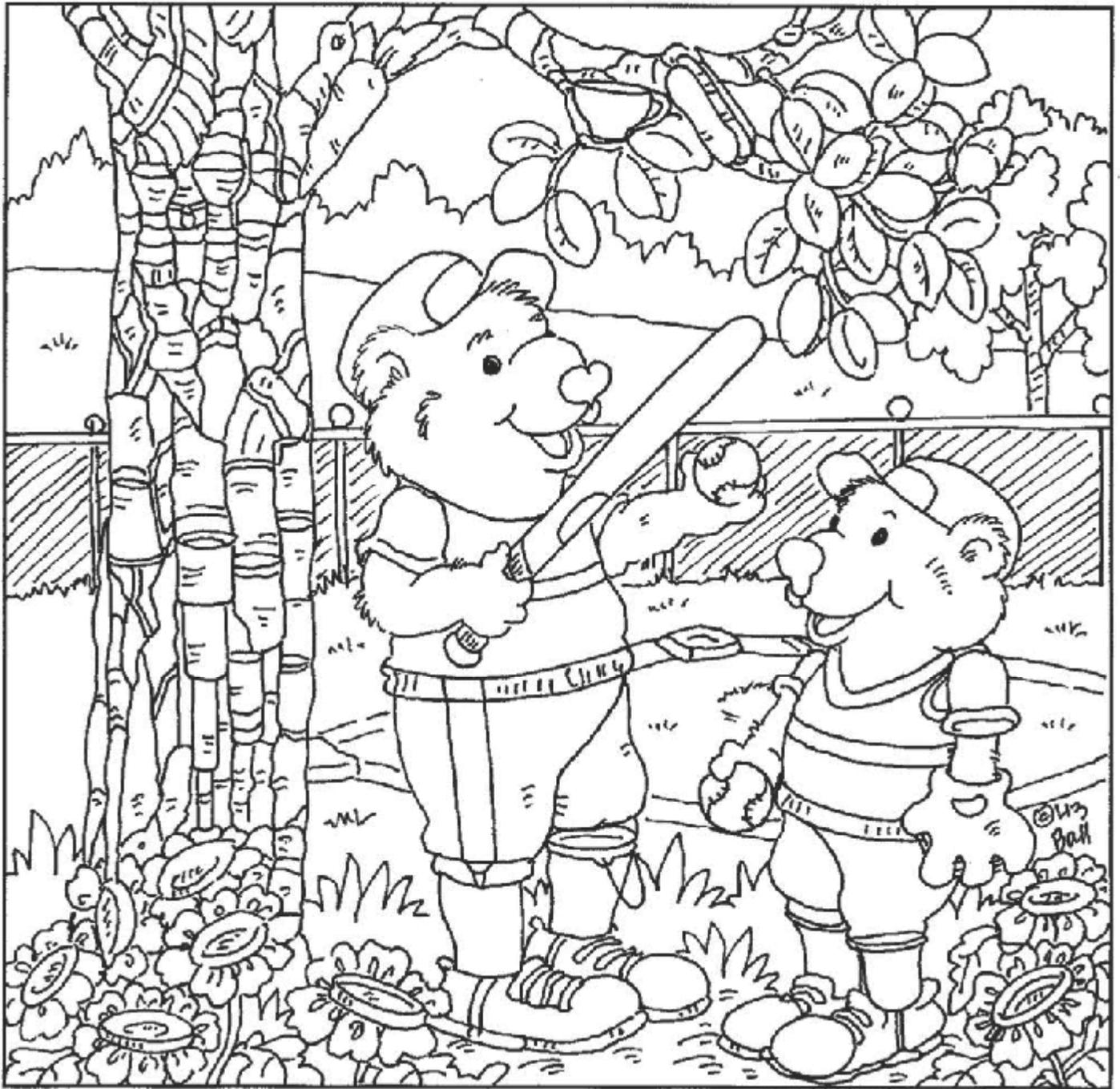
Spices — Seasoned sauces and rubs are the cornerstones of a delicious warm weather cookout. Spices can serve the dual purpose of making food more flavorful for seniors whose senses of taste and smell have diminished, as well as helping them fight off disease. Spices have numerous potential health benefits. For example, turmeric contains active plant compounds called curcuminoids that have been shown to be beneficial in fighting off diseases such as Alzheimer's, Parkinson's and cancer. Cinnamon can help people with type 2 diabetes control their blood sugar, total cholesterol and triglycerides. Get creative with your seasonings this summer by incorporating spices like ginger, cumin, saffron, nutmeg, cayenne pepper, and paprika into your recipes.

Deviled Eggs and Egg Salad — Sometimes forgotten as a member of the protein portion of the recommended daily food groups, eggs are a good source of protein and contain many essential vitamins and minerals, including vitamins A, D, E, B6 and B12. And, it's not just egg whites that contain health benefits. According to Frechman, egg yolks contain choline, lutein and zeaxanthin—several nutrients that are essential for good eye health. These nutrients are very important for seniors since they help prevent age-related eye diseases like macular degeneration and cataracts. Try swapping out the mayonnaise with Greek yogurt for a tangier, low-fat spin on classic egg recipes like egg salad and deviled eggs. As a traditional holiday and entertaining food, deviled eggs may evoke fond memories of family celebrations. Garnish the finished product with a sprinkle of paprika and fresh herbs.

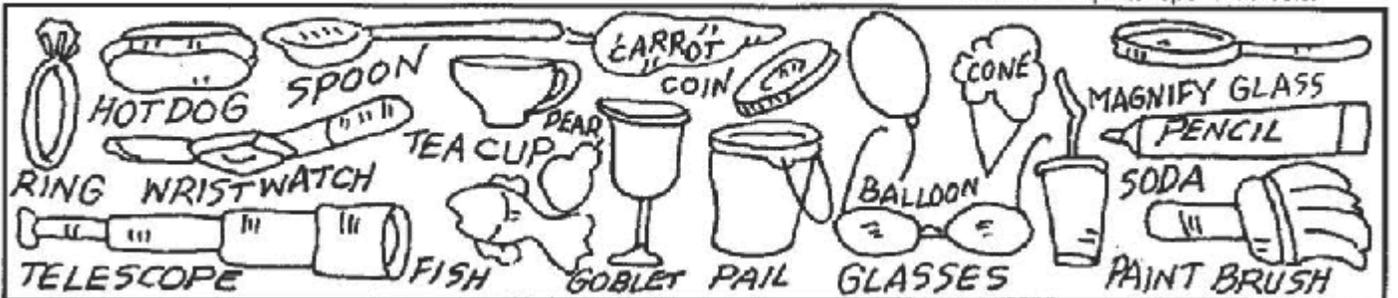
Iced Tea — Whether you opt for black, green, white, or oolong tea, a cool glass is a refreshing way to help fend off summer heat as well as the damage of free radicals. The compounds in tea have been found to reduce the risk of heart attack, stroke, and cardiovascular disease, boost immune function, possibly fend off various types of cancer, and even provide neuroprotective benefits. Just be sure to go easy on the sugar or enjoy it unsweetened. Fresh herbs and fruit are at their peak during the warmer months, and they can be added to a pitcher of tea for a natural and flavorful twist in lieu of sweeteners.

Continued on page 20

Hidden Picture



www.hiddenpicturepuzzles.com



Houghton Lake Center News

"Roses bright and sunshine clear show that lovely June is here."

-F. G. Sanders



Nie mój cyrk, nie moje małpy, which translates literally to **"Not my circus, not my monkey."** In the original Polish, there is one lone mischievous monkey, but we typically hear the plural (monkeys). It is a way of saying, "Don't drag me into your drama and your issues—I'm not getting involved."

Has everyone heard of Juneteenth? It is also known as Freedom Day, Jubilee Day, Liberation Day, and Emancipation Day. June 19th is a holiday celebrating the emancipation of those who had been enslaved in the United States. I read an interesting article (on the internet of course).

Juneteenth is the *oldest* nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was *two and a half years* after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. I do not remember studying that delay in school. Do you? I wonder how many states waited...

I have discovered that **Scamp** (on the right in photo) is not suitable as a therapy dog. He **barks** at people, even people he knows. Until that changes, he will not pass the program. I am disappointed but love him anyway! **Griffin** (left) is quieter but headstrong and **disobedient**.



Who Dunit? Scamp or Griffin???



**I was heartbroken when I first saw the destruction of my favorite outdoor table.
Stay tuned for the finished salvage project.....**

As always, Stay safe, keep a diary and take pictures!!!

Crystal Peplinski

hlctr@rcco.net

Houghton Lake Center Manager

2625 S Townline Rd

Houghton Lake, MI



We are closed
Friday, July 2, for
the Fourth of July!
Meal Delivery/
availability will
resume Monday,
July 5.

Roscommon Center News

I hope everyone enjoyed their long Memorial Day week-end and stayed safe!



Unfortunately, at the time our Newsletter went to print, we were not able to open our Centers. It's still being worked on and hopefully, we will all be back at the centers having lots of summer fun. We all miss you greatly. Looking forward to having a full house once again for lunch and fun activities.

I am back in the office from my travels to Tennessee to visit my sisters and relatives the last couple of weeks. I got to see a lot of relatives I have not seen in longer than I want to admit to. Also was able to spend a few days with relatives and friends downstate before settling back into home life on the farm.

Now it's time to focus on the garden—get everything planted, hopefully without fear of snow. LOL!!

Summer seems to have finally made it to Northern Michigan.

Everyone please continue to stay safe.

Varlya Hanusik

roscoctr@rcco.net

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





Sally sends her greetings to everyone. She has more treatments to go. She appreciates everyone's thoughts and prayers. Hang in there Sally!

Father's Day

Did you know that Father's Day is observed in at least 111 countries? It is! The day/date when it is celebrated varies by country but it is an annual event worldwide. It is a day to honor fatherhood, as well as the influence of fathers in society. Each country has its own traditions and ways of honoring fathers.

In Catholic countries of Europe it has been celebrated on March 19 as Saint Joseph's Day since the Middle Ages. In our country it was founded in Spokane, Washington at the YMCA by Sonora Smart Dodd. Her father was a Civil War veteran and a single parent who raised six children. After hearing a Mother's Day message, Sonora talked with her pastor about how fathers should have a similar holiday to honor them. The first celebration was held on the third Sunday of June, 1910.

It took several years/decades for the holiday to catch on and several attempts before Congress to make it a national observance. In 1966 President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later (1972) the day became a permanent national holiday when President Richard Nixon signed it into law.



10 Most Popular Father's Day Sayings

- 1 By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. *Charles Waddsworth*
- 2 Any man can be a father but it takes someone special to be a dad. *Anna Geddes*
- 3 A truly rich man is one whose children run into his arms when his hands are empty. *Author Unknown*
- 4 It doesn't matter who my father was; it matters who I remember he was. *Anne Sexton*
- 5 It is easier for a father to have children than for children to have a real father. *Pope John XXIII*
- 6 A father is a banker provided by nature. *French Proverb*
- 7 You know, fathers just have a way of putting everything together. *Erika Cosby*
- 8 The greatest gift I ever had came from God; I call him Dad! *Author Unknown*
- 9 A father carries pictures where his money used to be. *Author Unknown*
- 10 Once a father overheard his son pray: Dear God, make me the kind of man my daddy is. Later that night, the father prayed, Dear God, Make me the kind of man my son wants. *Author Unknown*

Center Activities

NEW!

Cardio Drumming

Monday, 1:00 p.m.

Friday, 11:00 a.m.

In-person at the RCOA Annex Building

Limited to 11 drummers

Tom & Deb lead this fun class

Cardio Drumming burns calories, builds muscle and gets your heart pumping...combines the benefits of a traditional physical fitness program with the benefits of music and rhythm. Call Deb to sign up.



Walk Away the Pounds

with Leslie Sansone

Tuesday & Thursday — 9:30 a.m.

Friday — 9:15 a.m.

This 30-minute walking class offers a gentle, effective form of exercise that helps you burn fat naturally for lasting results. (2-pound weights are optional.)

We hope to see you in class!



A 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 RCOA 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 is a 20-minute workout video that emphasizes the importance of exercise for seniors and less mobile population.

Brain Workout

Monday & Wednesday

10:00 a.m.

This is a seated exercise program that lasts for 20 minutes that leads viewers through a fun and challenging program that keeps the mind flexible and alert.

Osteoporosis Workout

Monday & Wednesday

10:30 a.m.

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



Exercisers

Join us for our

Arthritis Exercise Class...

Tuesday, Thursday, Friday

10:00 a.m.

Join Deb for any of the exercise classes below in person or via ZOOM. To exercise in person, call Deb, 989.366.0205, ext. 1103. The classes are held at the RCOA Annex Building, 1015 Short Dr, Prudenville. Class space is limited. Signup is required. Otherwise, you may participate via ZOOM through the RCOA website, www.rcoa.net. You may bring bottled water with you.

Oral Health — continued from page 6

Oral Cancer screening. Dental professionals perform regular screening for oral cancer. However, between visits, individuals should check their mouths and watch for red or white patches, sores that do not heal after a few days, swelling or changes in color of the tissue. Also, check lips, all areas of the tongue, gums, palate, floor of the mouth and inside cheeks.

Bad breath. Bad breath, also called halitosis, is a common condition and sometimes a distressing source of embarrassment. Frequently, people are not always aware of the problem. While there are many causes for bad breath, it most commonly results from a lack of good oral hygiene. Daily brushing and flossing and regular dental checkups and cleanings are the best prevention for bad breath,



Aromatic foods, especially garlic and onions, are often the source of breath odor. Food that is absorbed into the bloodstream is transferred to the lungs, where it is expelled, often with the odor still recognizable. Odors continue until the body eliminates the food. Brushing, flossing, and mouthwash will only mask the odor temporarily. Additionally, during the digestion process, the odor may make its way back up the esophagus and be expelled during talking and breathing.

Sometimes odors emanating from the lungs or sinuses will contribute to bad breath. A sinus infection, bronchitis, or other respiratory tract infection can sometimes be detected through bad odor. Furthermore, post-nasal drip that collects at the back of the throat can be a source of mouth odor, gargling with mouthwash can help wash away fluids that coat the throat, reducing this effect.

If you have arthritis or limited use of your hands, try adapting the toothbrush for easy use. Insert the handle into a rubber ball or sponge hair curler, or glue the toothbrush handle into a bicycle grip. Toothbrush handles can be lengthened with a piece of wood or plastic such as a ruler, ice cream stick or tongue depressor.

Source: odha.on.ca



The Horizon Senior Living
989-246-1000

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

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

The Horizon Senior Living I 10059 E. Airport Rd., St. Helen, MI 48636, 989-389-4900	The Horizon Senior Living IV 218 Airport Dr., Standish, MI 48638, 989-846-0900
The Horizon Senior Living II 1324 Vinewood Ave., Clare, MI 48617, 989-366-4900	The Horizon Senior Living V 450 Quarter St., Gladwin, MI 48624, 989-246-1000
The Horizon Senior Living III 613 Progress St., West Branch, MI 48661, 989-343-9404	The Horizon Senior Living VI 452 Quarter St., Gladwin, MI 48624, 989-246-0250

www.thehorizonseniorliving.com

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NURSING & REHABILITATION COMMUNITY

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Continued from page 13 — Healthy Summer Foods for Seniors

Coleslaw — No summer meal or get together is complete without a bowl of crispy, colorful slaw. Some like it tart, others enjoy sweet or creamy versions. Regardless of which you prefer, coleslaw is an excellent source of dietary fiber and an easy way to include different vegetables in your diet.

Cabbage is the primary ingredient in most coleslaw recipes, and this cruciferous vegetable is rich in vitamins C and K as well as cancer-fighting antioxidants. It also aids in reducing inflammation in the body. Shredded carrot is another nutrient-dense ingredient in coleslaw, but other healthy summer vegetables can be incorporated into your recipe. Try adding shredded red cabbage, broccoli stalks, radishes, bell peppers, brussel sprouts, or jicama. Some people even use apples in their slaw! The possibilities are endless. If the creamy variety is your go-to, try to keep the mayonnaise to a minimum by substituting some plain Greek yogurt for additional health benefits.

Healthful Summer Snacks for Seniors

Popcorn — Popular summer pastimes include going to the movies or attending a baseball game. Popcorn has been a staple at cinemas and ballparks for years, but it often gets a bad rap for being unhealthy. If you forgo the extra salt and butter, recent research indicates that popcorn may actually have health benefits.



Researchers have found polyphenols—a group of beneficial antioxidants—to be more plentiful in popcorn than certain fruits and vegetables. Popcorn is also a whole grain and an excellent source of dietary fiber for seniors. If you stay in to watch a classic movie or catch a ball game on TV, try air-popping your own snack. Place a few tablespoons of kernels in a paper lunch bag, fold the top over and microwave for a few minutes until the popping is a few seconds apart. Making your own popcorn allows you to choose which seasonings and how much of them to use on this healthier version of the treat.

Party Dips — Perennial components of popular party dips, tomatoes and avocados can offer seniors a wide array of healthy nutrients. Salsa comprised of tomatoes, onions, peppers and other vegetables can provide a part of their daily recommended vegetable intake, as well as antioxidants such as lycopene. Avocados, the main component of guacamole, are high in “good” fat, vitamin E, iron, and potassium, all of which deliver a host of health benefits to seniors. Hummus is another tasty dip that packs a nutritious punch. With chickpeas as the main ingredient, hummus is high in protein, dietary fiber and folate. Use any of these nutrient-dense dips to dunk veggies in or to add health benefits to a favorite summertime meal.

Frozen Treats — Nothing says summer like a popsicle or an ice cream cone. While both tend to be high in sugar, it’s okay to indulge in a sweet treat once in a while—especially if it’s made with real ingredients. Ice cream certainly doesn’t have a reputation as a health food, but it boasts decent amounts of calcium and phosphorous, which are crucial for maintaining healthy bones. And don’t shy away from ice cream because of the fat content, either. Studies show that people who eat full-fat dairy tend to be slimmer than those who eat low-fat versions.



If dairy isn’t an option for your loved one or they’d prefer something fruit-based, try a fruit bar. Grab some popsicle molds (or some paper cups and craft sticks) and try making your own. Use a mix of your loved one’s favorite fresh fruit and a splash of juice. You can even blend the fruit with some Greek yogurt for a creamy version. Regardless of what kind of chilled goodies you choose, just be sure to keep your serving sizes sensible.

Sources: FoodData Central: Watermelon (<https://fdc.nal.usda.gov/fdc-app.html#/food-details/167765/nutrients>); Low Blood Potassium (<https://medlineplus.gov/ency/article/000479.htm>); Turmeric (<https://www.nccih.nih.gov/health/turmeric>); Cinnamon (<https://www.nccih.nih.gov/health/cinnamon>); Lutein & Zeaxanthin (<https://www.aoa.org/patients-and-public/caring-for-your-vision/diet-and-nutrition/lutein?sso=y>); Egg, whole, cooked, hard-boiled (<https://fdc.nal.usda.gov/fdc-app.html#/food-details/173424/nutrients>); The Health Benefits of Tea (<https://www.eatright.org/health/wellness/preventing-illness/the-health-benefits-of-tea>); Cabbage, raw (<https://fdc.nal.usda.gov/fdc-app.html#/food-details/169975/nutrients>); Popcorn: The snack with even higher antioxidants levels than fruits and vegetables (<https://www.sciencedaily.com/releases/2012/03/120325173008.htm>); The relationship between high-fat dairy consumption and obesity, cardiovascular, and metabolic disease (<https://link.springer.com/article/10.1007/s00394-012-0418-1>)



NEED HELP?

In order to respond to the immediate needs of Northeast Michigan residents, NEMCSA is implementing our CERA; COVID Emergency Rental Assistance Services, Program.

WHAT SERVICES?



Past Due Rent



Past Due Utilities

NEMCSA may be able to help with rental and utility assistance for eligible renter households. Use the contact information on the right to call or email for help.

WHO QUALIFIES?

Income 80% or below gross AMI (Table below), are currently renting, have experienced a COVID hardship, facing housing instability

CERA AMI Chart								
	1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8 Person
80% AMI	\$ 35,800	\$ 40,900	\$ 46,000	\$ 51,100	\$ 55,200	\$ 59,300	\$ 63,400	\$ 67,500

HOW TO GET HELP



call
989-358-4700



email
CERAinfo@nemcsa.org



website
ceraapp.michigan.gov/

Landlords, have a tenant struggling to pay rent, go to michigan.gov/mshda, click on the rental tab, select COVID Emergency Rental Assistance to learn about the resources available.

Programs will vary based on community and eligibility

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. 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

Caregiver Webinars

Through Region 9 Area Agency on Aging

June 11 — Understanding and Responding to Dementia. This session will focus on learning about the science of Alzheimer's disease, the latest research, and how to get involved in local research.



July 9 — Dealing with Difficult Emotions. Many feelings come up when caring for someone day in and day out. Not paying attention to your feelings can lead to poor sleep, illness, trouble coping, stress eating, substance abuse, etc. This workshop will examine normal feelings while providing healthy ways to cope with them.

To participate in either or both of these webinars, email Brooke at mainvilleb@nemcsa.org or call her at 989.358.4616.

FCC Launches Emergency Broadband Benefit Program on May 12

The Emergency Broadband Benefit is a Federal Communication Commission (FCC) program to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and more.

The FCC has announced that eligible households can apply for the program starting May 12, 2021, in three ways:

1. Contact your preferred participating broadband provider directly to learn about their application process.
2. Go to GetEmergencyBroadband.org to apply online and to find participating providers near you.
3. Call 833-511-0311 for a mail-in application and return it along with proof of eligibility to: Emergency Broadband Support Center, P.O. Box 7081, London, KY 40742.

Dana Clayton, RCCOA Resource Coordinator, may be able to assist you to find out if you qualify for this program. You can reach her by calling 989.366.0205, ext. 1118.

Crawford Roscommon Suicide Prevention Coalition

Holds meetings
3rd Tuesday of the Month
9:00—10:00 a.m.

For information contact:
Carol Miller
989.422.5122

If you or someone you know
is experiencing a crisis, please call
The National Suicide Prevention Lifeline 24/7
800.273.8255 or Text 741-741

To request a flyer, call Dana, Resource Coordinator,
at the COA, 989.366.0205, ext. 1118



Menu



JUNE 2021



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Spareribs Scalloped Potatoes Pineapple Coleslaw Honey Wheat Roll Hot Spiced Peaches	2 Lasagna Roll-Up Peas Wax Beans Tossed Salad Dinner Roll Fresh Fruit	3 Chicken Salad on a Bed of lettuce Tomato Wedges Cucumber Sticks Pita Bread Banana	4 Salmon Cakes <i>over</i> Brown Rice Winter Blend Veggie Wheat Bread Fruit Cup
	7 Ravioli Florentine Broccoli Cauliflower Wheat Bread	8 Pot Roast Mashed Potatoes & Gravy Baby Carrots Dinner Roll	9 Oven Fried Chicken German Potato Salad Green Beans Wheat Bread Grapes	10 Meatloaf Mashed Potatoes & Brown Gravy Calif. Blend Veggie Tossed Salad Dinner Roll
14 Flag Day Goulash California Veg. Blend Green Peas Tossed Salad Wheat Bread	15 Country Fried Steak Mashed Potatoes & Country Gravy Succotash Dinner Roll	16 BBQ Pork Sandwich Baked Beans Kyoto Vegetables Pineapple Coleslaw	17 Chef Salad 3-Bean Salad Fruit Cup Dinner Roll Chocolate Chip Cookie	18 Coney Dog German Potato Salad Baked Beans Apple Pie
21 First Day of Summer Chicken Marsala <i>over</i> Cavatappi Green Peas Wheat Bread Warm Spiced Peaches	22 Swedish Meatballs <i>over</i> Egg Noodles Capri Vegetables Prince Charles Vegetables Dinner Roll	23 Pub Style Fish Sandwich <i>with</i> American Cheese Potato Wedges Mixed Vegetables	24 Chicken Taco Salad Black Beans & Corn Mexican Rice Tortilla Chips Banana	25 Baked Spaghetti Brussels Sprouts Tossed Salad Wheat Bread Hot Peach Delight
28 Club Sandwich on a Croissant (Lettuce, Tomato, Red Onion) Potato Salad 3-Bean Salad	29 Hamburg Stroganoff <i>over</i> Cavatappi Mixed Vegetables Dinner Roll Blueberry Delight	30 BBQ Chicken German Potato Salad Carrots Corn Bread Fresh Fruit	July 1 Bacon Cheese Burger (Lettuce, Tomato, Red Onion) Potato Salad Cole Slaw	July 2

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 Chuck Corwin
via ZOOM
Monday, June 14, 2021
1:00 p.m.**

Join us on ZOOM with Chuck Corwin, RCCOA Nurse Consultant, as he prepares scrumptious deviled porkchops!



Happy Retirement!



To Pam Schaft who officially retired from the RCCOA Friday, May 14, 2021. The RCCOA is grateful for her service to the Agency and the seniors of Roscommon County. She hired on June of 2013 as a "MOW" driver and eventually moved into the office as receptionist. She will be missed! **WE WISH YOU THE BEST PAM!**



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

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS



Branson Holiday Show Extravaganza

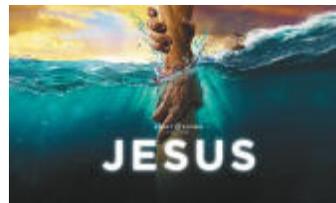
**11/28 — 12/4, 2021
\$709**

**7 days 6 nights
per person double occupancy**

Incredible Price Includes:

- ◆ Motorcoach Transportation
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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



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

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