



Commission on Aging

NEWS

“Informing,
Educating,
&
Caring”

www.rcco.net

August 2021

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

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Fax: 989.275.6232

St. Helen Center
989.366.0205, ext. 1117
Fax: 989.389.3684

When the Centers reopen, lunch will be served daily, Monday-Friday, 12:00 Noon to 1:00 p.m. Cost for age 60 and over is a donation of \$2.50. A donation box is available to drop your money in. Those 59 and under the cost is \$5.00 and must be paid to the Center Manager.



“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



FREE ADMISSION

Meatloaf Dinner with mashed potatoes/gravy, vegetable, bread & butter, and a cookie for dessert, served in a tray, just the way our in-home clients receive it.

Thus far this fiscal year, **52,648** meals have been served through our “Meals-on-Wheels” program. **HELP KEEP OUR MEALS ROLLING!**

Roscommon County Commission on Aging, Inc.

Board of Directors’ Meeting

Wednesday, August 18, 2021

1:00 p.m.

Public is welcome to attend.

Mr. P's Adventures

Mr. P thanks you all for helping him find the info on the cooking show. He was disappointed the show had to be postponed but what can you do...life happens to all of us. Mr. P is really excited about the car show. He hopes to go and see all the old cars and support the "Meals-on-Wheels" program ... and the meatloaf lunch sounds wonderful! It should be a very fun day. He's also looking forward to the centers reopening in August. He knows the exact date has not yet been determined but with all the changes Covid has brought to our lives, he realizes that when the centers do open, things may need to be a little different. He hopes others understand this as well. He realizes the staff is just trying to keep everyone safe. The Mrs. was reminding Mr. P the other day that they need to start thinking about all the fall stuff they need to do...yard cleanup and getting things ready for winter. Mrs. P's flowers are doing really good this year. Speaking of her flowers, Mr. P was out weeding them the other day and he had his straw hat on. Well, his head was getting kind of warm so he took the hat off and set it down. Now he can't remember where he set it. Can you please help him find it? The hat is such good protection against the sun and Mrs. P is giving him grief about not having it on. He really needs your help to restore peace. When you find it, **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.** She will enter you in the drawing. If you win, Deb will make arrangements to get the gift card to you. The drawing takes place **Friday, August 13.** Deadline to enter is **Thursday, August 12, 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.



FROM THE DIRECTOR

This last year and a half has held challenges for all of us. Some of us have experienced Covid firsthand—either by being sick with it or someone close to us has been sick and possibly even died from it. Our condolences go out to those who lost a loved one during this time.

Adding to these challenges is the fact that the centers had to remain closed for safety and because of the shutdown. It has been hard to be apart and not have the support that we find through the friends made at the centers. But I see light at the end of the tunnel. And I am super excited about it. We are moving closer to reopening our centers—the first part of August. When we reopen in August it will be for shortened hours—11:00 a.m.-2:00 p.m. This timeframe will make it possible for people to come in and share the noon meal together and to socialize. In September we will resume activities and even some trips.

Just as Covid has brought many changes to our lives, our community, and even our nation, reopening the centers will have changes as to how we must do things. We might not all agree or be happy with the changes, nevertheless, to be able to reopen and remain open, we have restrictions and guidelines that must be followed. (See page 11.) We don't want to shut back down right after we reopen. Please be patient with the staff as we move forward, focusing on a safe environment for everyone.

We look forward to seeing you all back in the Centers real soon. We will get the word out as soon as we have a firm date to reopen. Until then stay safe.

See you soon!
Betty Kimble
Interim Director



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.**

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.



Blood Drive

**Tuesday
September 7,
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

**Roscommon Veterans'
Monthly Coffee Hour
IS BACK!**



The monthly Veterans' Coffee Hour resumes Thursday, August 5, 9:00 a.m. and will meet at the Roscommon County Airport, 5218 E. Houghton Lake Dr, Houghton Lake.

The Retired and Senior Volunteer Program (RSVP) of Northeast Michigan hosts the event the first Thursday of each month. This monthly event has been strongly supported by residents and businesses in Roscommon County, as each month has a different community sponsor. Sponsorships that were secured in advance will continue in the order they were scheduled.

Thank you to the following partners: Blodgett Memorial Airport, Roscommon Area Pilot Association-EEA, Roscommon County Veterans Affairs, Roscommon County Community Foundation and RSVP that have helped bring the coffee hour to life.

HOPE TO SEE YOU THERE AUGUST 5TH!

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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, August 17, 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

Every Friday

11:00 a.m.-12:15 p.m.

Video or Phone

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.

For more information on Munson Healthcare Hospice and bereavement activities

Call 800.252.2065

or

email HospiceBereavement@mhc.net.

This group meets either by video or phone using zoom. You can join with a computer, cell phone or landline.



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!

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



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!





Summer Olympics

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.



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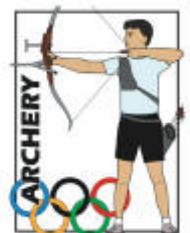


Find and circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

ARCHERY
 ATHLETICS
 BADMINTON
 BASEBALL
 BASKETBALL
 BEACH VOLLEYBALL
 BOXING
 CANOEING
 CYCLING
 DIVING
 EQUESTRIANISM
 FENCING

FOOTBALL
 GYMNASTICS
 HANDBALL
 HOCKEY
 JUDO
 MODERN PENTATHLON
 RHYTHMIC GYMNASTICS
 ROWING
 SHOOTING
 SOFTBALL
 SWIMMING
 SYNCHRONIZED SWIMMING

TABLE TENNIS
 TAEKWONDO
 TENNIS
 TRAMPOLINING
 TRIATHLON
 VOLLEYBALL
 WATER POLO
 WEIGHTLIFTING
 WRESTLING
 YACHTING





August is Sun Safety Month



Region 9 Area Agency on Aging
Kelly Robinette, DTR

Ultraviolet Radiation. Ultraviolet (UV) radiation is a form of electromagnetic radiation that comes from the sun and man-made sources like tanning beds and welding torches. Radiation is the sending out of energy from any source. There are many types of radiation, ranging from very-high frequency radiation like x-rays to very low frequency radiation like radio waves. UV rays are in the middle of the spectrum. They have more energy than visible light, but not as much as x-rays. UV radiation is divided into three main groups:

- **UVA rays have the least energy among UV rays.** These rays can cause skin cells to age and can cause some indirect damage to cells' DNA. UVA rays are mainly linked to long-term skin damage such as wrinkles, but they are also thought to play a role in some skin cancers.
- **UVB rays have slightly more energy than UVA rays.** They can damage the DNA in skin cells directly and are the main rays that cause sunburns. They are also thought to cause most skin cancers.
- **UVC rays have more energy than other types of UV rays.** Because of this, they react with the ozone high in our atmosphere and do not reach the ground. But UVC rays can also come from man-made sources, such as welding torches, mercury lamps and UV sanitizing bulbs used to kill bacteria and other germs.

How are people exposed to UV radiation? Sunlight, the main source of UV radiation, make up only a small portion of the sun's rays. Different types of UV rays reach the ground in different amounts. About 95% of the UV rays from the sun that reach the ground are UVA rays, with the remaining 5% being UVB rays. The strength of the UV rays reaching the ground depends on several factors, such as:

Time of day: UV rays are strongest between 10 am and 4 pm.

Season of the year: UV rays are stronger during spring and summer months.

Distance from the equator (latitude): UV exposure goes down as you get farther from the equator.

Clouds: The effect of clouds can vary, but what is important is that UV rays can get through to the ground even on a cloudy day.

Reflection off surfaces: UV rays can bounce off surfaces like water, sand and snow, pavement, even grass, leading to an increase in UV exposure. The amount of UV exposure depends on the strength of the rays, the length of time the skin is exposed, and whether the skin is protected with clothing or sunscreen.

Does UV radiation cause cancer? Most skin cancers are a result of exposure to the UV rays in sunlight. Both basal cell and squamous cell cancers tend to be found on sun-exposed parts of the body, and their occurrence is typically related to a lifetime of sun exposure. The risk of melanoma, a more serious but less common type of skin cancer, is also related to sun exposure. Skin cancer has also been linked to man-made sources of UV rays.

Are there other health issues related to UV radiation? In addition to skin cancer, exposure to UV rays can cause other health problems:

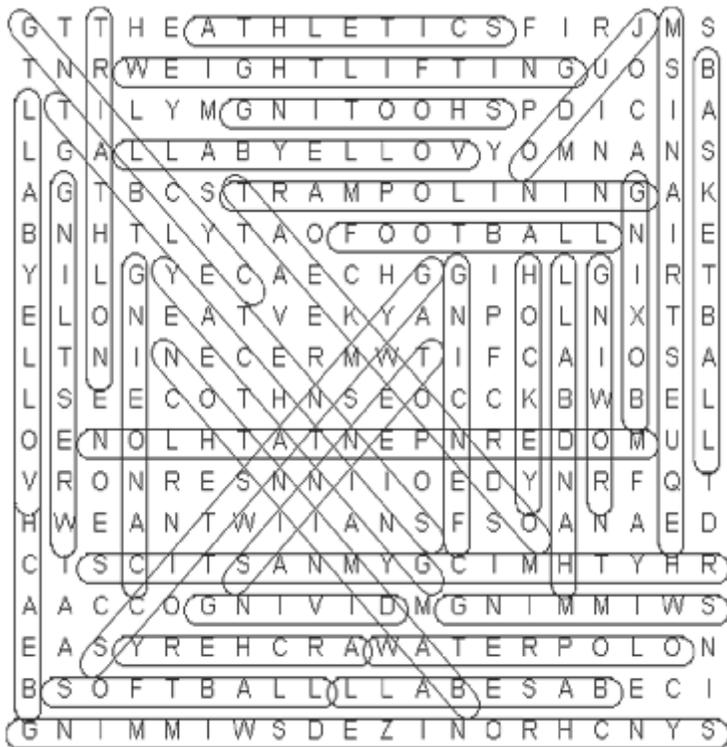
- UV rays, either from the sun or from artificial sources, can cause sunburn.
- Exposure to UV rays can cause premature aging of the skin and signs of sun damage such as wrinkles, leathery skin, liver spots, actinic keratosis, and solar elastosis.
- UV rays can cause eye problems. They can cause the cornea to become inflamed or burned. They can also lead to cataracts and pterygium (tissue growth on the surface of the eye), both of which can impair vision.
- Exposure to UV rays can weaken the immune system, so the body has a harder time fending off infections.

It is not possible or healthy to avoid sunlight completely, but there are ways to protect yourself from getting too much sun:

- When you are outside, simply staying in the shade, especially during midday hours is the best way to limit UV exposure.
- Protect your skin with clothing that covers your arms and legs.
- Wear a hat to protect your head, face, and neck.
- Wear sunglasses that block UV rays to protect your eyes and skin around them.
- Use sunscreen to help protect the skin not covered with clothing.



Source: American Cancer Society



The hidden sentence is: THE FIRST OLYMPIC GYMNAST TO ACHIEVE A PERFECT SCORE OF TEN WAS NADIA COMANECI



HOW WE SERVED YOU DURING June 2021

Meals-on-Wheels Delivered:	6351
Center Meals Served:	812
Homemaking Hours:	599.75
Personal Care Hours:	210.75
Respite Care Hours:	186.5
Serenity Day Lodge Hours:	185.25

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

Houghton Lake	Bob Longwish
Roscommon	Sue Hartman
St. Helen	Irene Piper



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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- Skilled Nursing
- Memory/Dementia Care
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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

Located in the Save A Lot Plaza
Houghton Lake Heights
989.202.4889



OPEN:

Monday & Wednesday — 10:00 a.m.-2:00 p.m.
Thursday — 3:00-6:00 p.m.
Tuesday, Friday, Saturday, Sunday — CLOSED

Must bring ID for each household member
Must be a resident of
Roscommon County to receive food.

The pantry is available to help those in need of food during the above hours.



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 let us know 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



How are you at making words out of other words? Here’s the Challenge: **Summer fun**

Make as many words as possible from the above phrase.



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.



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.

Center / COA ACTIVITIES & NEWS



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! Our Book Club discusses a specific book the **third Tuesday** of each month at the RCOA Annex building, 1015 Short Drive, Prudenville, 1:00 p.m.

This month's book to be discussed:
The General's Daughter
By Nelson DeMille

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



Calling All VOLUNTEERS

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



To get the forms contact Debra Looney
Annex Building
989.366.0205, ext. 1103



New to Medicare Workshop
"Medicare Mondays"
Monday, August 23, 2021
3:00—5:00 p.m.

RCCOA Annex Office

1015 Short Drive, Prudenville

This workshop is an opportunity to learn how Medicare works and options available for those who will soon be eligible to enroll in Medicare. The workshop is facilitated by certified MMAP Counselor Jam Williamson. To reserve your seat contact Deb, 989.366.0205, ext 1103.

CAR BUFFS

Do you like talking with someone about cars? Or even showing your own car off and seeing others. Are you interested in forming a car club? Call Debra Looney with questions, comments and to express your interest. You can reach her at 989-366-0205, ext. 1103.



11th Annual

"No Talent, Talent Show"

Friday, August 27, 2021

1:00 p.m.

Houghton Lake Center

Cost: \$6.00 per person — Includes lunch and ice cream. If you have an act for the show, let us know. We are limited to 10 acts for the event. Call Deb, 989/366-0205, ext. 1103, ASAP to sign up your act! Lunch reservations are appreciated and can be made by calling Crystal at the Houghton Lake Center, 989.366.0205, ext. 1112.



Need a bus?

Roscommon County
Transportation Authority

otherwise known as the minibus has a new, convenient way of contacting them to set up a ride. If you have a cell phone and you can text with it, you can make your bus reservation. Here's how: Send a text to 989.283.3322 (Kendra) with this information — full name, pickup time you would like and your destination. Kendra will get back with you to verify what is available.

The Need for Medicaid Planning

One of the greatest fears of older Americans is that they may end up in a nursing home. This not only means a great loss of personal autonomy, but also a tremendous financial price. Careful planning can help ease the financial burden.

Depending on location and level of care, nursing homes cost between \$40,000 and \$180,000 a year. Most people end up paying for nursing home care out of their savings until they run out. Then they can qualify for Medicaid to pick up the cost. The advantages of paying privately are that you are more likely to gain entrance to a better quality facility and doing so eliminates or postpones dealing with your state's welfare bureaucracy--an often demeaning and time-consuming process. The disadvantage is that it's expensive.

Careful planning, whether in advance or in response to an unanticipated need for care, can help protect your estate, whether for your spouse or for your children. This can be done by purchasing long-term care insurance or by making sure you receive the benefits to which you are entitled under the Medicare and Medicaid programs. Veterans may also seek benefits from the Veterans Administration.

Those who are not in immediate need of long-term care may have the luxury of distributing or protecting their assets in advance. This way, when they do need long-term care, they will quickly qualify for Medicaid benefits. Every case is different. Some have more savings or income than others. Some are married, others are single. Some have family support, others do not. Some own their own homes, some rent. Still, there are a number of basic strategies and tools that are typically used in Medicaid planning. To start planning now, contact your attorney.



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Reopening of RCCOA Centers



We are getting closer to reopening our centers in August but, as with a lot of other areas of life and community, reopening comes with changes as to how we must do things. Even though the Governor has loosened up restrictions throughout the state, the COAs still have guidelines that must be followed. We might not agree with the changes and guidelines, nevertheless, the RCCOA must follow what the “Powers that Be” have put in place. These things are in place to keep everyone—staff and participants—safe. None of us want to see the centers shut back down anytime soon. With that said, here are some of the things that must be followed:

- New NAPIS forms must be filled out and turned in. This is an annual event
- Center Use Policy will be posted at the centers.
- If you don't feel good, please do not come to the center that day. It is what has been said throughout the pandemic. Staff is expected to follow this and we ask that you do your part to keep everyone safe.
- Staff will ensure that the tables and chairs are cleaned each day before your arrival.
- Don't ask, Don't tell. – Staff and participants alike are not expected to be vaccination police. Please don't ask others if they have been vaccinated. It's their story to tell.
- Masks are encouraged for the unvaccinated. Anyone who feels more comfortable wearing a mask—vaccinated or not—may do so.
- Hand sanitizer will be available for your use.
- Center hours for August will be 11:00 a.m.-2:00 p.m.
- When the centers open, please sign in. So dig out your key tag and have it ready to use.
- Reservations – we encourage everyone to sign up ahead of time for the days/meals you plan on partaking in. You can even do it for the full month. This helps us to order the right amount of food needed.
- Only kitchen staff is allowed in the kitchens—no exceptions.
- Social distancing is still encouraged.
- Though there are no limits to the number of people dining together at a table, we are required to keep the tables 6 ft apart. The “Powers that Be” require this so please don't move the tables around.
- Some of you may be used to informally helping at the centers, but because of the changes in the AASA Standards that the Agency must follow and State Law, no one can volunteer at the centers unless they have filled out a volunteer app and a background check is done. If you would like to volunteer, see Deb Looney for a volunteer application.
- Pick-up meals will be discontinued and the Agency will follow AASA Standards set forth pre-Covid.
- We will move towards normal center hours and resuming activities in September, after Labor Day.

These guidelines will be posted at the centers. The RCCOA staff asks that you work with us as we reopen. Please don't give the staff a hard time because we/they are only following what the “Powers that Be” have given us. We are not trying to take your freedom away but maintain a safe environment for everyone—participants and staff alike—and follow the guidelines that are required of the Agency. Thank you for helping us in staying compliant.



DOG DAYS of SUMMER!

The term “Dog Days” traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat. Today, the phrase doesn’t conjure up such bad imagery. Instead, Dog Days are associated purely with the time of summer’s peak temperatures and humidity.

This period of sweltering weather coincides with the year’s heliacal (meaning “at sunrise”) rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the “Greater Dog”—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Egypt, the Nile River flooded each year, usually beginning in late June. The people welcomed this event, called the Inundation, because the floodwaters brought rich soil needed to grow crops in what was otherwise a desert.

No one in Egypt knew exactly when the flooding would start, but they noticed a coincidence that gave them a clue: The water began to rise on the days when Sirius (known to them as “Sothis”) began to rise before the Sun. Sothis and the Inundation became so important to the Egyptians’ survival that they began their new year with the new Moon that followed the star’s first appearance on the eastern horizon.

Unlike the Egyptians, the ancient Greeks and Romans were not as pleased by Sirius’s appearance. For them, Sirius signaled a time when evil was brought to their lands with drought, disease, and discomfort.

Sirius was described as a “bringer of drought and plague to frail mortals, rises and saddens the sky with sinister light” by the Roman poet Virgil.

Is this just superstition? A 2009 Finnish study tested the traditional claim that the rate of infections is higher during Dog Days. The authors wrote, “This study was conducted in order to challenge the myth that the rate of infections is higher during dog days. To our surprise, the myth was found to be true.”

“Dog Days are approaching; you must, therefore, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him.” —The Old Farmer’s Almanac, 1817



Soap and Water vs. Hand Sanitizer Which is Better?

It may be tempting to ease up on some of the daily habits you've perfected this past year like keeping your hands clean but germs are literally everywhere. Going about your day with clean hands is one of the best ways to prevent infection and stop the spread of harmful germs. But if you have a choice, which is best: handwashing or hand sanitizer?

Soap and water make more than just suds. Together, they work wonders to remove all types of germs from your hands. As it turns out, the 20-second time investment is worth it, since handwashing can remove not just all germs but other harmful agents like heavy metals and pesticides. Moreover, just plain soap will do the job if you don't have antibacterial soap on hand. In fact, antibacterial soap carries no special benefits when compared to plain soap, according to the CDC. Finally, studies have shown that soap and water is much better than its counterpart at removing certain germs, including *Clostridium difficile* (aka C. Diff), a life-threatening germ that can damage the colon and even lead to death.



While hand sanitizer doesn't fit the bill for effectively removing greasy substances, dirt, and other debris, it can be effective at killing many germs when you're on the go, with a few important caveats:

- The sanitizer you use must contain at least 60 percent alcohol
- You must use enough sanitizer to cover the entire surface of your hands
- You'll need to rub your hands together until they're dry



Another curious fact about hand sanitizer...it's regulated by the FDA, giving it an expiration date of approximately three years. As the alcohol content evaporates, so does the effectiveness. For this reason, smaller bottles may be better, as they help ensure quicker use.

The Winner: handwashing the "old fashioned" way requires access to water and a bit more time, but we have to hand the best method award to soap and water for removing germs and other muck that our hands tend to collect throughout the day.

Remember that you don't need a certain temperature for washing with soap and water to work — though do avoid directly touching faucets and door handles, which can be accomplished with a paper towel. Still, don't discount hand sanitizer as a close contender if a water and soap aren't available at the moment. There's a strong chance you're still removing many potentially harmful germs.

Hands should be washed anytime they may have gathered bacteria:

- After using the bathroom or changing diapers
- Before and after eating
- After coughing, sneezing, or blowing your nose
- After using a tissue
- After caring for someone sick
- After handling garbage
- After touching or changing a dressing or bandage
- After touching an object or surface that may be contaminated
- After touching an animal, cleaning up after a pet, or preparing food for pets



Houghton Lake Center News

Eventually all pieces fall into place. Until then, laugh at the confusion, live for the moment, and know that everything happens for a reason. Author unknown

hello
AUGUST

August!!! This month is full of promise and excitement here at the Houghton Lake Center...

I have it on good authority that we will be reopening soon...so let's start thinking about those activities that we have missed doing and about adding some new ones.

Did you read about the "No Talent Talent Show" with ice cream sundaes happening August 27th? If not, you can find the info on page 9. The show will happen after lunch and only costs \$6!!! Sign up with Debra Looney and get your act together...

Have you ever played Wii Bowling? Did you know the other two centers have teams? Let's play for fun and see if we can form our own team! We don't have to be good; we just want to be active and enjoy ourselves! We could invite St. Helen and Roscommon to come here, have lunch and do a little bowling Wii style and our team could even travel to their centers as well.

Who remembers the JAM BAND? Anyone with an instrument can join it.

In September we'll introduce a Men's Meet & Greet, surprisingly on Mondays! Time for the guys to get together. Guys, let me know if you're interested. How about Country Line Dancing? What about Bunco? Want to learn this fun game? You'll have your chance, soon.

On a more personal level, we are asking for help making a list of people who passed away during this past year. We don't want to miss mentioning their name in the annual Memorial Service in September.

Did everyone enjoy our picnic July 21??? Please remember to bring in photos and stories so we can share what we did for the last 18 months!

Crystal Peplinski

hlctr@rcco.net

Houghton Lake Center Manager

2625 S Townline Rd

Houghton Lake, MI



Don't forget the "Meals-on-Wheels" Car Show, Saturday, August 14.

Details are on the front page.

Houghton Lake Kitchen Staff

Becky Pratt, one of the cooks, retired in June.

We wish you the best, Becky!

The current kitchen staff is as follows:

Nicole Bell, cook

Veronica Tolfree, cook

Craig Johnston, kitchen aide

Bert Hamel-Falzon, kitchen aide

Bonnie Kitchen, meal driver

Katelin Boutwell, meal driver

Roscommon Center News

August

I certainly hope everyone is enjoying their summer, having fun with family and friends and just being together. My daughter and I have been able to reconnect and see family and friends which we have not been able to do for a while.

I also want everyone to know, there is no age limit for adults to participate at our centers (the only difference is lunch is \$5.00 for anyone under the age of 60 and must be paid to the center manager and be receipted) Adults of all ages are welcome to be part of all our activities.

It was a great turn out for our picnic. Everyone enjoyed seeing each other after being apart for so long. It was a nice prelude to when we can all be back together at the centers.

Lots of changes are happening and we are looking forward to having a full house once again for lunch and fun activities. Lets' get together and start enjoying fellowship with each other.

We look forward to set up teams of four for Wii Bowling so start getting your teams together.

Varlya Hanusik

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



Roscommon Kitchen Staff

The kitchen staff is as follows:

Jon Osim, cook

Cathy Allen, assistant cook and meal driver

Bruce Behne, meal driver

St. Helen Center News



Sally Allport is stepping back as Center Manager at this time due to health issues. She wishes everyone the best and hopes to see you all again sometime in the future.

Sally, we wish you the best. May you have a full recovery from your health issues.

St. Helen Kitchen Staff

Desiree Marshall, cook

Florence (Flo) Fraiser, cook

Karen Zydowicz , meal driver

Old Friends

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

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



Exercise Opportunities

Cardio Drumming

Will resume in September

In-person at the RCCOA Annex Building

Limited to 12 drummers
Deb leads 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, 989.366.0205, 1103, 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!



**All American Workout Video
Monday & Wednesday**

10:00 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 above via ZOOM only for August. You may participate via ZOOM through the RCCOA website, www.rcco.net.

KINSHIP CARE

A program to assist relatives age 55 and up, raising relative children.

School is right around the corner. Grandparents or other older relatives may find it difficult to purchase school supplies, clothes and other things needed to prepare the children they are caring for the new school year. The RCCOA may be able to help.

Funding is available through a program called "Kinship Care." This program is for senior adults, age 55 or older caring for children related to them under 18 years of age. The requests can be for clothing, school/supplies/expenses, tutoring, music lessons, sports, school outings, bedding, and more. Two requests may be made per fiscal year, per child, with a limit of \$300 per request.

To find out more or to get an application for assistance, contact Betty at the RCCOA offices in Prudenville by calling 989.366.0205, ext. 1100.



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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

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The Horizon Senior Living II 1324 Vinewood Ave., Clare, MI 48617, 989-366-4900	The Horizon Senior Living V 450 Quarter St., Gladwin, MI 48624, 989-246-1000
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Roscommon County Food Distribution

Friday, August 13
10:00 a.m.

Roscommon County Food Pantry
715 S. Loxley — Save A Lot Plaza

Approximate 10:00 a.m. start time,
until food runs out

Please have space cleared out in your
vehicle for the food.

****ID is Required****

- Photo or copy of ID is required for any additional households for whom you are picking up food.
- Make room for food. Clear vehicle of unnecessary items.
- Remain in your vehicle through the entire process.



The Computer Swallowed Grandma

The computer swallowed grandma.

Yes, honestly it's true.

She pressed 'control' and 'enter'

And disappeared from view.

It devoured her completely,

The thought just makes me squirm,

She must have caught a virus

Or been eaten by a worm.

I've searched through the recycle bin

And files of every kind;

I've even used the Internet,

But nothing did I find;

In desperation, I asked Jeeves

My searches to refine.

The reply from him was negative,

Not a thing was found 'online'.

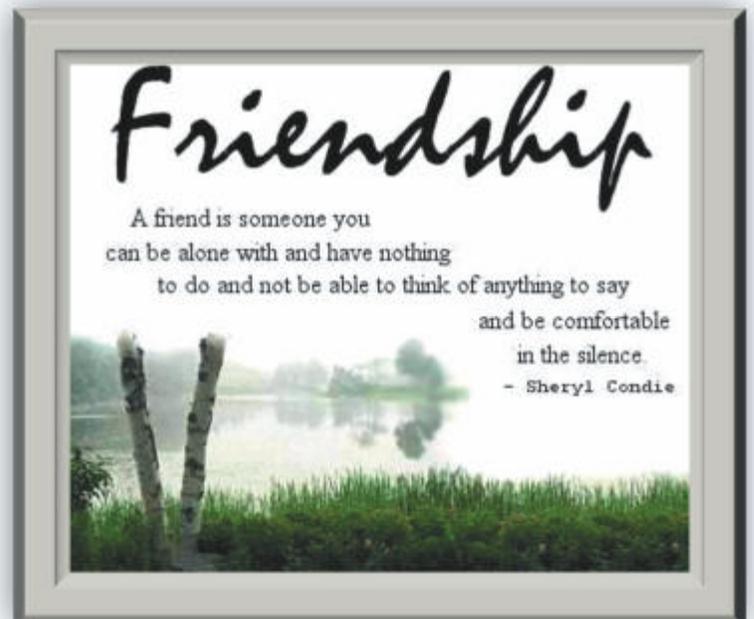
So, if inside your "inbox,"

My Grandma you should see,

Please 'Copy', 'Scan' and 'Paste' her

And send her back to me!

Author unknown



Car Show Sock Hop

This is our Five Year Anniversary for our “Meals-on-Wheels” Car Show. To thank everyone who has supported this event, we are having a Sock Hop Friday, August 13th at the Firemen’s Training grounds in the BIG RED BARN. The dance will be from 5:00 - 9:00 p.m. We are ending early so we can all get up bright and early for the Car Show on Saturday. A DJ will help keep the barn hopping. Hot dogs, chips and a pop/water for \$3.00 will be available. Come on out! We’ve all been locked up for ages. Feel free to dress the part. Then we will see you the next day for the car show! *Music in the Air* will be with us on Saturday to perform a tribute to summer.



Dinner Theater Marshall, MI

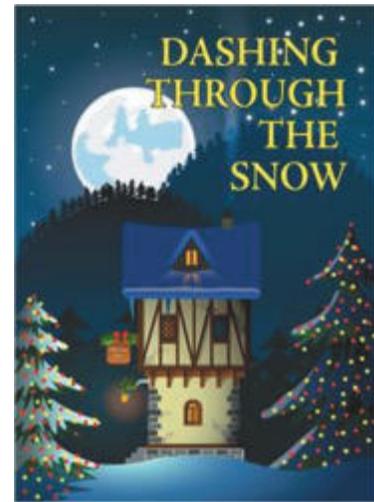
Thursday, November 18, 2021

Leave: Houghton Lake 9:30 a.m.

Return: 6:30 p.m.

Cost: \$70.00 per person

Includes: Complete Turkey Dinner, 2:00 p.m. Matinee, and transportation



A Cornwell’s Original, filled with holiday classics, with book by Dexter Brigham.

The Tannenbaum's are trying to make it back home to Michigan in time to celebrate Christmas with their family, but when a blizzard descends on the Midwest, they are forced off the roads. With all the rooms in every hotel filled with holiday travelers, they are forced to camp out in the lobby of a small, family-owned inn. Feeling discouraged, but determined to make the best of it, the family meets their fellow stranded travelers, and finds the holiday spirit in the most unlikely of places. Featuring holiday favorites such as “Jingle Bells,” “Grandma Got Run Over By a Reindeer,” “O Holy Night,” and many more, this heartwarming night of song, family and laughter is the perfect way to kindle your Christmas spirit!



**RCCOA Annual
Memorial Service
Monday, September 13, 2021**

1:00 p.m.

**Houghton Lake Center
2625 S. Townline Road
Houghton Lake, MI**

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

If you know of someone that attended one of the centers, received in-home service or “Meals-on-Wheels”, who passed during this last year, please contact Debra, 989.366.0205, ext. 1103, by Wednesday, September 8, so we can remember them in this special event. More information will be available in the September newsletter.

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



August 13 — Assistive Devices

This session features useful tools that can help you on your caregiving journey, or help your person live more independently.

September 10 — Preparing for the Future

Being prepared for the future can provide some relief for caregivers. Knowing what their care recipient wants can also provide comfort to a caregiver.

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



Caring for a Loved One with Alzheimer's or Dementia?

Help is Only a Phone Call Away!

Creating Confident Caregivers (CCC) is an exciting six-session workshop for family caregivers of persons with dementia and/or memory loss and still live at home.

This workshop has been found to reduce the stressors of caregiving by providing tools and information thus increasing your effectiveness as a caregiver.

YOU WILL GAIN INFORMATION AND TOOLS IN 4 MAIN AREAS:

- Managing daily life
- Managing behavior
- Managing the caregiver's personal care
- Managing resources

YOU WILL LEARN STRATEGIES TO:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan daily activities for your loved one

THE CLASS:

- FREE
- **Once** a week for **6 weeks**
- 1:00-3:00 p.m.
- **Meets 8/24, 31, 9/7, 14, 21, 28**
- RCCOA Annex Office, 1015 Short Drive, Suite A, Prudenville, MI



Menu

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pub Style Fish Sandwich <i>with</i> American Cheese Potato Wedges Mixed Vegetables	3 Hamburg Stroganoff <i>over</i> Cavatappi Mixed Vegetables Dinner Roll Blueberry Delight	4 BBQ Chicken German Potato Salad Carrots Corn Bread Fresh Fruit	5 Breaded Pork Mashed Potatoes & Gravy Green Beans Wheat Bread Fruit Cocktail	6 Bacon Cheese Burger (Lettuce, Tomato, Red Onion) Potato Salad Cole Slaw
9 Country Fried Steak Mashed Potatoes & Country Gravy Green Beans Dinner Roll	10 Pork Spareribs Scalloped Potatoes Pineapple Coleslaw Honey Wheat Roll Hot Spiced Peaches	11 Lasagna Roll-Up Peas Wax Beans Tossed Salad Dinner Roll Fresh Fruit	12 Chicken Salad on a Bed of lettuce Tomato Wedges Cucumber Sticks Pita Bread Banana	13 Salmon Cakes <i>over</i> Brown Rice Winter Blend Veggie Wheat Bread Fruit Cup
16 Ravioli Florentine Broccoli Cauliflower Wheat Bread	17 Pot Roast Mashed Potatoes & Gravy Baby Carrots Dinner Roll	18 Oven Fried Chicken German Potato Salad Green Beans Wheat Bread Grapes	19 Meatloaf Mashed Potatoes & Brown Gravy Calif. Blend Veggie Tossed Salad Dinner Roll	20 Chicken Bacon Ranch Wrap Potato Salad Marinated Cucumber
23 Goulash California Veg. Blend Green Peas Tossed Salad Wheat Bread	24 Country Fried Steak Mashed Potatoes & Country Gravy Succotash Dinner Roll	25 BBQ Pork Sandwich Baked Beans Kyoto Vegetables Pineapple Coleslaw	26 Birthday Celebration Chef Salad 3-Bean Salad Fruit Cup Dinner Roll Chocolate Chip Cookie	27 Oven Fried Chicken Au Gratin Potatoes Broccoli Wheat Bread Grapes
30 Chicken Marsala <i>over</i> Cavatappi Green Peas Wheat Bread Warm Spiced Peaches	31 Swedish Meatballs <i>over</i> Egg Noodles Capri Vegetables Prince Charles Vegetables Dinner Roll	Sept. 1 Club Sandwich on a Croissant (Lettuce, Tomato, Red Onion) Potato Salad 3-Bean Salad	2 Chicken Taco Salad Black Beans & Corn Mexican Rice Tortilla Chips Banana	3 Baked Spaghetti Brussels Sprouts Tossed Salad Wheat Bread Hot Peach Delight

All Meals Served with Milk

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

Menu Subject to Change

COA TRIPS

MUSHROOM HOUSE *Tours*



Tuesday, September 8, 2021

Leave: **Houghton Lake Center, 9:30 a.m.**

Return: **5:00 p.m.** Cost: **\$28.00 per person**

Includes: **Tour, lunch transportation**

Lunch at **Charlevoix Senior Center** Tour—**1:30 p.m.**

Experienced and knowledgeable step-on guides from the Charlevoix Historical Society will join us on our bus to tour world-famous “Charlevoix the Beautiful”! Our tour will travel throughout the city and take us past the renowned Earl Young “Mushroom Houses”, past the stunning Victorian summer resorts, across the famous drawbridge, and into the heart of the bustling community. The experience will last approximately 1 to 1.5 hours. The breathtaking residences you see on this tour range from 1919 to 1954, each with its own fascinating history.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS



Branson Holiday Show Extravaganza

11/28 — 12/4, 2021

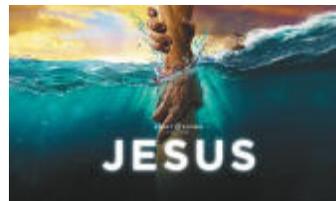
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 - ◆ **Three Evening Shows:** JESUS Show at the Sight & Sound Theatre, PRESLEY’S COUNTRY CHRISTMAS, & THE HUGHES BROTHERS CHRISTMAS SHOW
- ◆ **One Dinner Show:** SHOWBOAT BRANSON BELLE
- ◆ And much more

Depart: Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI



Overnight get-away

Sunday & Monday

**September 19 & 20,
2021**

Cost: \$85 per person (dbl occp)

**Casino Package: \$30 free play, \$10 food voucher,
FREE breakfast, plus room and transportation.**

An overnight get-away to Kewadin Casinos in Sault Ste Marie is being planned. Interested in going? To sign up or ask questions, contact Debra at the number below.

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.**