



Commission on Aging

NEWS

“Informing,
Educating,
&
Caring”

www.rccoa.net

January 2022

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

Mary Fry, Executive Director
989.366.0205, ext. 1111

Betty Kimble, Executive Assistant
989.366.0205, ext. 1100

Vivian Balmes, Bookkeeper
989.366.0205, ext. 1101

Chuck Corwin, RN
Consultant 989.366.0205

In-Home Services 989.366.0205
ext. 1104 Sheri Lewis
ext. 1105 Tina Fransee
ext. 1106 Dee Van-Y
Ext. 1107 Rachel Kieft

Heather Emerick, Lodge Coordinator
989.366.0205, ext. 1108

Dana Clayton, Resource Coordinator
989.366.0205, ext. 1118

Patti Ososki, Human Resources
Generalist 989.366.0205, ext. 1119

“MOW” Hotline/Nutrition (Pam)
989.366.0205, ext. 1102

Jon Osim, Kitchens Coordinator
989.366.0205, ext. 1110

Debra Looney, Activities
Coordinator 989.366.0205, ext. 1103

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

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

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

The Centers serve lunch daily,
Monday-Friday, 12:00 Noon to
1:00 p.m. Cost for age 60 and
over is a donation of \$2.50. Those
59 and under, the cost is \$5.00—
must be paid to the Center
Manager.



Roscommon County Commission on Aging, Inc.

Board of Directors’ Meeting

Wednesday, January 19, 2022

1:00 p.m.

1015 Short Drive, Annex Building

Prudenville, MI

Public is welcome to attend.

Mr. P's Adventures

Mr. P is sooooo very glad that you helped him find his mittens...and that you didn't tell Mrs. P. He has needed those mittens to keep his hands warm. It has been pretty cold at times. Mr. P and the wife really enjoyed the holidays this year. One thing Covid has done is remind us how important our time with family is and how precious it is. He is thankful they were able to be together to celebrate Christmas and to enjoy each other's company. The grandkids are growing up so fast, getting so big. They were all running around and so full of energy! Mrs. P remarked to him that it would be nice to have even half their energy. Maybe she wouldn't sit in her chair at night and fall asleep...none of you do that, do you? Lol! The kids had fun playing in the snow while they were there. They even built a snowman. He took a picture of it but now he can't find the picture. This snowman had a knit cap on that reminded Mr. P of a Hershey Chocolate Kiss—only it was red and white striped. It also had a red scarf on that had hearts on it...when he took the picture a bluebird had landed on its twig-like arm. Can you help him find it? When you find the snowman, **just contact your Center Manager**. She will enter you in a drawing for the gift card. The drawing will take place at each center at lunch **Wednesday, January 12**. Deadline to enter is **Tuesday, January 11, 3:00 p.m.** You don't have to be present to win. She will need your phone number so she can call if you're the lucky winner. "Meals-on-Wheels" people, you can participate, too. Just call the center manager. If you happen to win, your meal driver will deliver the gift card.



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, ext 1100.**

FROM THE DIRECTOR

Looking Forward to the New Year and to a new year at the RCCOA!

Time is such an interesting concept. By the time you are reading this, I will have completed my 90-days. I hope I am living up to expectations as we enter 2022 with excitement and enthusiasm.

Happy
New
Year

We continue to serve our 60+ population with all three Roscommon County Centers open, MOW coming back to pre-pandemic numbers, and staffing shortages being filled. These are exciting times for the Roscommon County Commission on Aging.

We now have a full-time receptionist, answering the phones and directing your calls. This was one of the top priorities for my first 90 days. Rachel has a rapid-fire job, answering the phones, supporting our staff and our In-Home Services programs.

Jennifer was promoted to Lead In-Home Services Provider. She is taking on the responsibility of training all new providers to the high standards she has demonstrated in her career with the RCCOA. Two new In-Home Service Providers have joined our staff. Both have completed their training and are out in the field assisting our clients. Welcome Ladies! Ronnie, an In-Home Service Provider, moved to the Serenity Day Lodge to assist with the care of guests offered to our community as a Lodge Provider.

Our new Kitchens Coordinator, Jon Osim, formerly Roscommon Center's Head Cook, is working to monitor/improve our food quality, costs, waste and to standardize all three kitchens. With Jon's promotion, a new Head Cook at Roscommon was hired. Jon has been training her to his exceptional levels of service, prior to taking on his new responsibilities in the Admin Office.

"Thank You!" to the staff and volunteers at the RCCOA. You worked so hard the past few months, ensuring our seniors receive our best possible care. You should be proud of what you have accomplished and of the RCCOA. Please feel free to say "Hello", to congratulate the staff, or just stop in at our centers to see what is happening at your RCCOA. We look forward to an exciting New Year, blessed with the smiles and appreciation of our clients. Thank you for your continued support and all your well wishes.

Yours in Service,
Mary T. Fry
Executive Director



Drop by to
Give the Gift of Life



**Blood Drive
Monday
January 3,
2022**

10:00 am-3:00 pm
(Center is closed for lunch and activities but open for the blood drive.)



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.

**Roscommon Veterans'
Monthly Coffee Hour
Thursday, January 6, 2022
9:00 — 10:00 a.m.**



The monthly Veterans' Coffee Hour has resumed. They meet at the Roscommon County Airport, 5218 E. Houghton Lake Dr, Houghton Lake, the first Thursday of each month. The Retired and Senior Volunteer Program (RSVP) of Northeast Michigan hosts the event. 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.

This month's Coffee Hour sponsored by Houghton Lake Center's Advisory Board.

HOPE TO SEE YOU THERE!

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15-0755



CAREGIVER SUPPORT GROUP

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

February 1, 2022
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.

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.

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!



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

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.



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 RCCOA, 989.366.0205, ext. 1118



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.



HAPPY NEW YEAR



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



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



APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

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

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

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





Emergency Preparedness

Region 9 Area Agency on Aging
Kelly Robinette, DTR

Being prepared can reduce fear, anxiety and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of a fire and where to seek shelter during a powerful storm. They should be ready to evacuate their homes and take refuge in public shelters and know how to care for their own basic medical needs.

If a disaster occurs in your community, local government and disaster-relief organizations may try to reach you immediately, or they may need to focus their efforts elsewhere. You should be ready to be self-sufficient for at least three days. Keep items in a preparedness bag or bin in an easily accessible location.

Items to have on hand:

Flashlight and spare batteries - Extended power outages are the most common emergency. Being able to see at night—especially in a damaged area is critically important for safety. You may need to get into unlit spaces for inspection or repairs. Make sure every flashlight has at least one extra set of batteries.

Whistle - If you should become trapped in a damaged building or car or isolated in any way and need to attract help immediately, keep a small whistle on hand.

Tool kit – Being able to make small repairs or clear damage during an emergency could be critical. Always keep a basic set of household tools close by including screwdrivers (flat and Philips) claw hammer, adjustable wrench, saw, clamps and crowbar.

First aid kit – It's always good to have a proper first aid kit on hand. If you have one, make sure it gets refreshed with new supplies every year.

Plastic garbage bags - A roll of plastic garbage bags can serve a multitude of uses including gathering belongings, debris clean up, poncho for rain or even an emergency toilet.

Battery powered radio - During any kind of emergency, staying informed is essential. Power and cable (including internet) services may be down for an extended time. A portable battery powered radio can keep you up to date on local information and weather.

Personal clothing and bedding – Clothing should include sturdy closed toed shoes. Be sure to check clothing every year to make sure they still fit. Sleeping bags make good bedding.

Personal hygiene items - Towels, washcloths, toothbrush and paste, personal medications enough for a week. Whatever else you think you may need.

Drinking water - It is possible that clean water may not be available for a while. Keep one gallon of drinkable bottled water per person per day on hand for drinking, cooking and basic hygiene. You will need to keep extra on hand for pets. Juices and soft drinks are OK to drink in limited quantities. Avoid alcohol.

N95 dust masks or respirators - If a flood or other disaster should cause damage that leaves mold or other toxic dust in a home, a dust mask or respirator may help keep you breathing safely while you are recovering. If you smell any strong chemical odor, you should leave the area immediately.

Non-perishable food – Since your emergency kit provides food for a short time only, you don't have to aim for perfect nutrition. However, having nutritious meals and snacks will help keep energy levels up and help everyone feel their best. Include foods that your family eats on a regular basis. Include food items that are: non-perishable, do not require refrigeration, require minimal or no cooking, remember to pack a manual can opener. Remember food for your pets. Check expiration dates on food items. Remember to rotate and replace food at least once per year.

Food suggestions - Here is a list of suggestions that can guide your food selections:

Grains - bagel chips, crackers, rice cakes, pita chips, ready-to-eat cereal individual packets, instant rice, uncooked instant oatmeal, granola bars.

Vegetables and fruit - applesauce, dried fruits, fruit cups, instant mashed potatoes, vegetable or fruit juice in tetra- pack boxes or plastic containers.

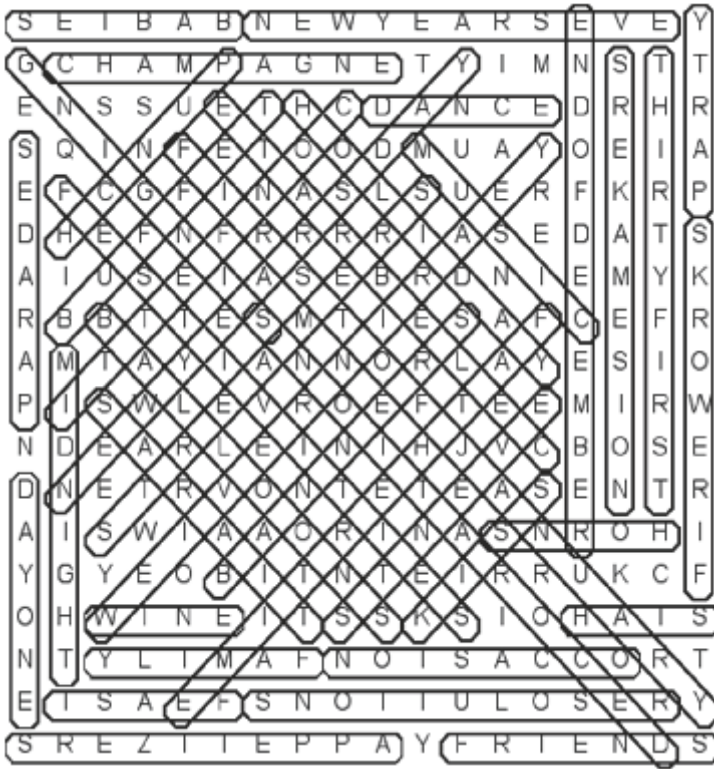
Milk and alternatives – condensed, dehydrated, or evaporated milk, skim milk powder, packaged ready-to-eat puddings.

Meat and alternatives - dried or powdered eggs, nut butters (peanut, almond, cashew sesame or tahini), nuts, canned meats, fish, beans, dried beans, peas, lentils.

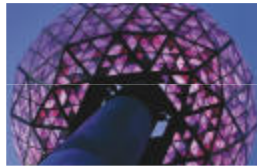
Comfort foods, snacks, and others - food for infants, if necessary, sports drinks, cookies, hot chocolate, instant coffee, trail mixes, food for pets.



Source: SMDHU



The hidden message is:
TIMES SQUARE IN NEW YORK CITY



HOW WE SERVED YOU DURING November 2021

Meals-on-Wheels Delivered:	6,046
Center Meals Served:	1,452
Homemaking Hours:	634
Personal Care Hours:	204.5
Respite Care Hours:	191.25
Serenity Day Lodge Hours:	267.5

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

Houghton Lake	Lorraine Preczewski
Roscommon	Bob Sugden
St. Helen	Micky Shivley



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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**Make a Donation Today to
Roscommon County Commission on Aging**

Although the RCCOA is supported by state and federal grants and millage monies, we could not do what we do without the support of people in our community just like you. Gifts can be made to the Roscommon County Commission on Aging any time of the year as a general donation, for one of our programs, or in memory/honor of someone.

Name _____

Mailing Address _____

City _____

State _____ ZIP _____

Method of payment: Cash Check

Amount Enclosed: \$ _____

Memory/Honor of _____

If by check, please make payable to RCCOA and mail to 1015 Short Drive, Suite A, Prudenville, MI 48651

Thank you for your support!

Telephone Reassurance

What is Telephone Reassurance?

Receive a call 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, 989-366-0205. It is our mission to “promote and safeguard the independence and well-being of senior citizens in Roscommon County, Michigan.” Let us help!

Where Can I Find a Copy of the Newsletter?

In addition to placing the RCCOA newsletter at various locations throughout the county they are 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.

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!
Fundraiser for “Meals-on-Wheels”.*

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.

Center / COA ACTIVITIES & NEWS



Music In the Air

Thank you to *Music in the Air* for your community Christmas concert presented December 14th at the Houghton Lake Center. It was thoroughly enjoyed by all who attended!



The Roscommon County Commission on Aging Administration Office, our 3 centers and Serenity Day Lodge will be **CLOSED**:

**Friday, December 31 and
Monday, January 3, 2022**

**"Meals-on-Wheels" clients will receive
frozen meals in advance**

Who wants to play Chess?

Winter's coming—what better to do on a cold afternoon than come to the St. Helen Center, have lunch, then play a game of Chess. All levels welcome. Contact Becky at the St. Helen Center, 989.366.0205, ext. 1117, to sign up for lunch and ask your questions or express your interest.



"Post Holiday Debrief Counseling"

Monday, Jan 17th

12:45 p.m.

All 3 Centers

This program is via ZOOM. To participate go to www.rccoa or attend your Center and enjoy lunch before the program begins. Karen Henderlong, Chaplain for Baruch Senior Ministries, is our presenter.



Meal Tickets

Did you know you can purchase meal tickets in advance? See your Center Manager and purchase as many as you would like. You can use them for a gift for those over 60, a prize or for yourself. Then you don't have to stand in line waiting for change and no more saving quarters. The tickets can be used at any of our three Centers.



To MMAP Counselor Jan Williamson for serving our seniors through Open Enrollment. She was able to provide service to 148 clients for a total savings of \$137,682 for these individuals.



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

Happy New Year.

Make as many words as possible from the above phrase.

**Turning 65?
Need Medicare?**

New to Medicare Workshop

"Medicare Mondays"

Monday, January 17, 2022

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 Jan Williamson. To reserve your seat contact Deb, 989.366.0205, ext 1103.

Medicare Premiums to Increase Dramatically in 2022

Medicare premiums are rising sharply next year, cutting into the large Social Security cost-of-living increase. The basic monthly premium will jump 15.5 percent, or \$21.60, from \$148.50 to \$170.10 a month.



The Centers for Medicare and Medicaid Services (CMS) announced the premium and other Medicare cost increases November 12, 2021. The steep hike is attributed to increasing health care costs and uncertainty over Medicare's outlay for an expensive new drug recently approved to treat Alzheimer's disease. Because most recipients have their Medicare premium deducted from their Social Security check, the upswing in Medicare premiums means that the Social Security cost-of-living increase of 5.9 percent, the largest in 39 years, will be smaller for most people.

Meanwhile, the Part B deductible will rise \$30, from \$203 to \$233 in 2022, while the Part A deductible will go up by \$72, to \$1,556. For beneficiaries receiving skilled care in a nursing home, Medicare's coinsurance for days 21-100 will increase from \$185.50 to \$194.50. Medicare coverage ends after day 100.

Here are all the new Medicare payment figures:

- Part B premium: \$170.10 (was \$148.50)
- Part B deductible: \$233 (was \$203)
- Part A deductible: \$1,556 (was \$1,484)
- Co-payment for hospital stay days 61-90: \$389/day (was \$371)
- Co-payment for hospital stay days 91 and beyond: \$778/day (was \$742)
- Skilled nursing facility co-payment, days 21-100: \$194.50/day (was \$185.50)

Your "Medigap" policy may cover some of these costs.

Premiums for higher-income beneficiaries (\$91,000 and above) are as follows:

- Individuals with annual incomes between \$91,000 and \$114,000 and married couples with annual incomes between \$182,000 and \$228,000 will pay a monthly premium of \$238.10.
- Individuals with annual incomes between \$114,000 and \$142,000 and married couples with annual incomes between \$228,000 and \$284,000 will pay a monthly premium of \$340.20.
- Individuals with annual incomes between \$142,000 and \$170,000 and married couples with annual incomes between \$284,000 and \$340,000 will pay a monthly premium of \$442.30.
- Individuals with annual incomes above \$170,000 and less than \$500,000 and married couples with annual incomes above \$340,000 and less than \$750,000 will pay a monthly premium of \$544.30.
- Individuals with annual incomes above \$500,000 and married couples with annual incomes above \$750,000 will pay a monthly premium of \$578.30.

Rates differ for beneficiaries who are married but file a separate tax return from their spouse. Those with incomes greater than \$91,000 and less than \$409,000 will pay a monthly premium of \$544.30. Those with incomes greater than \$409,000 will pay a monthly premium of \$578.30.

The Social Security Administration uses the income reported two years ago to determine a Part B beneficiary's premium. This means that the income reported on a beneficiary's 2020 tax return is used to determine whether the beneficiary must pay a higher monthly Part B premium in 2022. Income is calculated by taking a beneficiary's adjusted gross income and adding back in some normally excluded income, such as tax-exempt interest, U.S. savings bond interest used to pay tuition, and certain income from foreign sources. This is called modified adjusted gross income (MAGI). If your MAGI decreased significantly in the past two years, you may request that information from more recent years be used to calculate the premium. You can also request to reverse a surcharge if your income changes.

Those who enroll in Medicare Advantage plans may have different cost-sharing arrangements. CMS estimates that the Medicare Advantage average monthly premium will be lower in 2022, from an average of \$21 in 2021 to \$19 in 2022.

Joe Sanders
The Handyman

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2021
in
Review

**ROSCOMMON COUNTY COMMISSION
ON AGING PRESENTS**

New Orleans



February 5 — 13, 2022
\$850

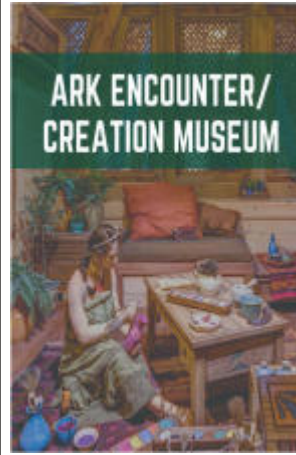
9 days 8 nights
Per person, double occupancy

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ **8 nights lodging** including 4 consecutive nights in the New Orleans area
- ◆ **14 meals:** 8 breakfasts and 6 dinners
- ◆ **Guided Tour** of New Orleans
- ◆ Admission to the **National World War II Museum**
- ◆ Gaming at fabulous **Harrah's Casino**
- ◆ Admission to **Mardi Gras World**
- ◆ Relaxing **Riverboat Cruise** on the Mississippi River
- ◆ Enjoy **Historic New Orleans French Quarter**
- ◆ And much more

Depart: 8:00 a.m.
Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI

For more information, a flyer or to reserve your spot, contact Debra Looney, 989.366.0205, ext. 1103.



Back by popular demand! The RCCOA presents a trip to The Ark Encounter & Creation Museum in Kentucky.

June 6 — 10, 2022
5 Days — 4 Nights

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

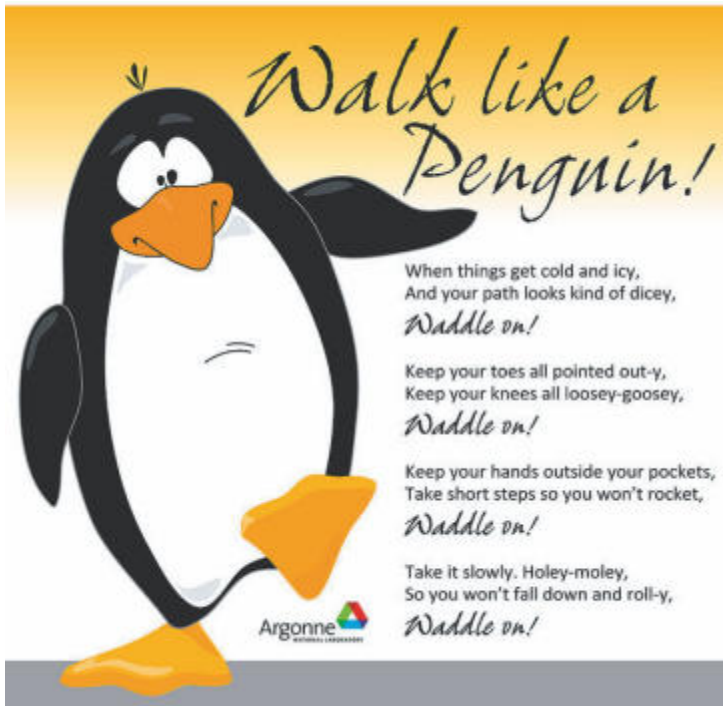
Cost: \$589 (price per person, double occupancy.)

This incredible price includes:

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

Interested? Want a flyer with more details? Ready to sign up for the trip? Contact Debra Looney, 989.366.0205, ext. 1103.





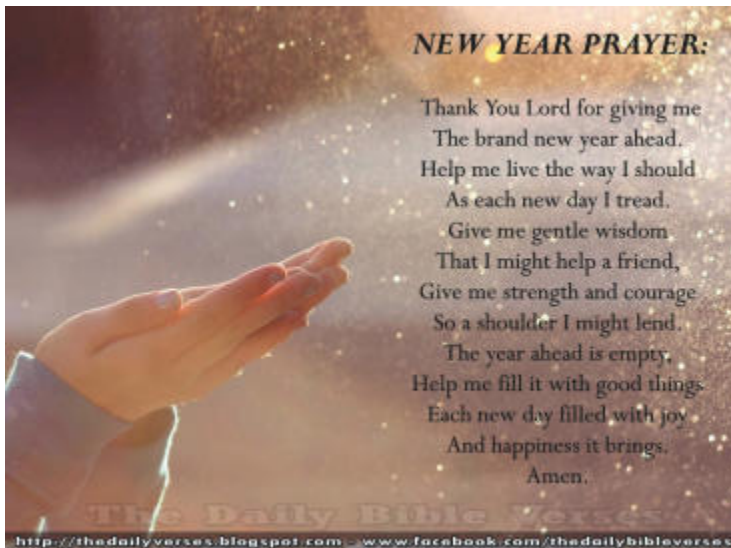
Shoveling Safety

Tips to minimize risk,
maximize benefit

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

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

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



RCCOA's Closure Policy

With winter weather near at hand the need to close our centers and Day Lodge may arise. The RCCOA's closure policy is as follows:

- If the **Houghton Lake Public Schools** are closed due to weather, the **Houghton Lake Center and Day Lodge** are closed and no meals will be served.
- If the **Roscommon Area Public Schools** are closed due to weather, the **Roscommon Center and St. Helen Center** will be closed and no meals will be served.
- **Home Delivered meal delivery** will be determined on the day of the weather event. An emergency meal will be sent out in advance if possible for those days we may be closed. Please stay safe if you choose to travel. **The RCCOA Administration reserves the right at any time to override our closure policy in the best interest of our clients and staff.**



Houghton Lake Center News

LIFE IS LIKE A CAMERA: FOCUS ON WHAT IS IMPORTANT, CAPTURE THE GOOD TIMES, DEVELOP FROM THE NEGATIVES AND IF THINGS DON'T WORK OUT, TAKE ANOTHER SHOT. Unknown



It's a new year and the possibilities are endless.

BINGO!!! Coming to you live at the HL Center! We have Penny Bingo on Friday like before. You can now attend regular Bingo on Tuesdays and Pantry Bingo on January 20, 2022 (thanks to Heather from The Brook)!

This will be our new suggestion box. I am refurbishing it. How does it look? Any ideas for a location to keep this beauty?



Coming in February:

ASK THE BANKER! BLOOD PRESSURE CLINIC. HELP WITH ESTATE PLANNING.

Crystal Peplinski
Center Manager
2625 S Townline Road
Houghton Lake, MI
hlctr@rcco.net
989.366.0205, ext 1112



The **Friday Quilters** are changing their name and broadening their activities. They are now **Quilting and Crafts**. They would like to invite other crafters to join them for a pleasant afternoon of working on projects and chatting with fellow crafters. They quilt, knit, crochet, needlepoint, color, and other crafts. The group meets Fridays, 12:00 Noon.

DAILY ACTIVITIES

Monday	9:15 a.m. Exercise	
	10:00 a.m. Open Pool	
	1:00 p.m. Open Euchre	
Tuesday	9:15 a.m. Exercise	
	10:00 a.m. Wii Bowling Chair Volleyball	
	10:45 a.m. Arthritis Exercise Cribbage & Board Games Bingo	
	1:00 p.m. Bingo	
Wednesday	9:15 a.m. Exercise	
	10:00 a.m. Choose to Be Healthy	
	10:30 a.m. Pool League	
	11:00 a.m. HL Jam Band	
	1:00 p.m. Bridge	
Thursday	9:15 a.m. Exercise	
	10:00 a.m. Chair Volleyball Hand & Foot	
	10:45 a.m. Arthritis Exercise	
	1:00 p.m. Bingo, Euchre	
Friday	9:15 a.m. Exercise	
	10:00 a.m. The Coffee Clutch	
	12:00 Noon Quilting and Crafts	
	1:00 p.m. Penny Bingo	

Monthly Activities

- 10:00 a.m. Card Class *first* Tues
- 11:30 a.m. Senior Advisory Bd, *2nd* Tues
- 10:00 a.m. UFO *last* Tues
- 12:00 Noon Birthday Celebration *4th* Thurs brought to us by The Brook
- Dec 31 All Day RCCOA CLOSED for & Jan 3 New Years**
- Jan 3 10:00 a.m. Blood Drive (pg 3)**
- Jan 12 11:15 a.m. Special Music—Dale Hafner
- Jan 17 12:45 p.m. ZOOM “Post Holiday Debrief Counseling” (pg 9) — Library
- 3:00 p.m. Medicare Monday (pg 9)
- Jan 20 10:00 a.m. Pantry Bingo sponsored by The Brook
- Feb 1 1:30 p.m. Caregiver Support Group (pg 4)

Roscommon Center News

HAPPY NEW YEAR!!

WELCOME 2022!!

Let's give our new cook, Laurie Harteau, a warm welcome to our RCCOA family. Laurie will be a great addition to our staff. We will greatly miss Jon Osim but he is taking a step up within our organization as Kitchens Coordinator. We wish him the best.

Monday, January 17th, 12:45 p.m., a ZOOM presentation to help with after the holidays and the blah days of winter will happen here at our center. Please join us for lunch and then stay for the presentation.

The Advisory Board will host their Potluck Saturday, January 8th, 1:00-4:00 pm. This is always lots of fun with friends. Please consider joining us.

I know I keep including this in each newsletter but I truly believe everyone should know what is available at our centers. We have lots of activities going on. Please come participate. If you don't see something you want to do, just talk to me and we'll see if we can make arrangements to add it to our schedule. Also, remember you do not have to be 60 to participate in any of our events. Adults of all ages are welcome. The only difference is the cost of lunch for those under 60 is \$5.00 unless you are married to someone 60 or older who comes with you to the center. For those under 60, they must see the Center Manager to pay for their meal and a receipt made out.

We like to recognize those with birthdays but need your help in doing so. If you would like to be added to our birthday recognition, please give Joan Meyer, our Sunshine Lady, your information.

The winner of Mr. P for December was Bob Sugden, congratulations!


Wishing everyone a fun safe New Year and a reminder that our Center is closed January 3, 2022.

Varlya Hanusik

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



Monthly Activities

Dec 31 & Jan 3, 2022	CLOSED for New Years	
Jan 3	10:00 a.m. Blood Drive (pg 3)	
Jan 8	1:00 p.m. Monthly Potluck	
Jan 10	12:45 p.m. Senior Advisory Meeting	
Jan 11	11:45 a.m. Blood Pressure Clinic by The Care Team	
Jan 17	12:45 p.m. "Post Holiday Debrief" (pg 9)	
	3:00 p.m. Medicare Monday (pg 9)	
Feb 1	1:30 p.m. Caregiver Support Group (pg 4)	

Daily Activities

Mondays

10:30 a.m. Arthritis Exercise 

Tuesdays

10:00 a.m. Pantry Bingo 

12:45 p.m. Card Playing

Wednesdays

10:30 a.m. Arthritis Exercise 


12:45 p.m. Bunko

Thursdays

10:00 a.m. Wii Bowling 

12:45 p.m. Card Playing

Fridays

10:00 a.m. Penny Bingo 

St. Helen Center News



I hope everyone had a very Merry Christmas and Happy New Year. It's so hard to believe that January is already here. Did you all make your New Year's resolutions?

I've been having a lot of fun filling in on our afternoon card games when needed, but we can always use more players. We now have Bunco on Tuesday afternoons at 12:30 p.m. Maybe you made a resolution to be more active, we have exercise every Monday, Wednesday, and Friday. Want to catch up on some reading? We have a nice little library for you to browse. Penny Bingo is Tuesdays and Thursdays. Come on in for our morning activities and stay for a good lunch.

We are always looking for different activities to get more of you into the center to enjoy everything we have to offer. If there is something specific you would like to do, let me know and we'll see if we can make it happen. This center is for everyone to enjoy. Here's an idea—how do you feel about bringing back a movie day in the afternoon? Let me know what you think...and what day of the week would work.

December's Mr. P winner was Micky Shively. Congratulations!

This month we are planning on having two guest speakers. Dan Fishel will be here January 12 at 11:00 a.m. to do a talk on the history of St. Helen. Then Cindy Herrick from Promedica will be in to talk about preplanning if a loved one gets sick. We are working out the details yet so if you are interested in hearing her, give me a call. We are doing a grief group via ZOOM on *Post Holiday Debrief* with Karen Hendershot. More information on this special presentation can be found on page 9. It's always good to have someone to listen to and talk with if you want.

Stay warm!

Becky Behne
St. Helen Center Manager
10493 East Airport Rd., St. Helen
989.366.0205, ext. 1117
shctr@rcco.net

Monthly Activities

11:00 a.m. Senior Advisory Meeting,
3rd Monday of the month

Dec 31 & Jan 3 All Day RCCOA CLOSED for New Years

Jan 3 10:00 a.m. Blood Drive (pg 3)

Jan 12 11:00 a.m. Dan Fishel presentation on
the history of St. Helen

Jan 17 12:45 p.m. "Post Holiday Debrief" (pg 9)

3:00 p.m. Medicare Monday (pg 9)

Feb 1 1:30 p.m. Caregiver Support Group (pg 4)

DAILY ACTIVITIES

Mon: 10:00 a.m. Exercise
Wii Bowling
12:30 p.m. Pinochle

Tues: 10:00 a.m. Penny Bingo
Wii Bowling
12:30 p.m. Bunco
1:00 p.m. Bingo

Wed: 10:00 a.m. Wii Bowling
Exercise
12:30 p.m. Pinochle

Thurs: 10:00 a.m. Penny Bingo
12:30 p.m. Euchre

Fri: 10:00 a.m. Exercise
12:30 p.m. Pinochle

Exercise Opportunities

Join Deb for any of the exercise classes listed here via ZOOM or in person. You may participate via ZOOM through the RCCOA website, www.rccoa.net. Or join her at the Annex, 1015 Short Drive, Prudenville.

Cardio Drumming

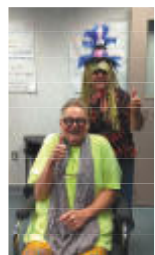
Monday, 1:00 p.m.
Wednesday, 11:00 a.m.



Limited to 11 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.



Exercisers

Join us for our
Arthritis Exercise Class...
Tuesday, Thursday
10:00 a.m.

Walk Away the Pounds

with Leslie Sansone

Tuesday & Thursday — 9:30 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!



Coming in 2022 — Tai Chi classes on Tuesdays. Start date and time to be announced. This will take place April/May/June and is an 8-10 week program. Watch for more information. If interested, contact Deb, 989.366.0205, ext. 1103.



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.

Center Exercise Classes

Or, if you prefer, you may go to your center of choice to exercise. For times/days of the exercise classes at Houghton Lake, Roscommon, or St. Helen, check the Center page in this newsletter.

The Perfect Cup of Cocoa

The perfect cup of cocoa
Is rich and chocolaty.
And always warm, but not too hot—
A steaming chocolate sea.

The surface is enclosed beneath
A thick marshmallow mound,
Which melts into a gooey cloud
Without the slightest sound.

A whipped cream swirl extends beyond
The surface of the cup,
And chocolate sprinkles add
The perfect touch to dress it up.

The perfect cup of cocoa
Is like an old best friend—
It's warm; it's sweet; it's such a treat.
And yummy till the end.



THE SERENITY DAY LODGE ADULT DAY SERVICE

Happy New Year!
Here's hoping 2022 is good to you!

The physical and emotional demands of caring for a loved one with a serious illness can be exhausting and even lead to burnout. It's important to maintain your own health and well-being so you can provide the best possible care.

The Serenity Day Lodge can help relieve some of that stress for caregivers by offering a safe, comfortable place for your loved one to come while you take time for yourself. We are here to give you a break! The Serenity Day Lodge is available to offer respite for caregivers. Call today to set up a time to visit and get information about how we can help you.

Serenity Day Lodge

Heather Emerick, LPN, Coordinator
1015 Short Dr., Suite A, Prudenville, MI
989.366.0205 Fax: 989.366.0136

See page 21 for some caregiver tips to go with your perfect cup of cocoa!

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

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It all happens here!

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

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Soup's On!



**Saturday,
February 19, 2022
1:00 — 4:00 p.m.**

Soup Fundraiser
St. Helen Center
10493 East Airport
St. Helen

*Homemade by
Soup Queen Desiree Marshall*



White Chicken Chili
Beef Barley
Butternut Squash



Taste test each one, decide which one's for you!

\$5.00 will get you

A sample of all three soups
1 bowl of your choice
slice of bread
dessert
drink



\$10 special

A sample of all three soups
2 bowls of your choice
slice of bread
dessert
drink



Plus 1 bowl of your choice to go!

\$12 —by the Quart

First time ever— you can purchase a quart of your favorite soup to take home



Snow & Snowflake Trivia



Every winter

1,000,000,000,000,000,000,000,000 snow crystals drop from the sky. That is 1 Septillion for us non-math people. LOL.



It takes about 1 million little droplets to make one snowflake.

The size of the snowflake depends on how many ice crystals connect.

Snowflakes always have six sides.



On average snowflakes fall from the sky at 3-4 miles per hour.

Snow is not actually white but clear. Snow looks white because of the way the light reflects off the ice crystals.

Close to 80% of the world's fresh water comes from snow and ice.

There is no scientific proof that no two snowflakes are alike.



Each year about 105 snow producing storms occur in the continental United States.

One inch of snow makes 1/10th inch of water.



Snowflakes can be categorized into 6 main types: flat, column, stars, dendrite, lacy, needle, and capped.

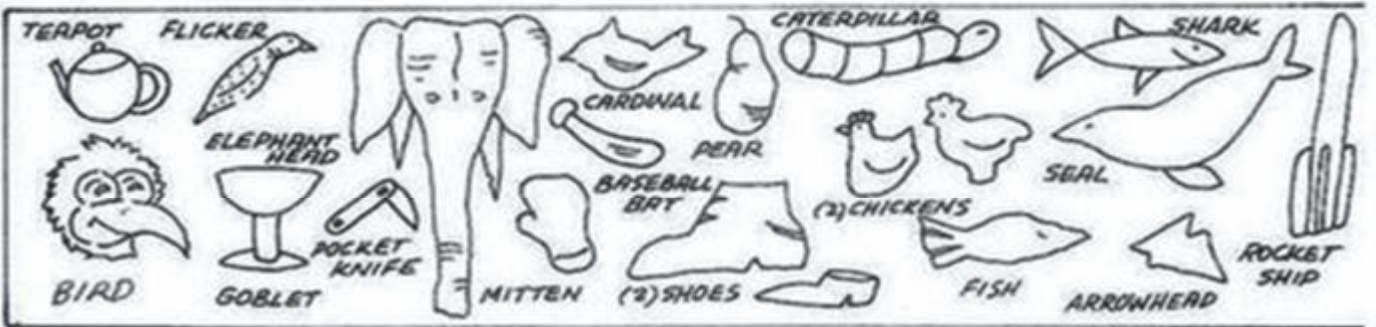
When the weatherperson predicts a blizzard is coming people buy more cakes, candy, and cookies than any other food.

The most snow to fall in a 24-hour period was 76 inches in Silver Lake, Colorado in 1921.



When the temperature is near the freezing point, snowflakes become much larger and complex in design.





❄️❄️❄️❄️ *Hidden Picture by Liz Ball* ❄️❄️❄️❄️

Education

How to Keep Your Cool in an Emergency

Emergency situations can be very stressful. An already stressful situation can be much worse when you don't keep your cool. Stress affects the body in many ways. Too much stress, the body goes into fight or flight mode by overproducing cortisol, a stress hormone. This hormone can cause the prefrontal cortex to slow down, making it difficult to think clearly and function effectively. Essentially, you have less control. Don't crumble under pressure, keep your cool with a few of these techniques:

How to relax. Keeping your cool can be tough. Try a few of these techniques to calm down, lower your heart rate, and increase blood flow.

- **Stop what you are doing.** Take a deep breath, squeeze all the muscles in your body simultaneously and release and exhale. Repeat three times. This will increase blood flow, reduce stress, and help relax you.
- **Try breathing exercises.** Take a minute to inhale, count to three, breath out slowly as you count to three again. Repeat three times. Breathing deeply will help lower your heart rate, increase blood flow, and calm you down.
- **Visualize.** Close your eyes for a minute and visualize that you are somewhere calm. Picture somewhere comforting like a beach, the mountains, or somewhere sentimental to you. Reduce your stress by lowering your heart rate and slowing breathing.

One of the best ways to avoid panicking is being prepared. Though emergencies are not always predictable, having some basic know-how will help you keep control. One of the first things to do in emergency situations where someone is injured in any way is to remember the ABCs. The ABCs stand for airways, breathing, and circulation. Be sure to check if the injured person is breathing and no airways are blocked. If no airways are blocked and they are not breathing, you may need to preform CPR. Having basic CPR skills can help you feel prepared in many emergency situations. The same goes for first aid skills. There could be various reasons someone may need first aid, ranging from minor scrapes to a serious wound to a broken leg. Knowing some first aid will certainly come in handy.

Preparing yourself before an emergency hits helps to keep your cool and make the most out of a stressful situation.



Source: Idaho Medical Academy

Caregiver Care Tips

Caregivers face stressful situations on a daily basis in caring for their person. Many times the needs of their person is put before their own needs. When this happens consistently over a period of time, caregivers can burn out. To help prevent this and to keep themselves healthy, caregivers need to take care of themselves. Here are some tips for you to put into practice to keep yourself healthy and better able to care for your person:

- ♥ **Take time for yourself and your own needs.**
- ♥ **Curl up with a warm blanket, nice cup of hot cocoa, and a book.**
- ♥ **Eat a well-balanced diet. Drink plenty of water every day.**
- ♥ **Exercise by taking short walks daily or at least three times a week.**
- ♥ **Listen to guided relaxation recordings or relaxing music.**
- ♥ **Schedule short rest periods between activities. Make it a priority to get a good night's sleep.**
- ♥ **Don't overload your daily to-do list. Be realistic. Allow for the unexpected.**
- ♥ **Find a few hours several times a week for activities you find meaningful and enjoyable.**
- ♥ **Share your feelings with family members, other caregivers or join a support group. (Offered monthly at RCCOA—see page 3 for the next meeting date.)**
- ♥ **Give yourself credit: You are doing the best that you know how. The care you give does make a difference.**










Menu



JANUARY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed Don't forget the blood drive at Houghton Lake Center. See pg 3 for more information.	4 Country Fried Steak Mashed Potatoes & Country Gravy Beets Dinner Roll	5 Goulash California Veggies Green Peas Wheat Bread Banana 	6 Roast Pork Sweet Potatoes Spinach Wheat Bread Applesauce	7 Meatloaf Mashed Potatoes & Brown Gravy Green Beans Dinner Roll 
10 BBQ Pork Sandwich Baked Beans Kyoto Vegetables Pineapple Coleslaw	11 Oven Fried Chicken Sweet Potato Wedges Broccoli  Wheat Bread Grapes	12 Pot Roast Mashed Potatoes & Gravy Baby Carrots Dinner Roll	13 Salmon Cakes Brown Rice Winter Blend Veggie Wheat Bread Fruit Cup	14 Chicken Chili Peas & Pearl Onions Stewed Tomatoes Cornbread Fresh Fruit
17 Martin Luther King Jr. Day Country Fried Steak Mashed Potatoes & Country Gravy Green Beans Dinner Roll	18 Pork Spareribs Scalloped Potatoes Pineapple Coleslaw Honey Wheat Roll Hot Spiced Peaches	19 Lasagna Roll-Up Peas Wax Beans Tossed Salad Dinner Roll Fresh Fruit 	20 Chicken & Noodles Succotash Veggie Wheat Bread Diced Pears	21 Meatloaf Mashed Potatoes & Brown Gravy Calif. Blend Veggie Tossed Salad Dinner Roll
24 Chicken Marsala over Cavatappi Green Peas Wheat Bread Warm Spiced Applesauce 	25 Swedish Meatballs over Egg Noodles Cauliflower Prince Charles Vegetables Dinner Roll	26 Pub Style Fish Sandwich with American Cheese Potato Wedges Mixed Vegetables	27 Birthday Celebration Chicken Ala King Over a Biscuit Succotash Warm Spiced Applesauce 	28 Baked Spaghetti Brussel Sprouts Wheat Bread Hot Peach Delight
31 Chicken & Broccoli Casserole Green Peas Waxed Beans Wheat Bread Chocolate Chip Cookie	Feb 1 Hamburg Stroganoff over Cavatappi Capri Vegetables Dinner Roll Blueberry Delight	2 Breaded Pork Mashed Potatoes & Gravy Green Beans Tossed Salad Wheat Bread 	3 BBQ Chicken German Potato Salad Carrots Corn Bread Fresh Fruit	4 Cabbage Casserole Mashed Potatoes & Tomato Gravy Peas & Pearl Onions Dinner Roll Fruit Cocktail

All Meals Served with Milk

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

Menu Subject to Change

COA TRIPS

Turtle Creek Casino
Traverse City, MI
Thursday, January 20, 2022



Leave: Houghton Lake Center

Time: 9:30 a.m.

Leave Casino: 3:00 p.m.

Cost: \$30.00 per person comp package

Comp Package includes: \$10 premium play,
\$5 food voucher.

To save your spot, call Deb.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

Chicago



\$525

5 DAYS 4 NIGHTS

Per person, Double Occupancy

(Mon - Fri)

August 1-5, 2022



Bussin' Beauties

Kirtland Community College
Cosmetology Salon

Ladies and Gents:

Join us for a morning of pampering.

Leave: Roscommon Center

Tuesday, January 25, 9:00 a.m.

Return: When we are gorgeous (don't laugh)!

Cost: \$15.00 per person, includes 3 treatments and
transportation. **Limited number of seats—open to
both men and women!**

Incredible Price Includes:

- ◆ Motorcoach Transportation
- ◆ 4 nights lodging in the Chicago area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Guided Tour of Chicago
- ◆ Visit Museum of Science and Industry
- ◆ Gaming at Chicago Area Casino
- ◆ Visit to the World Famous 360 CHICAGO, formerly the John Hancock Observatory
- ◆ Skyline Cruise on Lake Michigan
- ◆ Visit to the historic NAVY PIER and Chicago's MONEY MUSEUM
- ◆ Two Diamond Tours Dinner Parties with entertainment
- ◆ And much more

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

**FOR INFORMATION & RESERVATIONS
CONTACT: Debra Looney.**

Welcome January

January is a time of quiet and new
beginnings - is the perfect time
to reflect on how you want to live
your life.

January is the perfect time to refocus
on your priorities and set goals.

Think Positive Words

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.