



NEWS

"Informing, Educating,
& Caring"

August 2014

Commission on Aging



Meet Mr. P

Mr. P is new to our centers and our newsletter. In fact, he will be making monthly appearances in the newsletter so you will want to watch for him to see what he is up to. Mr. P loves to see what the activities are at the different centers so he can plan what he wants to participate in. He also finds it helpful to read the various informational articles and use the suggestions to improve his life. But Mr. P has become so involved in reading the newsletter that we can't find him. We need your help. When you locate him, let your center manager know. She will enter you in a drawing for a Walmart gift card. A drawing will take place at each center at lunch time on Friday, August 8. Deadline to enter the drawing is Thursday, August 7, 3:00 p.m. You don't have to be present to win—just make sure the center manager has your phone number so she can give you a call. "Meals-on-Wheels" people, you can participate too. Just phone in your find to the center manager. If you happen to be the lucky winner, your meal driver can deliver the gift card. Have fun finding Mr. P.

Remembering our Veterans



The Roscommon County Commission on Aging and veterans from all three centers were honored to present wreaths at the Vietnam Memorial Wall on July 10th. A special "Thank You" goes out to Maureen Daugherty and the Roscommon County Transit Authority for providing us with transportation from each center to and from the wall. We are fortunate that we have a public transit system that goes above and beyond. *Pictured L-R Roger Jonski, Eleanor Tucker, Roger Dolland, Walt Horn, Tom Pettit, and Al Collins)*



Members of the 126 Army Brass Quintet, "The Minutemen", played for over 100 people at the Ice Cream Social on July 20th



The Roscommon County Commission on Aging, Inc. will hold its regularly scheduled Board of Director's Meeting on Wednesday, August 20, 2014 at 1:30p.m.

**at the
Houghton Lake Center
2526 S. Townline Rd
Houghton Lake, MI 48629
Everyone is welcome to attend.**



Something to Ponder...



July 4th we celebrated Independence Day. It is on this day we remember that the founding fathers of our great country declared independence from Great Britain, making us an independent democracy. A day earlier, John Adams had written to his wife Abigail:

The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more. [From Wikipedia]

This freedom that we celebrate did not come without cost. We have felt the cost from the inception of our country, through the World Wars, the Korean War, the Vietnam conflict to the present with Desert Storm to Operation Iraqi Freedom to the continued upheaval in the Middle East today. Recently, we were reminded of the cost of freedom when the Traveling Vietnam Wall was in our community. Freedom is not free.

Below is a story, submitted by Yvonne Yarnell, which tells about the cost of our freedom today for the founding fathers of our country. Thank you Yvonne for reminding us that the freedom we take for granted today came at a price.

THE PRICE THEY PAID

From Illustrations Unlimited

Have you ever wondered what happened to those 56 men who signed the Declaration of Independence?

- Five signers were captured by the British as traitors and tortured before they died.
- Twelve had their homes ransacked and burned.
- Two lost their sons in the Revolutionary Army; another, two of his sons were captured.
- Nine fought and died from wounds or the hardships of the Revolutionary War.
- Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British navy. He sold his home and properties to pay his debts and died in rags.
- Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, his family kept in hiding. His possessions were taken from him. His poverty was his reward.
- Vandals or soldiers or both looted the properties of Ellery, Clymer, Hall, Walton, Gwinnett, Heyward, Rutledge, and Middleton.
- At the Battle of Yorktown, Thomas Nelson, Jr. noted that the British General Cornwallis had taken over the Nelson home for his headquarters. The owner quietly urged General George Washington to open fire, which was done. Ultimately, the home was destroyed and Nelson died bankrupt.
- Francis Lewis' home and properties were destroyed. The enemy jailed his wife and she died within a few months.
- John Hart was driven from his wife's bedside as she was dying. Their thirteen children fled for their lives. His fields and gristmill were laid to waste. For more than a year he lived in forests and caves, returning home after the war to find his wife dead, his children vanished. A few weeks later he died from exhaustion and a broken heart.
- Norris and Livingston suffered similar fates. Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. These were soft-spoken men of means and education. They had security but they valued liberty more. Standing tall, straight and unwavering, they pledged: "For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

Continued on next page

August is Medic Alert Month



Medic Alert Month

By Joseph Aussem, Au.D CCC-A, Clinical Audiologist

During the month of August we recognize the value of medic alert devices particularly for individuals who live with medical conditions that may require immediate attention. For example, these devices help alert medical professionals to patients who have diabetes, heart conditions, stroke risk, severe allergies and epilepsy to name a few. The most common form of medical identification is jewelry which provides a logo or inscription indicating a particular medical condition. These medical identification tags can be made out of stainless steel (usually classified as 316L and known as surgical stainless steel), sterling silver or gold and are available with pre-engraved conditions or can be custom engraved with a specific medical history. If found by emergency personnel the inscription provides an indication of your special medical needs. For example, a diabetic identification would prompt an emergency medical professional to provide glucose, insulin, or other medication. Similarly, a tag might alert a health care professional to avoid administering penicillin to someone who is allergic to it.

Medical identification jewelry can also indicate membership in a medical information organization such as the MedicAlert Foundation. Such medical ID jewelry includes a member identification number and a toll-free number for medical emergency personnel to contact the organization and obtain full information about the wearer's medical conditions, treatment, and history. These organizations maintain a database of medical information on their members and can provide it to medical personnel when requested. Another type of medical jewelry is a pendant or wrist strap containing a wireless alert button, also known as a panic button, worn in the home as part of a wireless medical alert system. This type of medical jewelry sends a signal to a dialing console which contacts a medical alarm monitoring service when an emergency occurs.

If you or someone in your family wears a medic alert ID, be sure you understand their medical condition in case medical attention is ever needed. With your help, first responders and emergency personnel will be able to more efficiently treat your loved one, which could be the difference between life or death.

We Have Resources!

Did you know that the Roscommon County Commission on Aging has a Health Resource Library? We have a variety of resources from devotional books for caregivers to informational books on Alzheimer's disease and various caregiver topics. The Health Resource Library is located at the Commission on Aging office in the Houghton Lake Center. If you are interested in finding out more information, contact Betty at 989.366.0205 or stop by to see our selection.

The Commission on Aging also has health resource computers available within each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

Donations of resources that would be helpful for other caregivers are always accepted.

Our 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.

CEMETERY MEMORIALS

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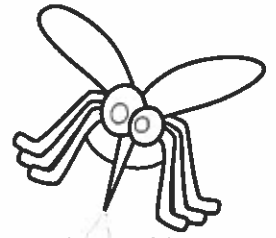
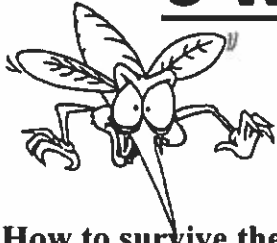
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6 ways to keep mosquitos from feasting on you



By The Editors of Prevention, Provided by Prevention

How to survive the summer—unscathed.

A glorious summer day is an invitation to be outside for hours on end—but constant swatting, slapping, and scratching from a mosquito attack can ruin even the best days—not to mention mosquitoes can also carry dangerous diseases like West Nile Virus. Studies have shown certain factors make some people more prone to bites than others, including being pregnant, having an elevated body temperature, or having Type O blood, but just about everyone suffers a bite now and then. If you're convinced that you just have sweeter blood than everyone else, follow these simple rules to keep mosquitoes from bugging you.

Choose chemical-free repellents

The easiest way to banish bugs is with repellent, but you don't want to douse yourself with DEET every day, do you? Safer alternatives include oil of lemon eucalyptus, a major mosquito enemy. Try the brand "Repel," which uses the fragrant oil to ward off bites.

Time your outings

Stay indoors during dusk and dawn—that's when many breeds of mosquito are at their peak biting time. You can see the sunrise just fine from your window.

Toss the kiddie pool

Mosquitoes love to breed in standing water, so make sure to clean out the pool often. And watch your back (and front, and sides) near any ponds or lakes.

Wear white

Dark colors attract the bugs like no other—supposedly because they look like the dark fur of animals they normally prey on. Wear light, bright colors to make yourself less attractive to feeders.

Avoid flowery perfumes

Sure, it's nice to smell like a rosebush, but at the price of dozens of bites? Mosquitoes love nectar from flowers almost as much as they do humans, so stick with a less floral fragrance for the summer.

Steer clear of beer

Mosquitoes have been shown to prefer beer drinkers over those who drink water. It's not confirmed if the extra biting also happens with other alcohols—but just to be safe, keep the bottles indoors.



**Hospice
of helping hands**
John Tolfree health system

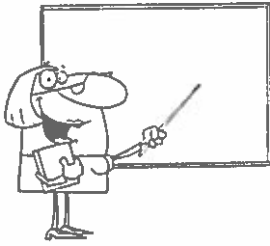


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Kelly Robinette, DTR

Power Foods that Boost Immunity

It takes more than an apple a day to keep the doctor away. It turns out that eating some pretty surprising nutrients will help keep your immune system on guard. You can ensure your body and immunity run smoothly by rounding out your plate with plenty of colorful servings of fruits and vegetables, plus 8-10 glasses of water a day at the very least. The following ingredients can add extra flu-fighting punch to your meal plan.

Yogurt. Probiotics, or "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs. Although they're available in supplement form, a study from the University of Vienna in Austria found that a daily 7-ounce serving of yogurt was just as effective in boosting immunity as taking pills. **Your optimal dose: two 6-ounce servings a day.**

Oats and barley. These grains contain beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than Echinacea, reports a Norwegian study. In humans it boosts immunity, speeds wound healing, and may help antibiotics work better. **Your optimal dose: At least one in your daily servings of whole grains.**

Garlic. This potent onion relative contains the active ingredient allicin, which fights infection and bacteria. Some studies suggest that garlic lovers who chow more than six cloves a week have a 30% lower rate of colorectal cancer and a 50% lower rate of stomach cancer. **Your optimal dose: two raw cloves a day and add crushed garlic to your cooking several times a week.**

Fish. Selenium, plentiful in shellfish such as oysters, lobsters, crabs, and clams, helps white blood cells produce cytokines-proteins that help clear flu viruses out of the body. Salmon, mackerel, and herring are rich in Omega-3 fats, which reduce inflammation, increasing airflow and protecting lungs from cold and respiratory infections. **Your optimal dose: two servings a week (unless you're pregnant or planning to be.)**

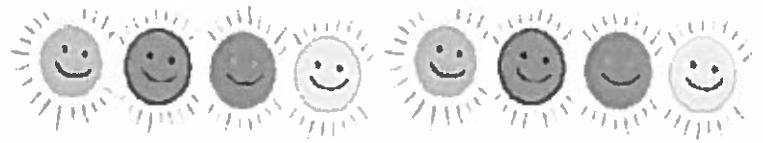
Chicken Soup. The University of Nebraska researchers tested 13 brands, they found that all but one (chicken-flavored ramen noodles) blocked the migration of inflammatory white cells-an important finding, because cold symptoms are a response to the cells' accumulation in the bronchial tubes. The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine, which may explain the results. The soups salty broth keeps mucus thin the same way cough medicines do. Added spices, such as garlic and onions, can increase soup's immune-boosting power. **Your optional dose: have a bowl when feeling crummy.**

Tea. People who drank 5 cups of black tea for 2 weeks had 10 times more virus-fighting interferon in their blood than those who drank a placebo, hot drink, in a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea, decaf versions have it, too. **Your optimal dose: Several cups daily. To get up to five times more antioxidants from tea bags, bob them up and down while you brew.**

Beef. Zinc deficiency is one of the most common nutritional shortfalls among American Adults. Especially for vegetarians and those who've cut back on beef, a prime source of this immunity bolstering mineral. Even mild zinc deficiency can increase your risk of infection. Zinc in your diet is very important for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys. **Your optional dose: A 3oz. Serving of lean beef provides about 30 percent of the Daily Value for zinc. That's often enough to make the difference between deficient and sufficient. Not a beef person? Try zinc-rich oysters, fortified cereals, pork, poultry, yogurt, or milk.**



Submitted by: Cheryl Taylor



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Alzheimer's Support Group

Roscommon County has an Alzheimer's Support Group at the Houghton Lake Senior Center on the Second Wednesday of every month. The group will meet from 1:00 - 2:00 p.m and is cosponsored by the Alzheimer's Association and Mercy Home Care and Hospice. Everyone is welcome to attend these groups. Call Diane O'Connor at (989)356-4087 or Jessica Loney at (989)348-4383 for more information.



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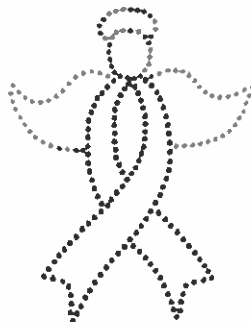
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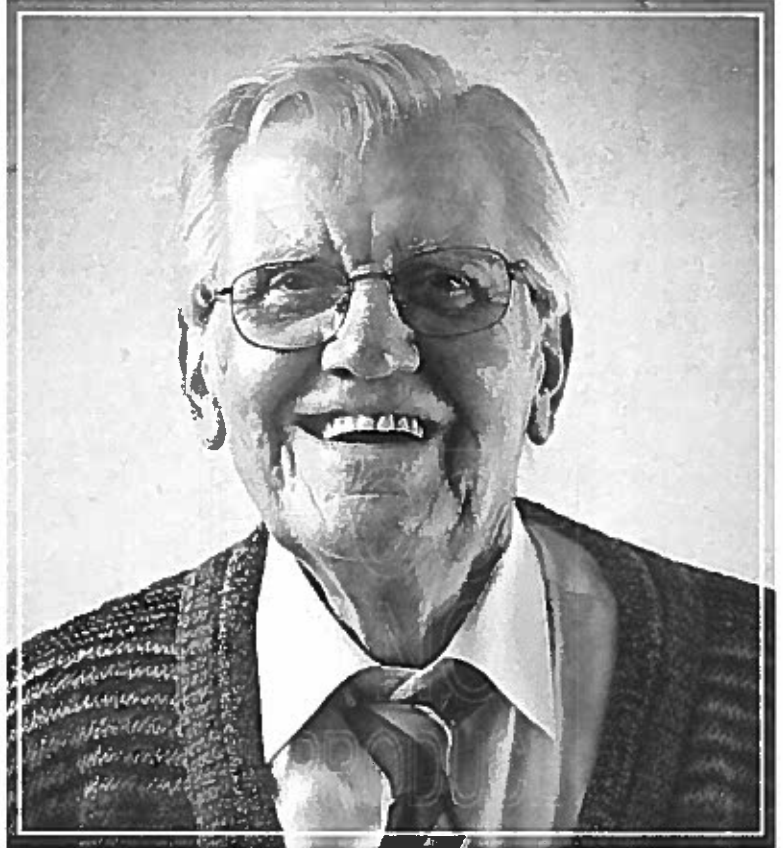
Women's Cancer Support Group

Group Meets the first
Thursday of the
month at
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Judy Layton

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ROSCOMMON COUNTY
Community Foundation

Suzanne E. Luck

Executive Director, YAC Coordinator

701 Lake Street, P. O. Box 824, Roscommon, MI 48653
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Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

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Houghton Lake Center News



Summer is usually described as Hot & Sizzling, although our upcoming activities are quoted as mind boggling and very interesting, we need a better combination and that equation includes you! Activities plus your interest equal a very interesting Summer for your enjoyment.

Our August schedule will peak your interest with new games to learn such as **UnLucky Sevens and open Euchre** on Mondays.

Tuesday, August 5th, **Music in the Park**, 1:00 to 3:00 p.m. have Lunch with us and take the bus to Trestle Park. Please Sign in or R.S.V.P. call 989-344-9168. Bring your lawn chair.

Wednesday, August 6th, **The State Bar of Michigan presents a free seminar at 11:00 a.m. Who Should You Trust?** Have Lunch with us and then enjoy Bingo.

Wednesday, August 13th, **Annual Picnic to be held at Deer Run Estate Club House on the Lake**, 1:00 to 3:00 p.m. sponsored by the Senior Advisory Board. Please Sign in or R.S.V.P. call 989-366-9168. Enjoy Lunch, Games & Friends. Bring your lawn chair.

Thursday, August 14th at 11:30 a.m. **The Veteran Affairs**, presentation by Kevin Sherman.

Wednesday, August 20th, **Casino Trip to Soaring Eagle in Mt. Pleasant**, leave at 9:30 a.m. return 4:30 p.m.

Wednesday, August 20th, **Dr. Jenkin's presentation on "Senior Eye Care" at 11 a.m.**

Monday, August 25th, Have lunch with us and then enjoy **"Still Water Classic Country and Pops"** which is being sponsored by the Senior Advisory Board,

Thursday, August 28th, we have our monthly **Birthday Party Celebration at Lunch**.

Look for "Mr. P" in our newsletter's find Mr. P Contest, win a \$10.00 Gift Card. All finders names will be inserted in jar and a winner will be drawn from jar. Quietly, at Manager's desk sign in, or call and show where observed then a ticket will be issued for your name. Keep your findings a mystery!

A special Thank you to our Houghton Lake Center Kitchen staff, as you have made my new position a learning process and a better understanding of the Meals on Wheels program. Your kitchen, the staff and drivers, especially the food service is rated number one in my books!

Thank you once again your help is greatly appreciated especially the Commission on Aging, our Nutrition and In Home Service Department.

Have Lunch with us Monday through Friday at noon, we have had many presentations for your learning process to keep you updated with the knowledge of when and where to find information in times of need. Thank you to Intelicare Health Services who sponsored our Euchre Tournament, also Hospice Advantage who sponsored your Ice Cream Social, and to our Roscommon Sheriff's Department for keeping us abreast of the areas needs.

Our Houghton Lake Center has enjoyed many of Deb Looney's planned trips and activities in July such as the trip to the Traveling Vietnam Wall, the County Wide Dance, the Rusty Nuts Classic Car Show, Ice Cream Social with the 126 Army Brass Quintet so read the newsletter with Gusto and check out the new upcoming events such as:

The Music House Museum on Monday, August 25th, and **Bavarian Inn Restaurant**, presents **"What would Lucy do"?** on Tuesday, September 23rd, Call now 366-0205 for further information from Deb.

Always,
Gale Wekwert, Center Manager,
Houghton Lake Center, 2625 S.
Townline Rd., Houghton Lake, MI
48629 (989)366-9168

What is Friendship? Friendships often develop with improbable people at unlikely times, they are not instantaneous, they are comfortable and relaxed, friendships require meeting the needs of both friends, and is loving another person in spite of differences and imperfections. Friendship is an in depth relationship.





Roscommon Center News



Hi and welcome to the "last month" of summer. As many may not be happy without a lot of heat, I think many are happy with the 70's.

July was a fun month at the center. We celebrated the 4TH with recognizing those that gave all so that we could be free. Many of us were able to visit the Vietnam Memorial Wall in Houghton Lake. I was emotionally struck by it. It took on even more meaning as I watched a veteran walk toward the wall with tears rolling down his face. For many of us it was an awesome sight to view, but for so many more the meaning goes so deep. It is not just a piece of wall with "some" names, It is someone's family, or friend. Please keep all veterans in your thoughts as we reflect that some gave all.

A fun trip was taken by some of us to Turtle Creek, unfortunately none of us came home millionaires. August is upon us and we are hoping not to waste those hazy, lazy days that are left of summer. August 11th is National fly a kite day, we are planning to do just that. If you are feeling free come and join us.

We are planning a trip to the Ogemaw County Fair on Tuesday the 12th. We will eat lunch here at the center at 11 and ride the bus over. Cost will be \$15.00 per person. Please call the center if you would like to sign up. There is also a "No Talent, Talent Show" on August 15th at the Houghton Lake Center. There are only so many acts able to get in. Please let any of your center managers know if you would like to perform in it.

On Monday, August 18th, we will be having a representative from the Veterans office in to speak at noon. If you have any questions this would be a great time to come and try lunch with us and listen.

On Wednesday, August 20th, Dr. Jenkins from Family Eye Care will be here to talk about senior eye care. His presentation will be at 1p.m., right after lunch. I hope you will take the time to join us.

Friday, August 22nd. will be our County Fair here at the center. We are having winners for those who enter their crafts baked, or canned goods. Get involved and see if you can win. For more info please call me at the center.

As we get headed into September and the fall (not to quickly), we would like to start a Wii Bowling League. Please contact us here, invite your friends. This will be a good time

Also for the fall and winter I am looking for craftsmen, and or Ladies. We all like home made crafts. Unfortunately we are not all great at making them. But for you that are and would like to give a lesson or two please give us a call here.

We are looking for old catalogs here at the Roscommon Center August 18th many, many years ago the first mail order catalog was published by Montgomery Ward. If you have an old catalog and would like to share it please let me know.

On a fun note, if you think you don't have anything to share I would like to tell you the story of one of the seniors here who just got talking one day about when he was a child and he and the other children and dads in his neighborhood had contests to see how many crows they could keep from eating the seed that had just been planted. The losing group would make breakfast for the winners when the season was over. I find this stuff very interesting. We all would love to hear your story.

Johnna Ancel, Center Manager
Roscommon Center
510 South St Roscommon,
MI 48653 (989)275-8421



*Have a safe
August!*

Know the Facts:



E-911 Millage Renewal 2014



As the only 911 Primary PSAP (Public Safety Answering Point) for ALL of Roscommon County, E-911 dispatch takes Emergency 9-1-1 and Non-Emergency calls from regular telephone (landline) customers and from cellular (wireless) phone users in Roscommon County.

The Roscommon County E-911 Millage will be up for renewal on the August 5th ballot. **This is a renewal request only, not an increase.** The E-911 Millage Renewal is \$ 0.66 cents per \$1,000 of taxable value. For Example if the average home in Roscommon County has a taxable value of \$ 40,000 it will equal \$ 2.20 per month or \$ 26.40 per year or just \$0.07 cents per day. The millage supports E-911 and the Roscommon County Central Dispatch.

The County E-911 Center dispatches **ALL** Emergency Responders in Roscommon County which includes: all Ambulance Services, All Fire / Rescue Departments, all Township Police Departments, the County Sheriff's Department, the Michigan State Police Department, and the County Emergency Management Services. E-911 also handles telephone and radio traffic with various other Village, Township, County, State, and Federal Agencies. Last year Roscommon E-911 handled over 50,000 telephone calls, over 27,000 incidents requiring emergency services including 700 incidents dispatched for fire departments, and 4,117 Ambulance. They staff two (2) 911 Emergency Dispatchers for call taking and dispatching 24 hours a day, seven days a week. The renewal of the E-911 Millage will allow them to continue to provide the same high quality service to the citizens and visitors of Roscommon County.

Helpful tips from 911: Stay on the Line and answer our questions. 911 Dispatchers are trained to provide pre-arrival instructions on calls. Additionally, if you dial 911 by mistake, stay on the line, and advise that it is a mistake. Otherwise Dispatchers will call you back or send a police officer to insure everything is okay.

We hope you find this information beneficial, remember "**When Seconds Count, Count on Us at 911**"

Continued from "Something to Ponder"

What kind of men were they?

- Twenty-four were lawyers and jurists.
- Eleven were merchants, nine were farmers and large plantation owners, men of means, and well educated.

They all signed the Declaration of Independence knowing full well that the penalty would be death if they were captured. Nevertheless, they signed and they pledged their lives, their fortunes, and their sacred honor.

They gave us an Independent America. **Can we keep it?**

French writer Alexis de Tocqueville, after visiting America in 1831, said:

"I sought for the greatness of the United States in her commodious harbors, her ample rivers, her fertile fields, and boundless forests and it was not there. I sought for it in her rich mines, her vast world commerce, her public school system, and in her institutions of higher learning and it was not there. I looked for it in her democratic Congress and her matchless Constitution and it was not there. Not until I went into the churches of America and heard her pulpits flame with righteousness did I understand the secret of her genius and power. America is great because America is good, and if America ever ceases to be good, America will cease to be great!"

Below: Beaverton's Amanda Kari entertained seniors at the St. Helen Center on July 23rd. Amanda won the 2009 Northern Michigan's Got Talent in Cheboygan. She was named by Revue Magazines as the best female country music singer in the Tri Cities.

She will be performing at our dance on Saturday, August 16th.



CENTER ACTIVITIES

HOUGHTON LAKE CENTER 366-9168

DAILY ACTIVITIES

- Mon: Pool practice 12:30 p.m.
- Tues: Early exercise Group 9:45 a.m.
Arthritis Exercise Group 10:45 a.m.
Senior Drawing before Lunch
Bingo 12:45 p.m.
- Wed: Pool League 12:30 p.m.
Line Dancing 1p.m.
- Thurs: Early exercise Group 9:45 a.m.
Arthritis Exercise Group 10:45 a.m.
Senior Drawing before Lunch
Bingo 12:45 p.m.
- Fri: Penny Bingo 1 p.m.

Casino trip to Soaring Eagle Casino on
Wednesday the 20th. Sign up early.

MONTHLY ACTIVITIES

- 5th: "Music in the Park" Have lunch at the center then head to trestle park for music. **Bring your own lawn chair.**
- 6th: State Bar of Michigan "Estate Planning" presentation at 11 a.m.
- 8th: Long's Hearing Clinic 9 a.m. - 1 p.m.
- 12th: Foot Care Clinic by appointment,
Senior Board Meeting at 11:45 a.m.
- 13th: Picnic at Deer Run Beach sponsored by Advisory Board 1-3 p.m.
Alzheimer's Support Group 1-2 p.m.
- 14th: Veteran's Affairs presentation at 11:30 a.m.
- 15th: Long's Hearing Clinic 9 a.m. - 1 p.m.
- 18th: Dynamic hearing 10 a.m. - 2 p.m.
- 20th: Soaring Eagle Casino Trip
- 21st: MIC Food Distribution 9:30 - 10:30 a.m.
- 22nd: Blood Pressure Checks by Heartland 11:30 - 2 p.m.
- 25th: Come for lunch and enjoy "Still Water Classic and Pops".
- 27th: Miracle Ear Hearing Clinic 9 a.m. - 1 p.m.



ROSCOMMON CENTER 275-8421

DAILY ACTIVITIES

- Mon: Belly Dancing 9:15 a.m., Zumba Gold 10 a.m.
Arthritis Exercise class 10:45 a.m.
Pinochle, Wii Bowling & Line Dancing @ 1p.m.
- Tues: Bountiful Bingo 10 a.m., Cards 2 p.m.
- Wed: Belly Dancing 9:15 a.m., Zumba Gold 10 a.m.,
Arthritis Exercise Class 10:45 a.m.
- Thurs: Unlucky 7's, Cards 2-4 p.m.
- Fri: Penny Bingo 10 a.m., Cards & Unlucky 7's 1 p.m.

MONTHLY ACTIVITIES

- 4th: Senior Advisory Meeting at 12:45 p.m.
Blood Pressure Clinic
- 11th: National Kite Day - Come fly a kite at 1 p.m.
- 12th: 11a.m. Trip to Ogemaw County Fair - *if enough sign up*
Blood Pressure Checks 1-2 p.m.
- 14th: "Who Done It?" Mystery 10:30 a.m.
- 18th: Kevin Sherman from Veteran's Affairs Presentation
- 19th: Footcare Clinic by appointment
- 20th: M.I.C Food Distribution 10:30 - 11:30 a.m.
- 22nd: Roscommon Center's Senior Fair
- 26th: Birthday Party at lunch



ST. HELEN CENTER 389-7551

DAILY ACTIVITIES

- Monday: 10:00-Exercise, 12:45-Pinochle,
6:30pm Euchre
- Tuesday: 9 a.m. Zumba Gold, 10:00- Penny Bingo,
12:45-Bingo
- Wednesday: 10:00-Exercise, 12:45-Pinochle
- Thursday: 9 a.m Line Dancing 12:30-Bunko,
12:45-Euchre
- Friday: 9 a.m. Zumba Gold, 10:00-Exercise,
12:45-Pinochle

MONTHLY ACTIVITIES

- 1st: Visit to Houghton Lake Historical Village
- 6th: State Bar of Michigan "Estate Planning" Presentation 11 a.m.
- 11th: 11:30 a.m. Blood Pressure Checks by Hilltop
- 14th: Flint Farmer's Market Trip 9 a.m.
- 18th: 12 p.m. Veteran's Benefits Presentation with Kevin Sherman
- 19th: Foot Care Clinic by Appointment
11:30 Blood Pressure Checks by Hospice Advantage
- 20th: MIC Food Distribution 9 - 10 a.m.
- 28th: 11:15 a.m. Senior Advisory Board Meeting
Birthday Cake & Ice Cream at lunch



Sheriff's Office Announces Dates for 2014 National Night Out



Undersheriff Ed Stern has announced that there will be two different venues and two different dates for this year's National Night Out programs. National Night Out, "America's Night Out Against Crime", is a nationwide program opportunity for communities nationwide to promote police-community partnerships, crime prevention, and neighborhood camaraderie. The festivities normally include various events and activities including, but not limited to, block parties, cookouts, parades, visits from emergency personnel, rallies and marches, exhibits, youth events, safety demonstrations and seminars, in effort to heighten awareness and enhance community relations.

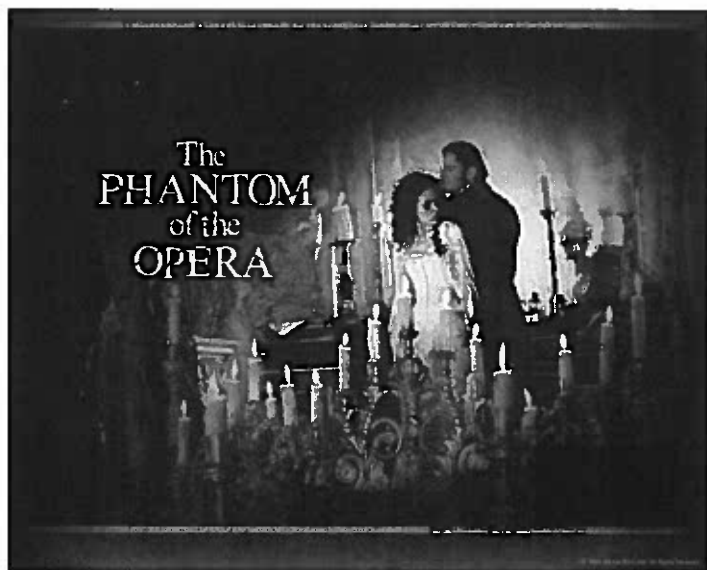
National Night Out is a program that began back in 1984 and has spread throughout the country since that time. National Night Out now involves over 37.8 million people and 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide.

Roscommon County began participating in the program last year with the 2013 event being held in the Wal-Mart parking lot in Prudenville.

National Night Out normally falls on the first Tuesday in August; however, conflicts created by the Michigan's Primary Elections also falling on that date, have caused the Sheriff's Office to adjust that date. This year in an effort to include more areas of the county two evenings have been chosen for two separate events. **The first event will be held on the night of Sunday, August 3rd from 6pm to 10pm at Wal-Mart in Prudenville. The following night, Monday, August 4th, a National Night Out event will take place in the Village of Roscommon, with the time and location to be determined.**

Members of the Roscommon County Sheriff's Office, the Sheriff's Victim's Services Unit, and Sheriff's Office Auxiliary will be participating. Additionally, all other area police agencies will be invited to participate along with all other area fire, EMS, and emergency service providers.

Please come out and join in the fun for a night of games, food, and activities.



Coming in April 2015

Ladies and Gentlemen... start saving your pennies! The Roscommon County Commission on Aging is proud to announce that we are planning a trip to see the "Phantom" when it comes to Michigan next April. There is not a sign up sheet yet so please don't try to get on the list but as details get worked out we will be sure to notify you. This will be a little more expensive than other trips which is why we are letting you know now!

Aren't you excited?



5th Annual "No Talent, Talent Show"

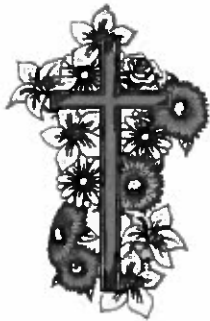
**Friday, August 15th at the
Houghton Lake Center.**

With 9 acts to
entertain you!

Come for lunch at noon and stay for an ice cream sundae
and an afternoon full of fun & laughs.

*Proceeds to benefit our
"Activity Fund" to offset the cost
of upcoming events.*

The cost is only \$5.00 per person. Reservations are appreciated
and can be made by calling (989) 366-9168.



Remembering our Seniors...

A Memorial Program has been scheduled for Monday, September 8th at the Houghton Lake Center, starting after lunch at 1:00 p.m. This program will honor and remember those seniors from our three Centers who have passed away between September 1, 2013 thru August 31, 2014. Please supply the Commission on Aging with names of those who are no longer with us along with any other personal information (pictures are welcome) by August 31, 2014

This program is open to everyone who would like to celebrate the lives of those we have lost.

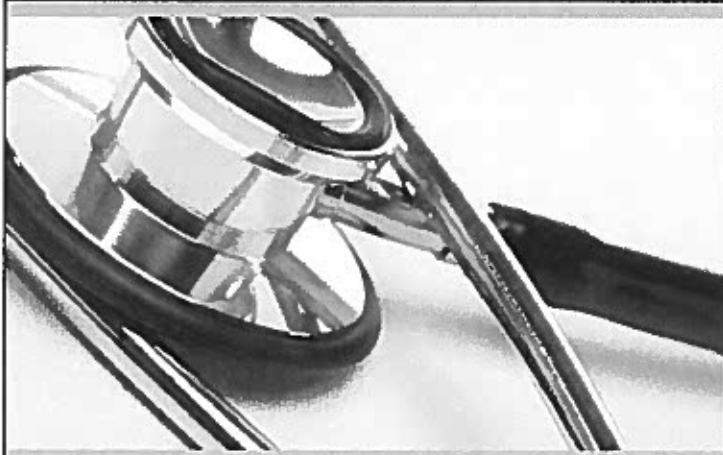


Commission on Aging

*"Informing, Educating,
& Caring"*

Did you notice the our new logo on the front page? For years now we have been talking about how we needed one and now we have it. A special thank you goes out to Scott and Desiree Marshall from VIP Marketing & Publishing, LLC for coming up with an awesome design that will help make us more recognizable. They will also be working on other projects with us in the future!

Your Care
Is Our Priority



MidMichigan Health Park-Houghton Lake
9249 W. Lake City Road (M-55)
Houghton Lake, Michigan 48629
Phone (989) 422-5122

Welcoming new primary care patients.

• • •

MidMichigan Medical Offices-Roscommon
135 Lake Street
Roscommon, Michigan 48653
Phone (989) 275-8931

Welcoming new primary care patients.

• • •

MidMichigan Urgent Care-Houghton Lake
9249 W. Lake City Road (M-55)
Houghton Lake, Michigan 48629
Phone (989) 422-2181
Walk-ins Welcome
Monday - Saturday 9 a.m. - 9 p.m.
Sunday 10 a.m. - 6 p.m.

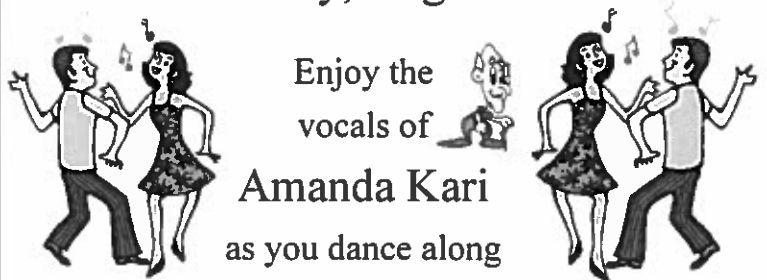
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www.midmichigan.org/chs

MidMichigan
Community
Health Services

County Wide Concert & Dance

Saturday, August 13th



Enjoy the
vocals of
Amanda Kari
as you dance along
from 6 - 7 p.m.

&

Then really kick up your heels
as the night continues with tunes
for all styles of dancing.

Tickets \$5.00 per person
Hors d' oeuvres will be served!

Gold Stars For The Month To:

Jan Herringshaw and the
crew of volunteers that help with the
monthly newsletter.

Zak Wekwert, Gale's grandson, for
volunteering at the Houghton Lake Center.
He did a SUPER job!

The Roscommon County United Way
for their continued support of our
"Meals-on-Wheels" and Respite programs.

To Megan & Dan for all the help they
provide at the Houghton Lake Center.

The "Women of the Moose" Chapter 227
for their generous donation to our agency.

A big "Thank You" to all of our
volunteers, at each center, that help all
of our centers run smoothly!



St. Helen Center News



It's August already???

Our craft person Brandy Friday will be taking a well-deserved vacation until September.

The Vietnam Traveling Wall visit was very emotional. Everyone I spoke with was very touched by their visit there. I saw a mother with her 2 sons explaining to them what each name meant. I also want to thank Hospice of Helping Hands for the opportunity to view the documentary film "Honor Flight". There was not a dry eye in the house.

During July we have had visitors that have educated and entertained us and we thank them for their time.

I am working on getting a trip together for Friday, August 1st @ 1:00 pm to go to the Houghton Lake Area Historical Village the cost will be \$11.50 which includes bus there and back and Badge which will enable you to go back to the village Saturday and Sunday that same weekend. Call Varlya at 389-7551 if you are interested.

Also, we have a trip set for Thursday, August 14th to the Flint Farmer's Market. Cost will be \$20.00 which includes a box lunch. Give me a call if you're interested.

Kevin Sherman will be here on August 18th to let our Veteran's know about the Benefits that are available, so get the word out so that our Veterans are aware of what help is out there for them.

I hope all are having a fun summer!

Here's a joke I heard at the Ice Cream Social in Houghton Lake:

A grasshopper walks into a bar and the bartender said,
"Hey, we have a drink named after you."

The grasshopper says,
"You have a drink called Steve?"

(Hello Hinny Youngman.)

Varlya Hanusik, Center Manager
St. Helen Center, 10493 E. Airport Rd.,
St. Helen, Mi 49656
(989)389-7551

Are You A Veteran?

Tom Sheppard from the Veteran's Affairs office is at the American Legion in Prudenville every Tuesday from 4 - 6 p.m. to answer questions about services.

He is also available at the American Legion in St. Helen on the 1st, 2nd, and 4th Wednesdays of the month between 5 & 7 p.m.



**SERVING AMERICA'S HEARING NEEDS
FOR MORE THAN 65 YEARS!**

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Complete Electronic
Hearing Screening
and Consultation
WITH OUR HEARING AID
SPECIALISTS

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Cleaning & Check
of Your Hearing Aid
ALL MAKES & MODELS!

FREE

Video Otoscope
Inspection

Actually see inside your ear canal and
find out if your trouble is just ear wax!

99¢ Good For ALL
Per Pack MAKES AND
Limit 4 Packs MODELS

**WOW! HEARING AID
BATTERIES
NEVER PRICED LOWER!**

**828 W. Houghton Lake Drive
(Corner of M-55 and M-18 across from Walgreens)
Prudenville**

Call (989) 838-0159

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

TREES

You know the rules... Find the trees in the grid to the left.

- | | |
|-----------|-----------|
| APPLE | PALM |
| BIRCH | PEACH |
| CEDAR | PEAR |
| CHERRY | PLUM PINE |
| ELM | POPLAR |
| FIR | RUBBER |
| MAPLE | SPRUCE |
| NECTARINE | WALNUT |
| OAK | WILLOW |

**LEARN THE WARNING SIGNS
 OF ESTATE PLANNING AND ANNUITY SCAMS**

**Wednesday, August 6th, at each of our three centers at 11 a.m.
 Public Education, Free Seminar and Free Estate Planning Information**

The State Bar of Michigan seminar, "A Living Trust Education Initiative: **Who Should You Trust? Avoiding Estate Planning Mistakes**" provides essential estate planning information and the warning signs of deceptive annuity sales practices that could potentially jeopardize your economic stability. Attend the State Bar of Michigan's free seminar to gain empowerment in making estate planning decisions.

During the presentation, you will learn how to identify and avoid "trust mill" scams. These scams tout the benefits of a "trust-based" estate plan irrespective of specific needs and make exaggerated statements about the probate administration process to create a seemingly convincing story on why a "trust" funded with an annuity is the *only* good estate planning choice. The annuity's long-term investment requirements, the hefty penalty for early withdrawals, and the salesperson's commission are typically buried in the paperwork. The percentage-based commission provides substantial incentive for the annuity salesperson to quickly close the deal. These aggressive annuity sales tactics have also been effectively used against veterans applying for Veteran Affairs benefits. Come to this seminar to become aware of these sales tactics used to gain access to you and your hard earned savings.

It is important to make sure that the person giving you estate planning advice is a licensed lawyer concerned about your best interests and last wishes and not about making a commission on a sale. If you already have an estate plan in place, this seminar will help you to gain peace of mind that you can ignore solicitation from non-lawyers suggesting that something more is needed. Attend the seminar to avoid becoming an unsuspecting victim and receive a specially-designed folder containing essential estate planning information and easy-to-remember reminders of the warning signs of trust-based estate planning and annuity scams.

For more information, contact your Senior Center or State Bar of Michigan Professional Standards Division Paralegal Amy Emmons at (517) 346-6343 or email at aemmons@mail.michbar.org.

Roscommon County Commission on Aging
2625 Townline Rd
Houghton Lake, MI 48629

FLINT FARMERS' MARKET

BUS TRIP

THURSDAY, AUGUST 14, 2014

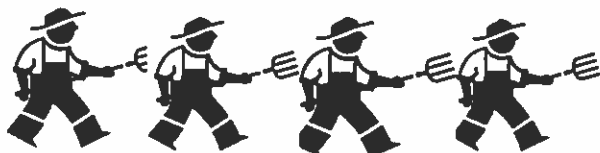
COME JOIN THE FUN AS WE VISIT THE
NEW DOWNTOWN MARKET

WE WILL BE LEAVING THE ST.
HELEN CENTER AT 9:00 AM, RETURNING
ABOUT 4:00 PM.

SIGN UP EARLY DUE TO LIMITED
SEATING!!

COST IS \$20.00 EACH WHICH INCLUDES
YOUR BOX LUNCH!

Call 389-7551 to sign up



Bavarian Inn Restaurant

Presents *"What would Lucy Do"?*

On Tuesday, September 23rd

Chartered bus leaving Houghton Lake Center
at 10:30 a.m. returning around 6:30 p.m.

Suzanne LaRusch is an award winning impressionist; she takes us back in time to remember the beloved redheaded comedian. Not only will we learn some never-before-told facts about the star but we will be guided through a series of original Lucy-esque comedy routines.

The prices for this fun fill day is \$65.00 per person and includes: the meal- a hearty chicken plate, milk, tea, coffee or fountain soft drink, the show, tax and gratuity.

You can make 3 monthly payments to secure a seat. The matinee dinner show starts at 2:30 p.m. there will be time before the show for shopping.

Call 366-0205 to reserve your seat toady!

Limited to 54 people.



Join us on Monday, August 18th as we travel to the Saginaw Valley Naval Ship Museum to tour the U.S.S. Edson.

The Edson was commissioned on 7 Nov 58 and for the next two decades served as a valuable member of the U.S. Pacific Fleet, earning a reputation as a Top Gun ship and the nickname, "The Destroyer." The Edson was decommissioned on 15 Dec 88.

This trip will leave the Houghton Lake Center at 9:30 a.m. and will be returning by 3 p.m.. The trip costs \$25.00 per person and includes transportation, a guided tour, and a sack lunch.

Call 366-0205 to reserve your spot!

The Music House Museum

The Sounds and History of Music on
Monday, August 25th.

Leaving the Houghton Lake Center at
10:30 a.m. and returning around 4:00 p.m.

The cost for this trip is: \$ 25.00 per person
and includes: transportation, lunch at the Traverse City Senior Center, and The Music House Museum.

The Music House Museum is located on the central property of the historic Stiffler Family Farm. The land was cleared and settled in the early 1880s. The former dairy barn now houses the main collections.

The jewel of the Museum's mechanical instrument collection is the 1924 Theofiel Mortier Dance Organ called the "Amaryllis".