



Commission on Aging

# NEWS

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

"Informing, Educating, &  
Caring"

December 2014

*Wishing you Faith, Hope, &  
Love this Holiday Season!*



*From all of us to all of you...  
Merry Christmas!*

# *Cheers to the Holidays!*



Please join the  
Roscommon County Commission on Aging  
for a wine and beer tasting event!

Saturday, December 13, 2014

at the  
Houghton Lake Center  
from 5 - 9 p.m.

\$15.00 per person  
or 2 for \$25.00

Entertainment by:  
Allen Bondar  
&  
Diane Chamberlin

All proceeds  
go to offset the  
cost of the van  
that was recently  
purchased to be  
used to support  
our activity  
program!

Featuring wines and beers from BS Liqueur  
in St. Helen

*Tickets available  
by calling  
(989) 366 - 0205*

*Dress attire kindly requested.*





## Mr. P's Adventures

With all the cold weather and snow Mr. P sure is glad he signed up for the Matter of Balance class. He's been learning some really good stuff to help him stay on his feet. He's also been attending the Arthritis Exercise Classes offered at the three centers. All that good exercise has made his aches and pains more bearable with the cold and all the weather changes. By the way, he says thanks for finding his shoes for him. They have been a big help in both classes. He is looking forward to the special RCCOA event in December. Have you heard about it? It's called *Cheers to the Holidays* and it will be held Saturday, December 13th, at the Houghton Lake Center. He read somewhere in the newsletter that you were supposed to dress up for the event. Then a little birdie told him that Tom had this really snazzy hat (that looks really good on Deb), so Mr. P was thinking it might be a good idea for him to have a nice hat and bow tie for the event. You all have been so good at helping him find his other things, he was wondering if you might help him find his top hat and bowtie. It's been a while since he has used them and he can't remember where he left them. Once you find them, let your center manager know. She will enter you in a drawing for a Walmart gift card. The drawing will take place at each center at lunch time on Wednesday, December 10. Deadline to enter the drawing is Tuesday, December 9, 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 call you. "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. Don't forget to get your winter adventures to Mr. P. Send him a picture and a short note care of the COA, attention Betty. The address is 2625 S. Townline Rd, Houghton Lake, MI 48629. Maybe your picture will show up in the next newsletter. He might even appear in the picture with you.

## From the Director...

Over the past year several questions have come up about different aspects of our agency. In this monthly column, I will attempt to answer questions that are brought before me so that you have a better idea on how we operate. I hope you find it useful.

Let's start with a question about the "Senior Activity Funds".

### *Is the Activity fund supposed to pay for all activities at the centers?*

**No.** Until these accounts were set-up, the COA did not actually have any budgeted funds for any activities; the cost just always came out of our general account. I organized these accounts so that the COA could use them to help encourage participation at our centers by having additional activities above and beyond what the center's advisory board planned.

I think it is awesome that at Houghton Lake and Roscommon the penny bingo players donate one week's earnings to the funds (the other 3 weeks go to the "Meals-on-Wheels" program). St. Helen Euchre players donate their 50/50 drawing each month to the fund.

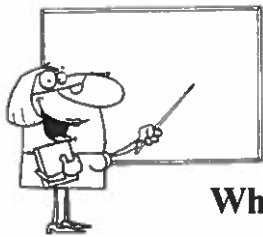
These accounts were not set up so that the advisory boards didn't have to support their center. It is still expected that they will continue to plan and pay for some of the activities. After all, the clients are the ones making the money. They should reap some of the benefit.

I hope that clears up that question. If you have a question you would like addressed, you can contact the office and let us know or give it to your center manager. If you prefer to remain anonymous, you may mail it to the office at:

RCCOA  
2625 S. Townline Rd.  
Houghton lake, MI 48629

Wishing you all the Best!

*Tom*



# Nutrition Education

Region 9  
Area Agency on Aging  
"Health, Wellness, Nutrition  
Information  
And Updates"  
Kelly Robinette, DTR

## What is the Difference Between Heartburn and Acid Reflux?

What is GERD? Gastroesophageal reflux disease (GERD) is a more serious form of gastroesophageal reflux (GER), which is common. GER occurs when the lower esophageal sphincter (LES) opens spontaneously for varying periods of time, or does not close properly and stomach contents rise up the esophagus.

When food enters your mouth, digestion begins. Saliva begins to break down the starch contained in your food into smaller molecules. Food is then carried down the esophagus into the stomach where glands in the lining of the stomach create more digestive products, one of which is stomach acid.

The esophagus is a long tube (about 10 inches long) that connects your throat to your stomach. When you swallow food, you start a wavelike motion in the muscles that line the esophagus, it must pass through a ring of muscles, the LES, in order to reach the stomach. Once the objects pass through the valve, the valve closes, and pressure exerted on the valve from the stomach only further seals the one-way valve. However, not all valves function perfectly all the time, or at all in some cases.

When acid reflux occurs, food or fluid can be tasted in the back of the mouth. When refluxed stomach acid touches the lining of the esophagus it may cause a burning sensation in the chest or throat called heartburn or acid indigestion.

Some LESs don't form a tight seal when closed, and others will relax randomly when there is still work to be done. When LES relaxes with food still in the stomach, pressure from the fullness of the stomach, physical movement or even tight-fitting clothes can force the contents back up through the relaxed valve into your esophagus.

Although used interchangeably, there is a difference between heartburn and acid reflux. So let's clear this up:

- \* **Acid reflux** occurs when stomach acid regurgitates up into the esophagus. Reflux is the cause of heartburn. However, you may feel no pain at all when reflux occurs.
- \* **Heartburn** is a sensation of tightness, pain or discomfort in the middle of the chest that can, but doesn't always follow an occurrence of acid reflux. Heartburn is exactly what it would feel like if acid ate away at the lining of your esophagus, because that's what's happening.

While you can and do likely have occasional bouts of acid reflux without heartburn, you can't have heartburn without acid reflux. Acid reflux is the cause, and heartburn is a potential sensation. Reflux: the fire; heartburn: the smoke. The pain of heartburn is the irritation or damage taking place to your esophagus by the refluxed stomach acid. Gastroesophageal reflux disease (GERD) is a more serious form of gastroesophageal reflux. The reason some people develop GERD is still unclear. However, research shows that in people with GERD, the LES relaxes while the rest of the esophagus is working. Anatomical abnormalities such as a hiatal hernia may also contribute to GERD. A hiatal hernia occurs when the upper part of the stomach and the LES move above the diaphragm, the muscle wall that separates the stomach from the chest. When a hiatal hernia is present, acid reflux can occur more easily.

### How is GERD treated?

See your healthcare provider if you have had symptoms of GERD and have been using antacids or other over-the-counter reflux medications for more than 2 weeks. Your healthcare provider may refer you to a gastroenterologist, a doctor who treats diseases of the stomach and intestines. Depending on the severity of your GERD, treatment may involve one or more of the following lifestyle changes, medications (over-the-counter or prescription) or surgery.

*Continued on next page: See "Nutr. Ed"*

# 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  
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...

MidMichigan Urgent Care-Houghton Lake  
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...

[www.midmichigan.org/chs](http://www.midmichigan.org/chs)

**MidMichigan  
Community  
Health Services**

*Continued from "Nutr Ed"*

To help reduce the symptoms of heartburn you can:

- \* Try not to put a lot of pressure on the sphincter muscle. Eating light meals, wearing loose clothing and lose any excess weight will help.
- \* Take nonprescription antacids after meals and at bedtime.
- \* Avoid the substances likely to make symptoms worse, such as spicy foods, tomatoes, coffee and orange juice.
- \* Raise the head of your bed or use more than one pillow so your head is higher than your stomach. This may allow gravity to help reduce your symptoms.
- \* It also helps if you: do not eat 2-3 hours before you go to bed, eat smaller, more frequent meals and don't smoke.

What are the long-term complications of GERD? Chronic GERD that is untreated can cause serious complications. Inflammation of the esophagus from refluxed stomach acid can damage the lining and cause bleeding or ulcers, also called esophagitis. Scars from tissue damage can lead to strictures narrowing the esophagus, that makes swallowing difficult. Some people develop Barrett's esophagus, in which cells in the lining take on an abnormal shape and color. Over time, the cells can lead to esophageal cancer, which is often times fatal.

*Source: National Institutes of Health*

## **Gold Stars For The Month To:**

All the models & vendors, volunteers,  
and audience that made the Fashion Show  
at the Roscommon Center  
a lot of fun!

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



## 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.*

**Free Hearing Screening**  
**Free Cleaning & Service For Life**  
**We will beat competitors' pricing!**  
**at the Houghton Lake Sr. Center**

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## **LONG'S HEARING CARE SYSTEMS**

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**Prudenville • 1070 W. Houghton Lake Dr.**

**1-800-286-1378** (located in TDM Realtors North Building)

**Traverse City • 4000 Eastern Sky Drive • 1-800-286-1378**  
(off Silver Lake Rd. & Copper Ridge)

**Cadillac • 1027 N. Mitchell St. • 1-800-286-1378**

### *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.

### **CEMETERY MEMORIALS**

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2178 Carla Street, St. Helen

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# KING

## NURSING & REHABILITATION

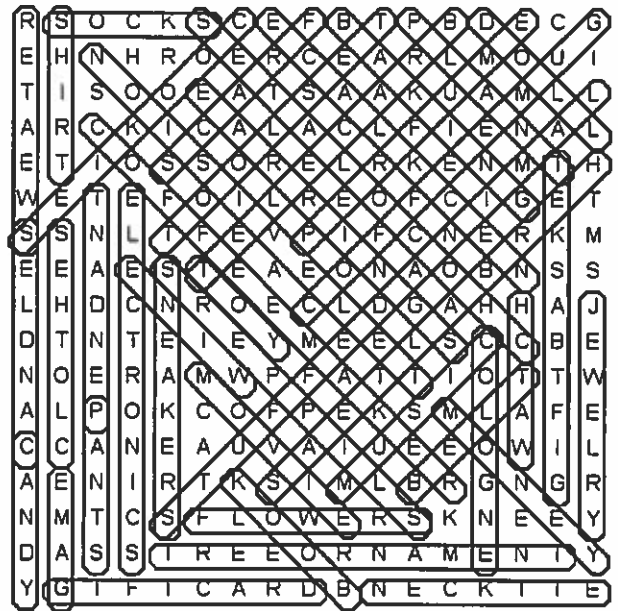
2280 Tower Hill Rd.

Houghton Lake, MI 48629

(989)422-5153



**Answer to  
this Month's  
Word Search!**



The hidden message is: CHRISTMAS CAKE

***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.



**Winter**

**DR. LOUIS E. BOGGS**



**DR. LOUIS E. BOGGS**  
888 W. Houghton Lake Drive  
Prudenville, MI 48651  
(989) 366-7525

**Center Closure Policy**

With the winter months approaching, the need to close our centers may arise. Our policy has always been that if



the Houghton Lake Public Schools are closed due to the weather, the Houghton Lake Center is closed. If the Roscommon Area Public Schools are closed due to the weather, the Roscommon & St. Helen Centers are closed. Please stay safe if you choose to travel.



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



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[www.hohh.org](http://www.hohh.org)

A non-profit hospice serving Northeast Michigan since 1979.

# Christmas Decorations 101 - keeping your pet safe

Each year we see some unusual household pet injuries but it is particularly unfortunate when accidents occur around Christmas time. Here are five simple tips to help keep your pet safe and your Christmas decorations looking pristine.

## **Safe and secure - tree top ambitions**

If you have a kitten or cat who loves to climb, make sure your Christmas tree is safely secured to the ground and cannot easily topple.



## **Power cords - ohh so chewy**

Dazzling lights maybe a feature of most houses and Christmas trees during the Christmas season however cords are best kept neat, tidy and out of sight from kittens and puppies. If your puppy or kitten is teething and chewing please be extra cautious with extension leads as they are wonderfully soft and highly desirable chew objects.

## **Sharp objects and ornaments**

For a bored pet, a Christmas tree will look more like a storage facility for 100 tennis balls of all different shapes and sizes. It's a good idea to inspect your ornaments for sharp objects such as pins and exposed hooks. If your pet does take the opportunity to entertain himself/herself at least you can reduce the risk of them ingesting anything nasty.

## **Tinsel and wide ribbons - did someone say ball of string?**

All of a sudden your cat's favourite ball of string has just turned into a more attractive and much shinier proposition? Tinsel and large lengths of ribbon can play havoc in the intestines once digested. If your cat is particularly interested in lengths of string, then close supervision maybe required.

## **Presents - did someone forget to tell the dog presents are for Christmas day?**



Unopened presents, particularly those with pleasing aromas (like chocolates) can provide hours of enjoyment for an inquisitive pet. If your pet is unsupervised, it might be an idea to ask Santa to leave the presents out on Christmas Eve instead of days or weeks before.

– Source: [www.vetwest.com.au/.../christmas-decorations-101-keeping-your-pet-safe](http://www.vetwest.com.au/.../christmas-decorations-101-keeping-your-pet-safe)

The Roscommon County Commission on Aging and their 3 centers will be closed on Christmas Day and the day following to allow our staff to celebrate with their families.





## 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.



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

**Call (989) 838-0159**

# Night of the Father's Love

The Awè and Mystery of God with Us



Sunday, December 7, 2014  
3:00 p.m.  
Houghton Lake  
United Methodist Church

Presented by

**Roscommon County Christian Choir**

Under the Direction of  
Mrs. Candyce Peterson

## Riviera Restaurant & Lounge

### At The Riviera Resort

Open @ 11:30 • Thursday, Friday & Saturday  
On Beautiful Houghton Lake 989-202-4047



*We Respect Our Seniors & We Show It!*

**Seniors Save 15% ALL DAY**  
Every Thursday

*Available Daily For Your Special Events! Reserve Today!*

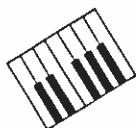
**FSK Friday**

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989-387-5483 and mention this ad.

# Houghton Lake Center News

The happy holiday season is fast approaching. It comes quickly especially after Thanksgiving Day celebrations of feasting on turkey and all its trimmings, at the Center, or while entertaining family and friends.

On November 4th a Veteran's Day program by Hospice of Helping Hands and the Veterans of Foreign Wars to honor our veterans was presented. It was a very unforgettable time for many. Also, "A Salute to Veteran's" on November 11th by the Roscommon County Commission on Aging was a memorable day when our veterans shared their different insights and personal stories.

A special thank you to the Advisory Board for their Halloween Party and Thanksgiving activities that we have enjoyed.

For the month of December our guest speakers will provide us new information to ponder. **Deb's activities will definitely add new dimensions, with her special upcoming trip such as the Castle Tour and Adventure, in which by all accounts, will be exquisite and unbelievable!** We will have A Merrie Moolah Day for cookie decorating and Bake Sale. Would you be interested in card making or creating memories into gift giving ornaments?

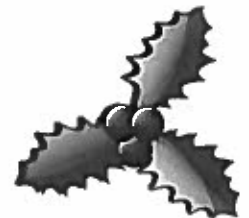
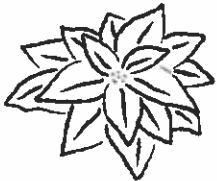
Another first, this month will be the RCCOA Cheers to the Holidays on Saturday, December 13th. This will be a spectacular evening with wine, beer and cheese tasting. Tickets are required. Cost is \$15 per person or 2 for \$25. **Tickets must be purchased in advance.**

We have many special activities and hope that you'll plan to join in and take the time to make new friendships.

## Silver & Gold

Make new friends, but keep the old; those are silver, these are gold.  
New made friendships, like new wine, Age will mellow and refine.  
Friendships that have stood the test of time May change- are surely the best;  
Brows may wrinkle, hair grow gray, and Friendship never knows decay.  
For 'mid old friends, tried and true, Once more our youth renew.  
But old friends alas! May die, new friends must their place supply,  
Cherish friendship in your breast- New is good, but old is best;  
Make new friends, but keep the old; those are silver, these are gold.

By Joseph Parry



So quickly these holidays will pass, with all the excitement and new memories of the past Christmas. We will now look forward to the Happy New Year of 2015!  
Always,  
Gale



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

**The Roscommon County Commission on Aging, Inc., will hold its regularly scheduled Board of Director's Meeting on Wednesday, December 19, 2014 at 1:30 p.m. at the Houghton Lake Center 2625 S Townline Rd Houghton Lake, MI 48629 Everyone is welcome to attend.**

# Roscommon Center News

Hi and I hope you all fared well with the Turkey. Being new to the Center this Year I have to tell you that the Veteran's assembly was one of my most favorite days here. Thanks to all the Veterans, who not only put it all on the line, but that helped and who shared. We actually had two assemblies. The first one was sponsored by Hospice of Helping Hands. It was very nice as every Veteran was pinned and recognized. Our second one was in-house. Nothing is as humbling as to watch grown men share their hearts about putting their lives on hold to make sure that our lives are comfortable. Below is a list of our Vets who we want to thank. If I miss someone, I apologize in advance.



Eleanor Tucker, Marines	Max Bradley, Navy	Roger Jonski, Army
Eugene Balcome, Army	Frank Hursey, Army	Arthur Sigsbee, Army
Veryl Gulick, Navy	Patrick Mattingly, Air Force	Richard Armstrong, Army
Clifford Rodgers, Navy	Karl Loescher, Army	Guy Palmer, Navy
Dan McClain, Marines	Doug Nagel, Navy/Army	Bob Houk, Army
	John McGillis, Army	

The Card Players are changing their time from 2-4 to 1-3 on Tuesday and Thursday afternoons. We hope you will join in. Come in and get a nice warm meal and stick around for some fun. This also means that the center will be closing at 3 p.m. every day.

Starting new on Thursday mornings: Craft and Chat. We are trying to pick up crafts for us to do as a group. If you have any ideas, please let us know. For the time being bring in a craft of your choice and join us.

We plan to have an ugly sweater contest and we will be doing cookies. The annual Center Christmas Party will be December 19th. We will also host a New Year's Eve Party on the 31st.

Congrats to Joan Myers as our volunteer of the month. Joan is the sunshine lady and is very good at keeping our homebound and those that are not up to speed with a card or a phone call. Thanks, Joan, for everything you do.

Marlene was the winner of the Wal-Mart Card for finding Mr. P's shoes. Keep reading about Mr. P. He is worth money to you.

Don't forget to check out the activity page for the fun stuff going on here in December. The Center will be closed on December 25th and 26th. Also on January 1st and 2nd. I wish you all the best of Holidays. Sometimes they can be lonely. Please come join us here if that feeling gets to you. There is always someone willing to talk or have a cup of coffee. We would love to have you.

Merry Christmas and a Wonderful

New Year to all of you!

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

AND THE WINNER IS.....

The winners of the \$10 Walmart gift cards from each center are:

Houghton Lake	Bonnie Lewis
Roscommon	Marlene Jackson
St. Helen	Judy Nester

Congratulations Bonnie, Marlene, and Judy for winning the drawing of finding Mr. P's shoes. Be sure to read about Mr. P's latest escapades in this month's newsletter. You never know where Mr. P will show up next or what he will be looking for.



# St. Helen Center News



We were thankful and honored to host 20 of our local veterans for a free lunch on November 3rd at our center for Veterans Day. Again, thank you, Veterans, for your service to our country. Due to print deadlines for the newsletter, our Pumpkin Pie Contest on November 21st has not yet happened. Winners of the contest will be reported in the next newsletter. Thank you to all who participated.

The Ladies of the Good Shepherd Circle Group of Community Baptist Church of St. Helen are donating goodie bags for all our "M.O.W." clients which will be distributed on December 11th. We send out a great big Thank You for your thoughtfulness.

On Thursday, December 11th, please join us to decorate sugar cookies for the Christmas season! The Annual Christmas Brunch & Party will be December 18, 2014, at 11:00 a.m. Entertainment will be the children of Roscommon Elementary School at 11:15 a.m. with a special brunch to follow. If you would like to participate in the gift exchange, please mark the package "Lady" or "Man." Gifts should not be over \$5.00. Those who bring a gift will receive a gift. Please let us know if you are going to attend by December 10th so we don't run short on food. Everyone is welcome to bring in holiday goodies to share with us. We would love to taste your specialties. We will also have an Ugly Christmas Sweater Contest that day.

Please stop in to the Center to check out all the activities that are available. We are a very active, fun group and always interested in new ideas. So let us know of your interests and ideas. Donation for lunch is still \$2.50 for 60 and over and \$5.00 for all others. That is a hard price to beat, so stop on in. When you stop in to the Center don't forget to pick up a newsletter to see what is happening. And be sure to look for Mr. P. You never know where he or something of his might be.

Our centers will be closed on Thursday and Friday, December 25 and 26, 2014. We would like to wish you and yours a wonderful Christmas holiday.

Varlya Hanusik, Center Manager, St. Helen Center, 10493 E. Airport Road, St. Helen, MI 48656 (989) 389-7551

**DAILY ACTIVITIES:**

- Mon: 10:00 a.m. Exercise, 12:30 p.m. Wii Bowling, 12:30 p.m. Pinochle, 6:30 p.m. Euchre
- Tues: 9:00 a.m. Zumba Gold, 10:00 a.m. Penny Bingo & Wii Bowling, 12:30 p.m. Bingo
- Wed: 9:00 a.m. Yoga, 10:00 a.m. Exercise, 11:00 a.m. Wii Bowling, 12:30 p.m. Pinochle
- Thurs: 9:00 a.m. Line Dancing, 10:00 a.m. Wii Bowling, 12:30 p.m. Euchre & Bunko
- Fri: 9:00 a.m. Zumba Gold, 10:00 a.m. Exercise, 12:30 p.m. Pinochle

**MONTHLY ACTIVITIES:**

- 10th 11:30 a.m. Hilltop Blood Pressure Clinic
- 11th Decorate Sugar Cookies today at the center
- 13th 5:00 - 9:00 p.m. Cheers to the Holidays at the Houghton Lake Center *By Ticket only*
- 16th 8:00-11:00 a.m. Foot Care, 11:30 a.m. Hospice Advantage Blood Pressure Clinic
- 17th 9:00-10:00 a.m. MIC Commodities
- 18th 10:00 a.m. Senior Advisory Mtg. & December Birthday Celebration  
Noon Holiday Brunch & Christmas Party
- 22nd 11:30 a.m. Intelicare Blood Pressure Clinic
- 25th **Center Closed - Merry Christmas!**
- 26th **Center Closed**

# CENTER ACTIVITIES

## HOUGHTON LAKE CENTER 366-9168

- 2nd 12:30 p.m. Christmas Cheer, making Center favors by Karen Williams
- 3rd 1:30 p.m. RCCOA Special Board Meeting
- 4th 1:00 p.m. Estate Planning with Don Pearson
- 8th 12:30 p.m. Lunch presentation, Genealogy by Marilyn Andrick with the Roscommon County Genealogical Society
- 9th 8:00 a.m. to 3:00 p.m. Compassionate Care Foot Clinic by appointment  
11:45 a.m. Advisory Board Meeting
- 10th 10:30 a.m. "MERRIE MOOLAH" (Save \$\$\$)  
Christmas Cookie Decorating Day & Holiday Bake Sale
- 11th 12:30 p.m. Intelicare presentation with Terry Zettel
- 12th 10:00 a.m. Memories for Christmas, Ornaments by Nora Grinnell  
4:00 p.m. "The Joint Church Choir" will perform
- 13th 5:00-9:00 p.m. Cheers to the Holidays—  
*by advance ticket only*
- 15th 10:00 a.m. to 2:00 p.m. Dynamic Hearing Care  
12:30 p.m. Advisory Board Christmas Party
- 17th 9:30 a.m. Soaring Eagle Casino, Mt. Pleasant, MI return 4:00 p.m.  
1:30 p.m. RCCOA Board Meeting
- 18th 12:00 Exercise Class Christmas Party in Library
- 19th 9:00 a.m. to Noon, Long's Hearing Care  
10 a.m. - Noon Blood Pressure Clinic - Heartland
- 25th **All Centers closed – Merry Christmas!**
- 26th **All Centers closed**

### 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 1 p.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.

## ROSCOMMON CENTER 275-8421

- 4th 10:00 a.m. Craft and chat, Lucky 7's
- 5th "Christmas" Hat and Head day.  
Wear your reindeer antlers, your Santa stocking, etc.
- 9th Blood Pressure check up by "Mercy Hospice"
- 11th 10:30 a.m. "Who Dun It Mystery," Cookie Sale in p.m.
- 12th Ugly Sweater Contest during Bingo,  
Cookie Sale during Bingo and lunch
- 13th Senior Advisory Card Party  
5:00 - 9:00 p.m. Cheers to the Holidays at the Houghton Lake Center  
*By advance ticket only*
- 17th Decorate Cookies
- 18th 10:00 a.m. Lucky 7's  
High School Choir—approx. time 12:30 p.m.
- 19th Center Christmas Party—Following Lunch  
Blood Pressure Clinic sponsored by Premiere Home Health Care.
- 22nd Cookie Exchange following lunch
- 23rd Holiday Music Bountiful Bingo, Foot clinic by appointment.
- 24th Christmas Eve Sing Social
- 25th **All Centers Closed – Merry Christmas!**
- 26th **All Centers Closed**
- 31st 5:00 p.m. Center New Year's Eve Party  
Penny Bingo, Karaoke, call for more details.

### DAILY ACTIVITIES

- Mon: 9:15 a.m. Belly Dancing, 10 a.m. Walking Video, 10:45 a.m. Arthritis class, 12:45 p.m. Line Dancing, 1:00 p.m. Pool .
- Tues: Bountiful Bingo 10:00 a.m., 1:00-3:00 p.m. Cards (Notice time change.)
- Wed: 9:15 a.m. Belly Dancing, 10 a.m. Walking Video 10:45 a.m. Arthritis Class
- Thurs: 10 a.m. Craft & Chat - Bring a craft project to work on except for the 3rd Thursday of every month, 1:00-3:00 p.m. Cards (Notice time change.)
- Fri: 10:00 a.m. Penny Bingo, 1 p.m. Cards & Pool



## The Reverse Mortgage Center

Team Member of Security Mortgage Corp.

Moving Forward in Reverse

1997 First Street  
St. Helen, MI 48656  
Office: (517) 202-1910  
Toll Free: (877) 349-3600

Email: [mcartier@revmortgagecenter.com](mailto:mcartier@revmortgagecenter.com)

**Maurice Cartier**  
Reverse Mortgage Specialist  
Branch Manager  
NMLS # 135633 & 135857

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



**United Way**



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- ★ Connect with a caring professional

*Connecting people in need with people who can help.*

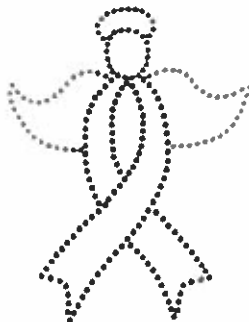
**DIAL 211 OR TOLL-FREE (888) 636-4211**

E-mail & chat available at: [www.211nemichigan.org](http://www.211nemichigan.org)

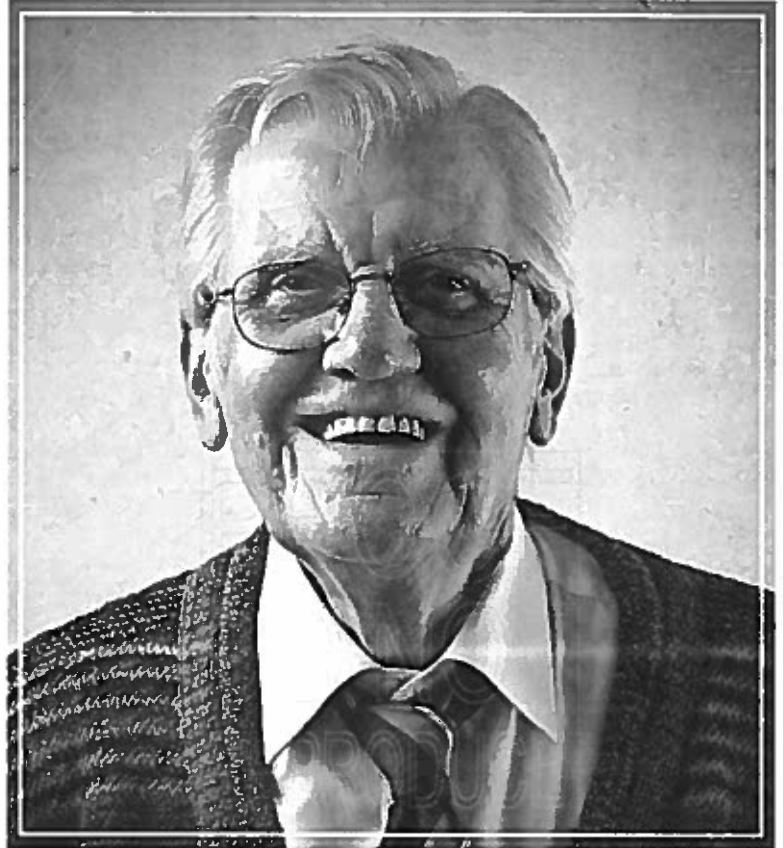
## Women's Cancer Support Group

Group Meets the first  
Thursday of the  
month at  
Fred's of Roscommon  
at 3:30 p.m.  
Judy Layton

Facilitator  
(989)821-6123



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Michele Walsh  
Director

Fred Walsh  
Manager



*"Our Family Serving Your Family"*

143 Lake Street  
Roscommon, Michigan 48653  
275-3600



ROSCOMMON COUNTY  
Community Foundation

*Suzanne E. Luck*

*Executive Director, YAC Coordinator*

701 Lake Street, P. O. Box 824, Roscommon, MI 48653  
Phone / Fax: (989) 275-3112

E-mail: [Info@MyRCCF.org](mailto:Info@MyRCCF.org) Website: [www.MyRCCF.org](http://www.MyRCCF.org)



## 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.

Stop by or call today to schedule your free review.



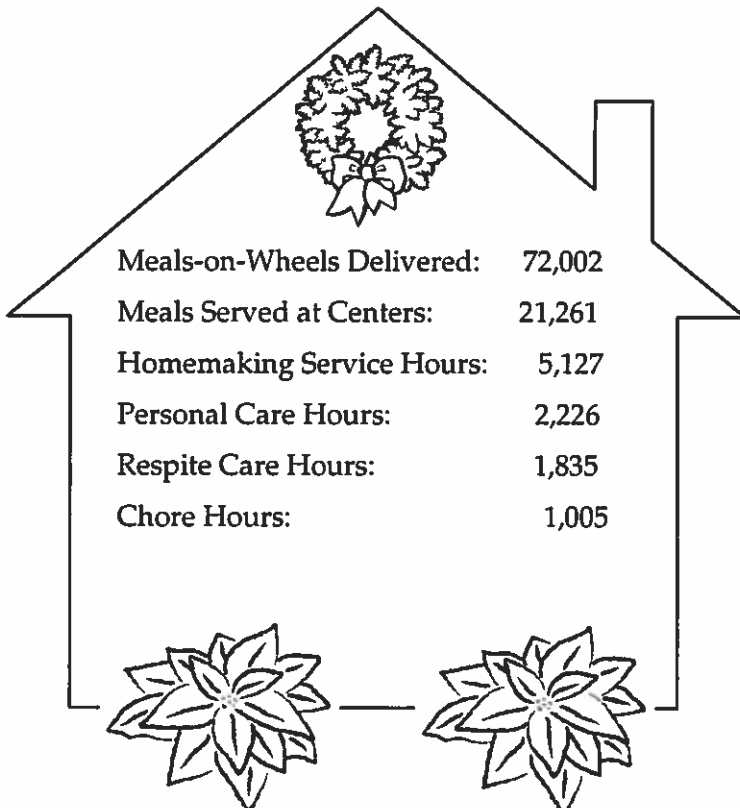
**Lori L. Middleton**  
Financial Advisor

888 W Houghton Lake Dr  
Prudenville, MI 48651  
989-366-8981

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MAKING SENSE OF INVESTING

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We Can Get You To  
Your  
Local Senior Center

**We  
Cover  
It All!**

Prudenville Mon- Fri 6am to 7pm  
Sat 9am to 4pm

St Helen

**RCTA**  
County Wide  
(989) 366-5309

**ROSCOMMON**  
County  
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Authority

# Christmas Gift Ideas



Find and circle all of the words that are hidden in the grid.

The remaining 13 letters spell an additional Christmas gift idea.

BAKING

BELT

BOOK

BRACELET

CANDLES

CANDY

CHOCOLATES

CLOTHES

COFFEE MAKER

COFFEE MUG

COLOGNE

COOKIES

DOLL

EARRINGS

ELECTRONICS

FLOWERS

GAME

GIFT BASKET

GIFT CARD

HERBAL TEAS

JEWELRY

MONEY

MOVIE

MUSIC

NECKLACE

NECKTIE

PANTS

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

PENDANT

SOCKS

WATCH

PERFUME

STUFFED ANIMAL

WINE

PLANT

SWEATER

SCARF

TELEVISION

SHIRT

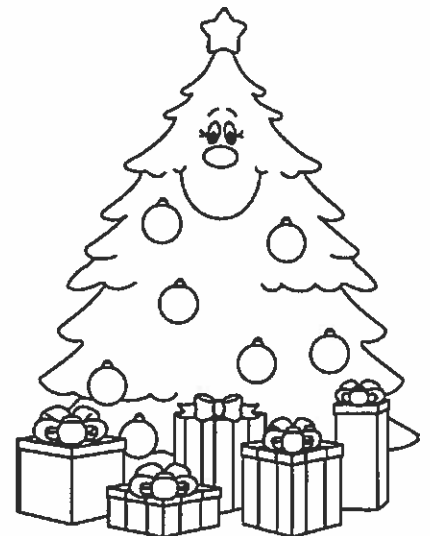
TOOL SET

SLIPPERS

TOY

SNEAKERS

TREE ORNAMENT





Meats Served with Milk

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Prime Rib Burger on a Bun* Potato Wedges* Tossed Salad & Tomatoes Fresh Grapes*	<b>2</b> Chili over Rice* Broccoli Cuts Summer Squash* Crackers* Mixed Fruit*	<b>3</b> Swedish Meatballs over Egg Noodles* Italian Blend Veggies Tossed Salad & Tomatoes Garlic Toast* Orange Slices*	<b>4</b> Chicken Breast over Rice Pilaf* Hawaiian Blend Veggies Diced Beets Bread* - Margarine Pineapple*	<b>5</b> Fish Sandwich on a Bun* - Tartar Sauce Potato Puffs* Baked Beans* Broccoli Slaw Fresh Fruit*
<b>8</b> Tuna, Mac & Cheese* Stewed Tomatoes* Green Beans Bread* - Margarine Fruit Cocktail*	<b>9</b> Beef Tips & Gravy* Mashed Potatoes* Peas & Carrots* Biscuit* - Margarine Fresh Fruit*	<b>10</b> Sweet & Sour Chicken over Rice* Oriental Blend Veggies Tossed Salad & Tomatoes Bread* - Margarine Pineapple*	<b>11</b> Liver -n- Onions Mashed Potatoes - Gravy* Tossed Salad & Tomatoes Roll* - Margarine Baked Apples*	<b>12</b> Fish Almondine Potato Wedges* Coleslaw Bread* - Margarine Fresh Fruit*
<b>15</b> Holiday Brunch Breakfast Casserole* Tomato Wedges Juice* Biscuit* - Margarine Fruited Jello	<b>16</b> Meatloaf Mashed Potatoes - Gravy* Green Beans Roll* - Margarine Fresh Fruit*	<b>17</b> Italian Sausage & Peppers over Ziti* Italian Blend Veggies Tossed Salad & Tomatoes Garlic Toast* Tropical Fruit*	<b>18</b> BBQ Chicken Boiled Potatoes* Peas Cornbread* - Margarine Fresh Grapes*	<b>19</b> Roast Beef Mashed Potatoes - Gravy* Brussels Sprouts Roll* - Margarine Cheese Cake*
<b>22</b> Pulled BBQ Pork on Onion Bun* Potato Wedges* Green Beans Peaches*	<b>23</b> Baked Chicken Mashed Potatoes - Gravy* Succolash* Bread* - Margarine Fruit Cup*	<b>24</b> Blueberry Pancake & Sausage Corn Dog* Hash Browns* Tomato Juice Warmed Applesauce*	<b>25</b> CHRISTMAS HOLIDAY All Centers Closed	<b>26</b> CHRISTMAS HOLIDAY All Centers Closed
<b>29</b> Beef Paste* Broccoli Corn* Triple Berry Crunch Bar*	<b>30</b> Chicken Cordon Bleu Bites over Garden Rice* Brussels Sprouts Cauliflower Roll* - Margarine Fruit*	<b>31</b> Ham Slice Scalloped Potatoes* Dilled Carrots* Bread* - Margarine Triple Fudge Brownie*	Call Your Local Center & Make Your Meal Reservations Today! St. Helen Center 389-7551 Roscommon Center 275-8421 Houghton Lake Center 366-9168	

Suggested Donation is \$2.50 - Please Give What You Can

Thank You!

\* Indicates Carbohydrate

# December 2014



# Holiday Happenings!

## Houghton Lake Center

Tuesday, Dec 2nd - 12:30 p.m.  
Christmas Cheer, making center favors  
by Karen Williams

Wednesday, Dec 10th at 10:30 a.m.-  
"Merrie Moolah" Cookie decorating &  
Bake Sale.

Friday, Dec 12th -10 a.m. Memories  
for Christmas, ornaments by Nora  
Grinnell. 4:00 p.m.- The Joint Church  
Choir will perform.

Monday, Dec 15th- Senior's Christmas  
Brunch & Party. Come in for our  
Brunch and stay for the party.

## Roscommon Center

Friday, Dec 5th - Christmas Hat and  
Head Day

Wednesday, Dec 17th - Cookie  
Decorating.

Thursday, Dec 18th - High School  
Choir performs during lunch.

Friday, Dec 19th - Christmas Party  
and Lunch



## St. Helen Center

Thursday, Dec 11th - Cookie  
Decorating

Thursday, Dec 18th Christmas  
Brunch with a \$5.00 gift exchange  
11:15 a.m. Roscommon Elementary  
School children will perform for us!

