



Commission on Aging

# NEWS

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

"Informing, Educating, & Caring"

February 2015

## In Remembrance



Longtime Houghton Lake resident and Commission on Aging advocate, Dorothy Gage, passed away on Monday, January 26, 2015; she was 100 years old. Dorothy was a member of the COA's founding board of directors and remained very active at the Houghton Lake Center until late last year when she moved to Grand Ledge to be closer to family.

We will miss her smiling face and endless support. Our thoughts and prayers go out to her family and friends.

Please join the  
Roscommon County  
Commission on Aging  
for a  
Valentine's Day Meal

Friday, February 13, 2015

at ALL THREE Centers

at Noon!

### Menu

Tossed Salad

Smothered Sirloin Steak

Mashed Potatoes and Gravy

Green Beans with Bacon

Dinner Roll

Orange Cream Cake



Please reserve your spot by  
calling your preferred center by  
Friday, February 6th.

The Roscommon County Commission on Aging, Inc., will hold its regularly  
scheduled Board of Director's Meeting on  
Wednesday, February 11, 2015, at 1:30 p.m.

STOP  
& notice the  
date!

at the  
Houghton Lake Center  
2625 S Townline Rd  
Houghton Lake, MI 48629  
Everyone is welcome to attend.

Please note the  
change of date  
for this month's  
meeting!



## "A MATTER OF BALANCE"

Many older adults experience concerns about falling and have to restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels by emphasizing practical strategies to manage falls.

### WHO SHOULD ATTEND?

- \* anyone concerned about falling
- \* anyone interested in improving balance, flexibility, and strength
- \* anyone who has fallen in the past
- \* anyone who has restricted activities because of falling concerns.

### YOU WILL LEARN TO:

- \* view falls as controllable
- \* set goals for increasing activity
- \* make changes to reduce fall risk at home
- \* exercise to increase strength & balance

This program is being planned and will be offered on Monday and Wednesday afternoons beginning March 2nd in St. Helen. There is no cost for this class but class size is limited.

Call the Roscommon County Commission on Aging office at 366-0205 for more information or to register.

### 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.

## Property Tax & Home Heating Credit Assistance Available Beginning February 15th!

The Roscommon County Commission on Aging is happy to be able to offer seniors (age 60 +) assistance filing their tax credits. This service will be offered differently than it was in the past. Clients will need to mail or drop off their information to the Commission on Aging Office in Houghton Lake. No appointment is necessary to drop off your information. When your forms are completed, we will call you for pick-up.

These are the things we will need:

*Name, Address, & Phone Number  
Date of Birth  
Social Security Number  
Number of People in Household  
Proof of Income  
Property Tax Bills  
Heating Bills  
Consumer's Energy Bill  
Any Health Insurance Premium Paid  
(including P.I.P. portion of Auto Insurance)*

**We are only able to assist with tax credits!**

**Please call**

**(989) 366-3800**

**with any questions.**

# Mr. P's Adventures



Mr. P wants to let you all know how much he appreciates your help in finding his hard hat. It came just in the nick of time because he needed it for the ground breaking on the addition. Did you see his picture in the *Resorter*? He was the handsome guy in Chuck Corwin's hands! He's keeping his hard hat on these days...just in case they need him. You never know when they might need his expertise in raising the walls or setting the trusses. Thank you to the Roscommon Center for inviting him to their New Year's Eve party. He had a blast and the food wasn't bad either. Speaking of food, he's looking forward to the steak dinner with all the trimmings on the 13th. Mr. P's thinking about bringing his sweetheart to the center for this special Valentine's lunch that day. Speaking of his sweetheart, he would like to give her roses for Valentine's Day. Would you help him find some? Once you find them, let your center manager know. She will enter you in a drawing for a gift card to a local restaurant! The drawing will take place at each center at lunch time on Friday, January 9. Deadline to enter the drawing is Thursday, January 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 call the center manager. If you happen to be the lucky winner, your meal driver will deliver the gift card. Mr. P wishes everyone a

*Happy  
Valentine's  
Day*

## AND THE WINNER IS.....

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

Houghton Lake	Irene Darrow
Roscommon	Veryl Gulick
St. Helen	Faye Herriman

Congratulations Irene, Veryl, and Faye for winning the drawing of finding Mr. P's hard hat and drill. 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.

# From the Director...

Happy February; I'm hoping that spring is right around the corner!

This month's question is a difficult one because it has several layers to it... Here we go.

*"Are the meals at the centers free?"*

The answer is "No". The Roscommon County Commission on Aging works on a suggested donation basis for ALL of our services. The current suggested meal donation for seniors 60 +, (or their younger spouse), is \$2.50 per meal. That is *not* to say that you can't eat if you don't donate. We ask for a donation simply to offset the cost of the meals so we can continue to offer them to all seniors from all economic backgrounds. If you are unable to make a donation for any reason, we still want you to enjoy a meal.

The same holds true for those who receive Ensure from us. The suggested donation is \$25.00 per case. Again, we ask for a donation knowing you may not always be able to give. Please allow us to provide the service for you. We only ask that when the time comes that you are able to donate, that you do.

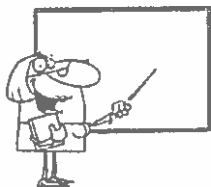
Our In-Home Services and Chore Services carry a suggested donation of \$7.50 per hour of service. The same policy applies.

Please remember, your ability to pay will NEVER affect the services you receive from us. We only ask that if you can donate, please do.

Another option to consider is "planned giving". That is where you donate to the agency upon your death. It is a great way to memorialize yourself or loved one while helping others receive the help they need.

Thank you for the opportunity to clarify this issue.

Thomas Pettit  
Director



# Nutrition Education

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

## When You Need to Gain Weight

A person is considered to be under a healthy weight if they are 15 to 20% or more below accepted weight standards. Underweight may be caused by: 1) food intake too low to meet energy and activity needs; 2) excessive activity, such as overzealous athletes in training; 3) poor absorption and utilization of the food consumed; 4) wasting disease such as cancer, that increases the metabolic rate and energy needs; and 5) psychological or emotional stress.

If you need to gain weight, talk to your physician, dietitian, or other healthcare professional about what approach would be best for you. Eating more food than you are hungry for can be difficult. Here are some tips that may help increase your appetite:

Eat your meals at the same time each day. This helps to establish the habit of eating a balanced diet of three regular or six small meals daily. If you find that you are hungrier at one time of the day than another, such as in the morning, try increasing your portion sizes during this meal.

Eat meals with others, family, or friends. Eating with others can make mealtime more enjoyable and food more appealing.

Eat your meals in a setting that is relaxing to you. Your appetite can be negatively affected by a stressful environment. Pleasant surroundings, eating with friends, and playing your favorite music can help you enjoy your meals more.

Get more exercise. If you are sedentary, small increases in the amount of exercise you get, particularly in the morning may help increase your appetite. Be sure to consult your physician before starting any exercise program.

Enjoy a beer or a glass of wine. Alcohol can increase your appetite. Check with your physician before trying this.

If you smoke, try to quit. Quitting can promote weight gain.

Keep nutritious snacks handy and where you can see them. Eating small amounts between meals can add extra calories.

Make food more appealing. Season foods with herbs and spices or add mustard, barbecue sauce, salsa, ketchup, vinegar, hot sauce, or a squeeze of lemon to make them more tasty.

Eating at least three balanced meals a day is important. Some people find it more palatable to eat several small meals. Each meal or mini-meal should include items from at least three of the five food groups, which includes bread and grains, fruits, vegetables, meat and meat substitutes, and dairy. Adding extra calories to each meal or through the addition of snacks is necessary for weight gain.

### What is the best way to increase calories?

Expensive, specialized weight gain formulas are usually unnecessary for most healthy persons. Extra calories can easily be consumed through food. To avoid feeling stuffed, make small additions of food to your normal diet. Those extra calories will add up! Snacking between meals is a good way gain weight. To avoid getting too full, try eating snacks about two hours before your next meal and before bed.

Add powdered skim milk to beverages and soups to add calories and protein.

Drink higher calorie beverages such as milk, juice, and sports drinks in addition to water.

Snack on nuts or dried fruit. You can also add them to your salad and cereal.

Add grated cheese or sour cream to soups and salads.

Add avocado and cheese slices to sandwiches.

Enjoy ice cream, puddings, custards, cheesecake or pastries for dessert.

For some people, gaining weight is essential for the improvement of their health. Because people who need to gain weight often have small appetites, it's important to get as many calories as possible in a small amount of food.

# Your Care Is Our Priority



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...

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Sunday 10 a.m. - 6 p.m.

...

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

**MidMichigan  
Community  
Health Services**

## Random Acts of Kindness Day

**February 17th** is Random Acts of Kindness Day.

And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. It's a fun and good thing to do. And they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Schools have used this day as an educational event to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.

**Caution: What comes around, goes around.  
Random Acts of Kindness is highly contagious.**

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## 2015 Groundhog's Day



Groundhog's Day is celebrated in the U.S. each year on February 2nd. On this day, in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If, however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog's Day tradition has German roots. German immigrants brought the tradition with them from Germany. As they settled in the hills of Pennsylvania, they began the tradition of using the Groundhog to predict the arrival of Spring. The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. A famous Candlemas poems goes:

*If Candlemas be fair and bright,  
Winter has another flight.  
If Candlemas brings clouds and rain,  
Winter will not come again.*

**Punxsutawney, Pennsylvania** is the site of the annual Ground Hog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. He has been making this annual winter prediction since 1887. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.

*For the Record Phil sees his shadow about 9 out of 10 times*

## Roscommon Center Hosts New Year's Eve Party!

A crowd of Seniors piled into the Roscommon Center on December 31st to ring in the New Year! Center Manager, Johnna Ancel, had the idea of having a party in the evening as a friendly place for seniors to hang out. It was a great success. Nearly 40 seniors came to the center in the evening for fun and laughs. The main attraction was penny bingo and karaoke. Dinner and snacks were also served.

Way to go Johnna for organizing a great event!



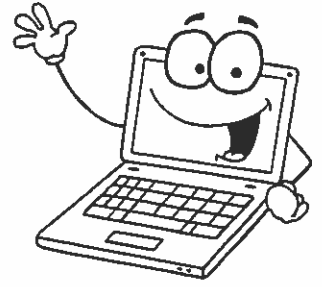
Above: Seniors enjoy a game of penny bingo after eating at the party.

Right: Even Mr. P got into party mode and dressed up in his party favors!





# Kirtland Community College to offer computer courses!



The Kirtland Community Education Department is proud to announce the following classes offered at the Roscommon County Commission on Aging's Houghton Lake Center, 2625 S. Townline Road in Houghton Lake.

The first class is a business-oriented course in Desktop Publishing with Microsoft Publisher 2013. This is a six contact hour course over 2 afternoons, Monday, March 2, and Wednesday, March 4, from 1:30 p.m. to 4:30 p.m. The course features a comprehensive workbook and hands-on instruction in Microsoft Publisher 2013. Cost is \$50.00, the workbook is included.

The following classes are intended for adults with limited computer experience. Each class is \$10 and lasts three hours.

**Monday, March 16, 2015 – Computer Basics** is offered from 1:30 p.m. – 4:30 p.m. This is a hands-on introduction to the personal computer and focuses on the key elements of the desktop as well as a comprehensive review of the mouse.

**Monday, March 23 – Windows 8.1** steps front and center on the stage. Windows 8.1 features a web driven tutorial that students can review during class and later at home if they desire.

**Monday, March 30 welcomes Copy, Cut & Paste.** This three-hour class focuses on the computer clipboard and the many ways to add, remove, or relocate text, images, and even files.

**Monday, April 6 the series concludes with Digital Photography.** This course starts out with an overview of digital photography techniques and tips and concludes with instruction in photo editing and digital production.

Classes are limited to a maximum of 10 students. All classes are offered at the Houghton Lake Center Library.

***Sign up for any or all of the classes through the RCCOA office located in the Houghton Lake Center. Contact Betty Kimble, 366-0205, or stop by the Center at 2625 S. Townline Rd, Houghton Lake, MI to sign up.***



Pictures:

Left: COA Director, Tom Pettit and senior, Marilyn Allison, take time to dance the "swim" at Houghton Lake's Winter Picnic. Right: Gale Wekwert (pictured left), Houghton Lake Center Manager, presents Irene Darrow with a gift card for finding Mr. P's hard hat and drill.





## 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.*

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**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 that meets at the Houghton Lake Center on the second Wednesday of every month from 1:00 - 2:00 p.m. It 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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**Maurice Cartier**  
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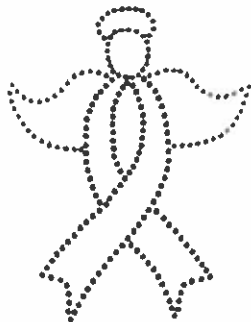
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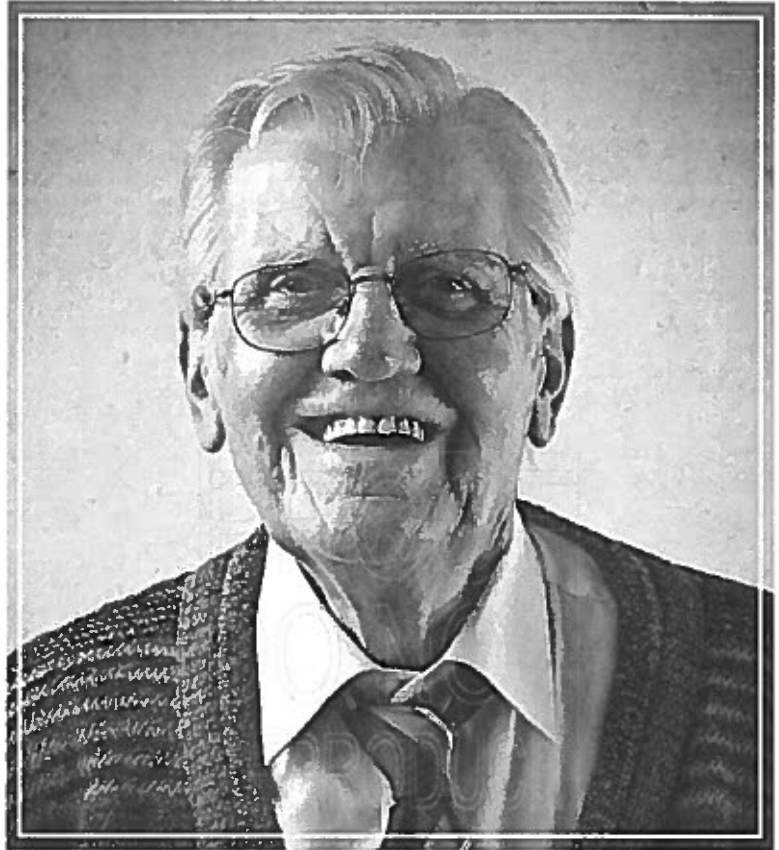
### Women's Cancer Support Group

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

Facilitator  
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# Houghton Lake Center News

Our Houghton Lake Center has jumped into the New Year of 2015 really hot and heavy with the Zumba Gold class on Monday mornings. Also, all the exercise classes are growing again with a different type of exercise daily. We have succeeded with our Wednesday 1:00 p.m. "Euchre"—it has begun! We are looking for four more interested card players.

The chilly month of January has given us a few new beginnings such as the expansion project. We are watching them make progress in clearing the area, digging foundations, pouring cement and setting the walls. It is very interesting to see all the various equipment used. This lends credence to the saying: "The older the boys, the bigger their toys."

A special thank you to our famous kitchen staff and many volunteers for their output of up to 200 "Meals-on-Wheels" before 11:00 a.m., when our drivers pick them up to begin their deliveries. Then our staff adds their finishing touches for 75 to 100 daily lunches by noon! Our Winter Picnic was very successful with great friends, fun filled games and very delicious food.

In January we hosted a genealogy class by Marilyn Andrick, Roscommon County Genealogical Society. Judy King presented an ornament making class. Deb Fletcher instructed the "Meals-on-Wheels," Card Making class. Our volunteers are unbelievable. We are asking for new and different instructors for crocheting, knitting, and a pasties making class. Please consider an extra hour to help get these programs started! Updating us in-house was Lori Roberts, Habitat for Humanity; Linda Hogaboom, Director of New Beginnings; Margo Jacobs, Heartland Health Care & Hospice. Margo is hosting an Alzheimer's Caregivers Support class in February. Joining us with new updates was Sandra Hill & Ineta, from Hilltop Manor Health Care Center. We send our thank you and absolutely appreciate your time.

This very interesting month of February 2015 Daily Holidays, Special and Wacky Days: Sunday, February 1st, Super Bowl contenders New England, Patriots versus Seattle Sea Hawks will go for the gold, at 6:30 p.m. The news

media will celebrate Groundhog's Day Monday,

February 2nd—what do you think about the legend?

Friday, February 13th we will celebrate Valentine's Day with a lunch in honor of everyone's Sweethearts. The

Advisory Board is asking, "Wear your RED day." This is also Blame Someone Else Day and the first Friday the

13th of the year! We will have a Mardi Gras lunch on

Tuesday, Feb. 17th, Masquerades Wanted! We are looking forward to enjoying this month. Please join us. On

Saturday, Feb. 7th, at 10:00 a.m., at Denton Township Hall there is a community program, Project Connect.

Stop in for a visit, have lunch with us, exercise, or try one of our interesting and fun-filled activities. We will always

make you feel welcome and would definitely enjoy meeting you.

Gale Wekwert, Center Manager  
Houghton Lake Center,  
2625 S. Townline Rd.,  
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## Roscommon Center News

I hope you enjoyed your holidays. We are moving along into 2015. The winter has been treating us pretty good. We had an excellent beginning to the New Year at the Center with our first annual New Year's Eve Party. Bingo, karaoke, and playing cards was enjoyed by all. Even Mr. P took time out of his busy schedule to stop by. Hopefully, this will become a Center tradition. Thanks to all who participated and especially Tom and Debbie for helping and hanging with us.

At our monthly Senior Advisory meeting Steve Morris was nominated and voted Senior of the Year here in Roscommon. What a deserving award for Steve! To receive this award, the individual must put forth a true effort to not only do things, but also interact with others and participate in the activities at the center. Steve is always ready to participate in any activity and helps whenever and with whatever. Once again—Congrats to Steve. If you look in our kitchen, you will notice something old and something new. Joe is back. He was here a while ago, left and saw some of the world and is now back. Welcome back Joe.

When trying to think of things for activities and newsletters, I found some interesting information on the internet. February, as most of us know, is the shortest month of the year but did you know that once every six years February is the only month that has four full seven-day weeks? (Check your calendar—this year is one of them!) The month also has many interesting national events: National Snack Food Month, Potato Lover's Month, and National Hot Breakfast Month. We all know that we celebrate President's Day this month...but along with that it is Chocolate Lover's Month (makes sense with Valentine's Day on the 14th). It also has some interesting weekly observances: Week #2 is Jell-O Week and Flirting Week, Week #3 is Love Your Pet Week and Random Act of Kindness Week, and Week #4 is Pancake Week. February ends on the same day of the week as October every year. I truly do not know where they come up with some of this—some are fun and some are serious. They all are kind of interesting fun facts to me.

We are going to try a new thing. All through the month Of February we will give away MONEY (got your attention). Although not real, it will be given for participation in different things. I'm still working on the details of what and how. Keep coming to the Center to learn more. On the 27th we will use our money for an auction that will be held here at the Center. The bottom line is that the more you come and participate, the more money you will receive. The more money you receive, the more you will have to spend at the auction.

For the whole month of February we will also have "Remember When..." You can bring in anything from food to stuffed animals, to clothes, etc. We can hang on to them or you can take them back home that day. But we would like to do some "show and tell" with these items and remember back when.

*Johnna Ancel*

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



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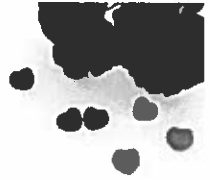


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# St. Helen Center News



Valentine's Day is just around the corner so don't forget your special person!! Maybe you could bring that special someone to our Valentine Luncheon on Friday, February 13th...Give us a call and make your reservation. Some other days in February to remember are: February 2nd, Groundhog Day (Please don't see your shadow.), February 4th, thank your mailman, and my personal favorite February 19th Do a Grouch a Favor.

St. Helen Center staff would like to invite you to check out our center for activities that are offered. If you would like to see an activity added, please let us know. If you haven't joined us for a mid-day meal at 12:00 noon, Monday through Friday, we invite you to come, try our good meals and meet the people. Donation for lunch is only \$2.50 for 60+ (or their younger spouse) and \$5.00 for all others.

Our Winter Picnic was a great success. We ate, played games, and enjoyed the fellowship. (Even if we had to forgo the water balloons.)

If you would like to join us for Euchre or Pinochle and feel a little rusty, we will be starting a refresher class. Give us a call to find out more.

Also, don't forget to look for Mr. P; you never know where he or something of his might be. Our winner for the January drawing is Faye Herriman. She received a \$10.00 Wal-Mart gift card.

The week of January 19th we are making Valentines for our Wounded Warriors and Veterans that are hospitalized. Pittsfield Library is donating all of the supplies for this wonderful project. Thank you, Lynn.

**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-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. Regular 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

- 4th: 1:45 p.m. Center Closes For Training
- 10th: 11:30 a.m. Hilltop B.P.C.
- 16th: Center Closed – President's Day
- 17th: 8:00-11:00 a.m. Foot Care  
11:30 a.m. Hospice Advantage B.P.C
- 18th: 9:00-10:00 a.m. Senior Commodities  
11:30 a.m. Lori of Habitat Humanity
- 22nd: 11:15 a.m. Senior Advisory Mtg. & February Birthday Celebration
- 23th: 11:30 a.m. Intelicare B.P.C.

## Did You Know?

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or long period of time. We currently have 3 rascals that could be loaned out. Please call Betty at 366-0205 for more information.



Save \$10.00  
Have

*Pastor Jack Metzler*

Tune your piano  
State of the art computer tuning  
at your convenience.

Call:  
989-387-5483 and mention this ad.

# CENTER ACTIVITIES

## HOUGHTON LAKE CENTER 366-9168

- 5th 12:00 Noon, Roscommon County Victims Service Unit, by Linda Hogaboom
- 7th 10:00 a.m. - 12:00 Noon, Saturday, Project Connect, Denton Township Hall
- 9th 10:00 a.m. - 2:00 p.m. Dynamic Hearing Care in library
- 10th 9:00 a.m. - 1:30 p.m. Compassionate Foot Care Clinic in library  
11:45 a.m. Houghton Lake Center Advisory Board meeting
- 11th 1:00 p.m. - 3:00 p.m. Alzheimer Support Group, Mercy Hospital & Hospice, 1:30 p.m. Roscommon County Commission on Aging Board Meeting—Houghton Lake
- 12th 11:00 a.m. Dementia and Caregivers Information by Margo Jacobs, Heartland Home Health Care & Hospice in library, lunch provided for those who attend the class.
- 13th Valentine's Day Lunch, Celebrate with your Sweethearts' "Wear Your Red"
- 16th Center closed—President's Day
- 17th 12:00 Noon Mardi Gras Party, Masquerades Wanted!
- 18th 4:30 p.m. United Methodist Food Give-Away
- 19th 9:30 a.m. Soaring Eagle Casino & Resort, "Senior's Day"  
9:30 - 10:30 a.m. MIC food supplement
- 20th 9:00 a.m. - 12 Noon Long's Hearing Care in library  
10:30 a.m. - 12:30 p.m. HBP clinic by Heartland Health Care & Hospice
- 23rd 9:30 a.m. - 12 Noon "Meals-on-Wheels," Card Making Class, \$5.00 includes lunch and 3-4 take home cards, by Deb Fletcher & Lisa Nazer  
Lunch time treat of Root Beer floats served by Sandra Erickson, Hospice Advantage
- 25th 10:00 a.m. - 2:00 p.m. Miracle Ear Hearing Clinic in library
- 27th Let's Celebrate "Pajama Day"

### Daily Activities

- Mon: 10:30 a.m. Zumba Gold, 12:30 p.m. Pool practice
- Tues: 9:45 a.m. Early Exercise Group,  
10:45 a.m. Arthritis Exercise Group  
11:50 a.m. Senior Drawing before lunch,  
12:45 p.m. Bingo
- Wed: 12:30 p.m. Pool League, 1 p.m. Line Dancing
- Thurs: 9:45 a.m. Early Exercise Group,  
10:45 a.m. Arthritis Exercise Group  
11:50 a.m. Senior Drawing before lunch,  
12:45 p.m. Bingo
- Fri: 1:00 p.m. Penny Bingo

## ROSCOMMON CENTER 275-8421

- 2nd Blood Pressure check by Intellicare  
12:45 p.m. Senior Advisory Board Meeting
- 6th Wear Red Day—Remember when Day
- 10th 12:00 Noon Blood Pressure Check
- 11th White T-shirt Day—Remembering the men and woman who participated in the strike at General Motors in 1937  
1:30 p.m. Roscommon County Commission on Aging Board Meeting, Houghton Lake
- 12th 10:00 a.m. "Who Dun it Mystery"
- 13th 12:45 p.m. Valentine's Day Party, 12:00 Noon Blood pressure check by Premiere
- 14th 1:00 p.m. Center Card Party
- 15-20 Bring in pictures of your pets in honor of "Love your Pet Week."
- 16th Center Closed - President's Day
- 17th 1:00 p.m. Mardi Gras Party
- 18th 9:30-10:30 a.m. M I C Food Giveaway
- 20th 12:15 p.m. Burn Awareness, Cathy Pardo
- 24th Casino Trip to Turtle Creek—please call to get information and sign up
- 25th 12:15 p.m. Eating Disorders, Jen Gallow, Nutritionist, Grayling Mercy
- 26th 12:00 Noon Monthly Birthday Party
- 27th For Bingo, dress in your favorite costume from any past era

**March 6th—The Price is Right at the Soaring Eagle Casino, price of ticket \$35.00**

### Daily Activities

- Mon: 9:15 a.m. Belly Dancing, 10:00 a.m. Walking video,  
10:45 a.m. Arthritis exercise class,  
12:45 p.m. Line Dancing, 1:00 p.m. Cards and Line Dancing
- Tues: 10:00 a.m. Bountiful Bingo, 1:00 p.m. Pool,  
1:00-3:00 p.m. Cards
- Wed: 9:15 a.m. Belly Dancing, 10:00 a.m. Walking video,  
10:45 a.m. Arthritis exercise class
- Thurs: 10:00 a.m. Unlucky 7's, 1:00 p.m. Pool, 1:00-3 p.m. Cards—new time
- Fri: 10 a.m. Penny Bingo, 1 p.m. Pool, Pinochle, new board game—*The Joker*

Welcome to our number search puzzle. This puzzle has been designed to be both fun and challenging to solve.

The numbers to seek are listed above the puzzle. You can circle the hidden numbers with a pen or pencil as you find them.

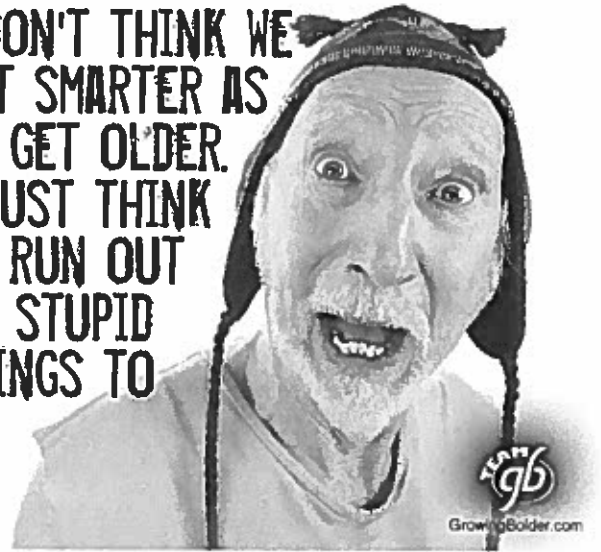
It looks easy but good luck!

**5226 9043 8215 2346 6756**

**3512 2128 2711 1317 4983**

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I DON'T THINK WE  
GET SMARTER AS  
WE GET OLDER.  
I JUST THINK  
WE RUN OUT  
OF STUPID  
THINGS TO  
DO.



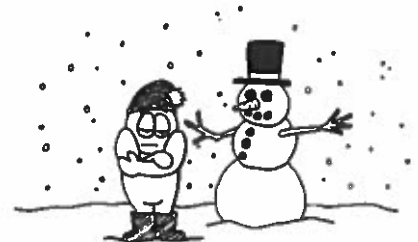
Do You Have A...

**.BUCKET LIST?.**



Do you want to go somewhere or do something or maybe you've done something or gone somewhere that you think we should know about? Maybe there are others interested in the same adventure and *possibly* we could put together a day trip.

Please call Debra at 366-0205 and let her know about your ideas. Maybe we can get started checking off your list.



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

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

### HOW WE SERVED YOU DURING DECEMBER 2014

Meals-on-Wheels Delivered:	7,030
Meals Served at Centers:	1,835
Homemaking Service Hours:	514
Personal Care Hours:	187
Respite Care Hours:	242
Chore Hours:	123

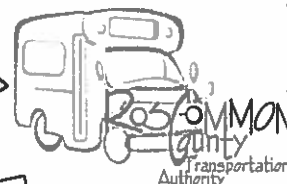


We Can Get You To  
Your  
Local Senior Center

We  
Cover  
It All!

Prudenville

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



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

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

**DR. LOUIS E. BOGGS**



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

## Center Closure Policy

With winter months here, 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.



## Our Mission:

The purpose of the Roscommon County Commission on Aging is to promote the welfare, independence, safety and health of our senior citizens

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



WE HONOR VETERANS



*Call the Experts...* 800-992-6592

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

A non-profit hospice serving Northeast Michigan since 1979.



All Meals Served with Milk

Menu Subject to Change

\*Indicates Carbohydrate

**Call Your Local Center &  
Make Your Meal Reservations Today!**

**St. Helen Center 389-7551  
Roscommon Center 275-8421  
Houghton Lake Center 366-9168**

The week of  
February 9th - 13th  
is National Jello Week!  
Enjoy!

<p><b>2</b> Polish Sausage &amp; Kraut Mashed Potatoes* Green Beans  Dinner Roll* - Margarine Fresh Grapes*</p>	<p><b>3</b> Chili over Rice* Broccoli Tossed Salad &amp; Tomatoes Bread* - Margarine Pineapple*</p>	<p><b>4</b> Chicken Lasagna* Key West Veggies  Tossed Salad &amp; Tomatoes Bread* - Margarine Hot &amp; Spicy Applesauce*</p>	<p><b>5</b> Pepper Steak Mashed Potatoes - Gravy* Wax Beans  Roll* - Margarine Peaches*</p>	<p><b>6</b> Fish Almandine Potato Wedges* Cole Slaw  Bread* - Margarine Baked Apples*</p>
<p><b>9</b> Chicken Tenders Tater Tots* Baked Beans*  Bread* - Margarine Fruited Jello*</p>	<p><b>10</b> Cabbage Casserole* Mashed Potatoes* Tossed Salad &amp; Tomatoes  Bread* - Margarine Applesauce*</p>	<p><b>11</b> Butter-Crumb Fish with Tartar Sauce Scalloped Potatoes* Cole Slaw Bread* - Margarine Fruited Jello*</p>	<p><b>12</b> Chicken Alfredo over Pasta* Broccoli Dilled Carrots Roll* - Margarine Tropical Fruit*</p>	<p><b>13</b> Smotherd Steak Mashed Potatoes - Gravy* Tossed Salad &amp; Tomatoes Green Beans with Bacon Roll* - Margarine Orange Cream Cake*</p>
<p><b>16</b> <b>Presidents' Day</b>  <b>All Centers Closed</b></p>	<p><b>17</b> Liver -n- Onions Mashed Potatoes - Gravy*  Tossed Salad &amp; Tomatoes Roll* - Margarine Fresh Banana*</p>	<p><b>18</b> ASH WEDNESDAY Fish Sandwich* on a Bun* - Tartar Sauce O'Brien Potatoes* Beets Fresh Orange*</p>	<p><b>19</b> Chicken Dinner Mashed Potatoes - Gravy* Peas n Carrots* Tossed Salad &amp; Tomatoes Roll* - Margarine Cranberry Sauce*</p>	<p><b>20</b> Mac &amp; Cheese* Scandinavian Veggies* Spinach  Bread* - Margarine Fruit*</p>
<p><b>23</b> Taco Salad* Black Beans and Corn* Sour Cream  Bread* - Margarine Fresh Pear*</p>	<p><b>24</b> Beef Tips and Gravy* over Mashed Potatoes* Succotash* Tossed Salad &amp; Tomatoes Bread* - Margarine Baked Apples*</p>	<p><b>25</b> Chicken Parmesan over Spaghetti* Italian Blend Veggies* Tossed Salad &amp; Tomatoes Garlic Toast* Fresh Grapes*</p>	<p><b>26</b> Roast Pork Dinner Mashed Potatoes - Gravy* Green Beans Applesauce* Roll* - Margarine Birthday Cake*</p>	<p><b>27</b> Favorite Fish Dinner Potato Wedges* Cole Slaw  Bread Stick* Margarine Orange Slices*</p>

This Meal Program is supported by Donations - Please Give What You Can - Thank You



# February 2015



*Celtic Fest!*  
**Full Set & Socks in the Frying Pan**  
*Saturday, March 7th show starts at 8 p.m.*

Performance by TWO of Ireland's favorite bands.

"Full Set" – Live Ireland Music Awards' New Band of the Year, 2012 – and "Socks in the Frying Pan" – Three guys who exemplify the charm, humor and musical talent of the Irish!

In honor of "Socks" bring a donation of new socks or gently used clothing to the show and KCPA will distribute it to local assistance groups to help others in our own communities.

Our van will leave the Houghton Lake Center at 6:30 p.m. heading to Kirtland Community College. We will also pick up at the Roscommon and St. Helen Centers.

The cost is \$27.00 per person and is limited to 14 people.

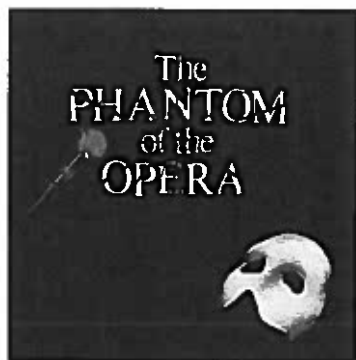
## Bussin' Beauties

Kirtland College, Wednesday, February 11th  
Leaving the Roscommon Center at 8:30 a.m.

Again on Tuesday, February 17th  
Leaving the Houghton Lake Center at 8:15 a.m.  
This bus will also stop at the St Helen Center

Price for this trip: \$10.50 per person  
Includes: 3 treatments and transportation  
This trip is for both men & women.

Seats limited. Sign up today!



**Wharton Center  
MSU  
Saturday,  
April 11, 2015**

There are still 3 seats available to attend this fantastic production  
The cost of this trip is \$110.00 and will include

transportation to and from MSU and the price of the matinee theatre ticket.

If you have reserved your seat but have not yet paid, please do so soon. Any seats that have not been paid for by March 2, 2015 will be considered available for sale.

Please call 366-0205 for more information.

## Wine, Beer, and Art!

**Monday, February 23, 2015**

Leaving the Houghton Lake Center at 11 a.m and returning around 3:00 p.m.

This is a van trip heading to the Crawford County Commission on Aging for lunch at noon, then on to the AuSable Artisan Village Gallery, with wine glass in hand from the Valley Mist Winery and maybe a cold glass of beer from the Paddle Hard Brewery.

The cost for this fun-filled afternoon is \$15.00

Seats are limited to 14; first come, first seated.  
Call 366-0205 and reserve your seat today!

