



Commission on Aging

NEWS

"Informing, Educating,
& Caring"

September 2014



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 between September 1, 2013 and August 31, 2014.

This program is open to everyone, including families and friends, who would like to celebrate the lives of those who have passed.

Please mark your calendar and join us. If you would like to come for lunch that day, please call Gale at (989)366-9168 to sign-up so we have an idea of how many to prepare for.

Join us at
our Centers
for a special celebration
of

"We Own the Buildings!"

on
Friday, September 19th
at
12 p.m. Noon

Menu

Roast Beef
Mashed Potatoes & Gravy
Tossed Salad
Fresh Asparagus
Dinner Roll
Freshly Baked Apple Pie

*Please call your center to make your
reservations by Thursday, September 11th!*

The Roscommon County Commission on Aging, Inc., will hold its regularly

**scheduled Board of Director's Meeting on
Wednesday, September 17, 2014 at 1:30 p.m.**

at the

**Houghton Lake Center
2625 S. Townline Rd**

Houghton Lake, MI 48629

Everyone is welcome to attend.

There will be a special
RCCOA Board Meeting
on
Wednesday, September 3rd
at 1:30 p.m.
at the
Houghton Lake Center



The Adventures Of Mr. P

Mr. P would like to thank all of you for finding him in last month's newsletter. He had a great time reading it cover to cover. He really thought the Tall Ship trip would be a lot of fun to go on but by the time he called Deb to sign up, it was full. Maybe next year...He heard the seniors from St. Helen were planning a trip to the Flint Farmer's Market in September. Sounds scrumptious—all those fresh fruits and veggies! He may have to see if he can go along. Maybe he could find some fresh apple cider from this year's apples. Mr. P did get to check out the "Matter of Balance" class in Roscommon. (You'll have to ask Deb about his adventures in class.) He thought maybe it would help him get rid of his cane. It can be sooooo bothersome to have to walk with it all the time. Speaking of Mr. P's cane—anybody seen it? He can't remember where he left it. He knows he had it with him when he went to class, but where could it be now...Would you help him? It must be somewhere in our newsletter. Once you find it, 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 Friday, September 12. Deadline to enter the drawing is Thursday, September 11, 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. Hey, if Mr. P shows up at one of your events, take a picture of him and get it to Betty at the RCCOA offices. Maybe your picture will show up in the next newsletter.

Roscommon County's Jan Williamson named MMAP "Rookie of the Year"



Roscommon County Commission on Aging's Medicare/Medicaid Assistance Program volunteer Jan Williamson was recently voted "Rookie of the Year" during a MMAP Training/Meeting in Lansing. MMAP volunteers work with seniors who are new to Medicare in order to obtain the best insurance coverage with the least out-of-pocket cost to the individual. Volunteers also assist during yearly open enrollment periods.

Jan has also been nominated as "National MMAP Volunteer of the Year".

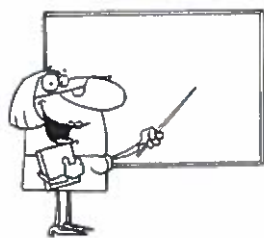
Congratulations Jan. We are honored to have you on our team!

AND THE WINNER IS.....

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

Houghton Lake	Sylvia Tumath
Roscommon	Dennis Warner
St. Helen	Sharon Wakely

Congratulations to Sylvia, Dennis, and Sharon for winning the drawing of finding Mr. P. Be sure to read about Mr. P's latest escapades in this month's newsletter.



Nutrition Education

Your Sweet Tooth

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

Does that morning Danish leave you craving another treat two hours later? Do you grab a candy bar to cope with your afternoon slump, then reach for a cola to get out of your post-slump slump?

If you've found that munching sugary snacks just makes you crave more sugary snacks, you're not alone. Eating lots of simple carbohydrates, without the backup of proteins or fats, can quickly satisfy hunger and give your body a short-term energy boost, but they almost as quickly leave you famished again and craving more. It may not always be possible to totally eliminate your craving for sweet treats but you can certainly find better alternatives. In addition there are some foods which can actually help stave off a sweet tooth.

Portion Control. Because we are human we are prone to mistakes. We will not always behave properly when on a diet; if we take away all things pleasant, we will be much more apt to fall apart and raid the ice box. If you absolutely must have a piece of chocolate cake, eat a piece that is at least half the size you normally would. Chew each bite slowly and savor the flavor and texture. It is not always what you choose to eat but how much you choose to eat that is the problem.

Choose the Lesser Evil. If you are having dreams of ice cream sundaes dancing in your head, try eating a fudge pop instead. They have far fewer calories than the ice cream sundae. This may help to curb your cool chocolate craving without adding inches to your midsection.

Take Chromium Supplements. There has been a lot of data to suggest that chromium supplements can help deter sugar cravings. Most people do not get enough chromium in their diets. Taking a daily supplement of about 300 micrograms of chromium whenever the craving for sweets occur can help your brain get the signal that no sugar is needed. This usually happens after about 20 minutes as the chromium helps get the glucose from the insulin into the blood stream.

Add Some Manganese to Your Diet. If you are deficient in manganese, your body's ability to produce insulin properly can be impaired. Manganese plays a major role in balancing your body's blood sugar levels which can in turn help control the craving for something sugary. In addition, manganese assists in the transporting and metabolizing of glucose throughout your bloodstream. Sometimes just adding about 10 mgs to your daily diet can help immensely with you sweet tooth.

Take a Magnesium Supplement. While people are often advised to take calcium supplements, most are never told about the importance of magnesium. Magnesium is necessary for the proper absorption of calcium but it is also a major player in your body's ability to control glucose metabolism.

Snack on Fruit. While this should be the most obvious solution to a sugar craving, many people are unaware that fruit, while it does contain a lot of sugar is not necessarily considered "bad" for a diet. It is true that not all cravings for cake and cookies will be curbed by eating a piece of fruit but sometimes the type of sugars contained in the fruit will work with your body's chemistry to help reduce the cravings.

Be patient with yourself and remember changes to your lifestyle take time and persistence. A key thing to remember in almost any diet is that restricting completely seldom works. Changing the way you eat as a whole is the best way to achieve a successful diet that you can live with. That's why it is vital that you not deprive yourself of the things you enjoy. Rather, limit them to once or twice a week and in moderation.

Source: www.healthguidance.org

DR. LOUIS E. BOGGS



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



Announcing:
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(off Silver Lake Rd. & Copper Ridge)
Cadillac • 1027 N. Mitchell St. • 877-556-2494

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.

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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.



KING
NURSING & REHABILITATION

2280 Tower Hill Rd.

Houghton Lake, MI 48629

(989)422-5153

Back to School Safety

What do you do when you see a school bus flashing yellow lights?

For millions of students nationwide, the school day begins and ends with a trip on a school bus. But the greatest risk for these students isn't actually riding the bus—it's approaching or leaving the bus. More school-age pedestrians have been killed between the hours of 3 and 4 p.m. than any other time of day.

And it's not just pedestrians—from 2000 to 2009, 85 crashes occurred in which at least one occupant of a school transportation vehicle died. More than half of those crashes (56%) involved at least one other vehicle. These statistics are an alarming reminder of how important it is to stay alert and focused when driving in residential neighborhoods and around schools during the academic year.

Here are some tips to help get you into the "back-to-school" driving routine, avoid accidents, and stay safe:

Look around. Be aware of children walking or biking when pulling into or leaving your driveway. Children will be on and near the road in the morning and after school hours. Keep in mind that they may be walking in between parked cars. Look up and down your sidewalk before getting into your car.

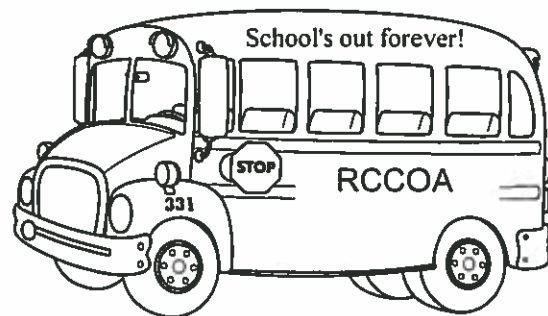
Plan ahead. You don't want to find yourself feeling stressed or rushed when passing through school zones. Build some extra time into your schedule or consider modifying your route to avoid congested school zones.

Avoid distractions. Reduce distractions inside your car so you can concentrate on the road and your surroundings. Turn off your cell phone before getting in the car, or better yet, put it in your trunk.

Know the law! Drive no faster than 15 mph in or near a school zone. Remember... school zones are non-passing zones. Finally, always stop for school buses that are loading or unloading students.

And in response to the opening question, school bus drivers flash yellow lights to indicate that they're preparing to stop to load or unload children. When you see **yellow flashing lights**, slow down and prepare to stop. When you see **red flashing lights** and extended stop arms, stop your car. Wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before driving again.

Can you think of any "back-to-school" safety tips that we missed?



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Fall & Winter

St. Helen Center
 Thursday,
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 at Noon



Houghton Lake Center
 TBA
 at Noon

\$5.00

(Lunch included in price)

Fashion Shows

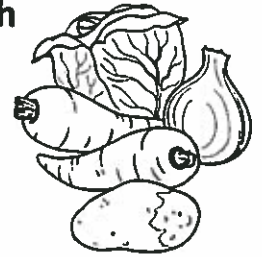
**Answer to this
 Month's Word
 Search!**

Are You A Veteran?

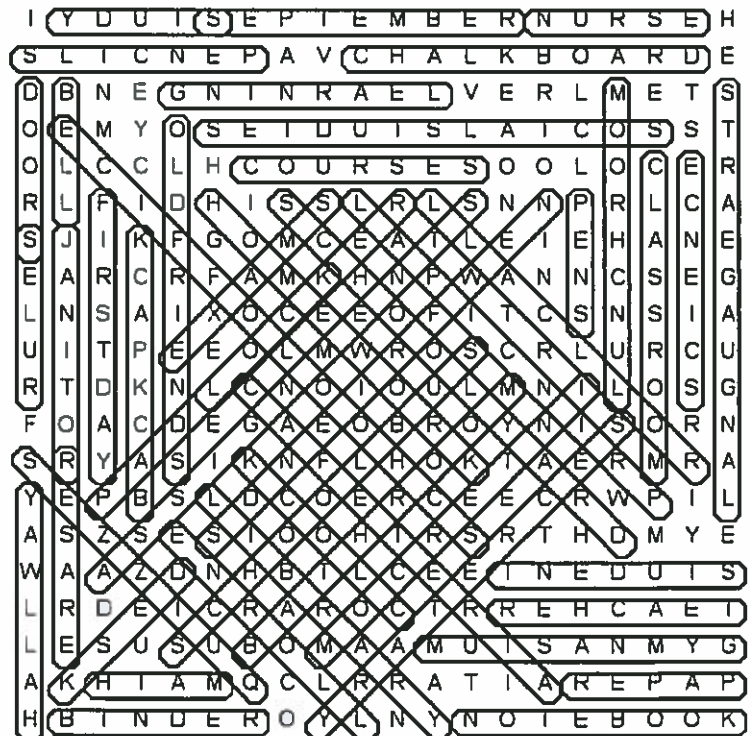
Tom Sheppard from the Veteran's Affairs office is at the American Legion in Prudenville every Tuesday from 4 - 6 p.m. to answer questions about services.

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.

Senior Project Fresh Market Fresh Coupons



The Market Fresh program provides coupon vouchers to eligible adults 60 or older who meet the income requirements. Through this program, we have been able to assist area seniors in obtaining Michigan-grown fresh fruits and vegetables through the local farmers' markets. It has been well-received by our community. We have a limited quantity of coupons left that we would like to make available to any senior who qualifies for the program, including those who already received coupons earlier this summer. If you would like to receive another booklet, stop by the RCCOA office in the Houghton Lake Center and ask for Betty. She would be glad to help you. They will be distributed on a first-come-first-serve basis and will only be available through the RCCOA office. Unfortunately, we will be unable to go to each center like we did this past spring. If you have questions, call 989.366.0205 to talk to Betty.



The hidden message is:

**I HAVE NEVER LET MY SCHOOLING INTERFERE WITH
 MY EDUCATION.**



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Toll Free: (877) 349-3600

Email: mcartier@revmortgagecenter.com

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

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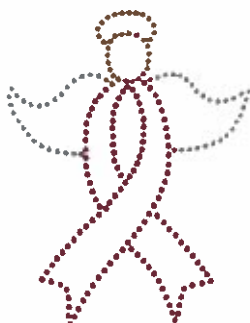
DIAL 211 OR TOLL-FREE (888) 636-4211

E-mail & chat available at: www.211nemichigan.org

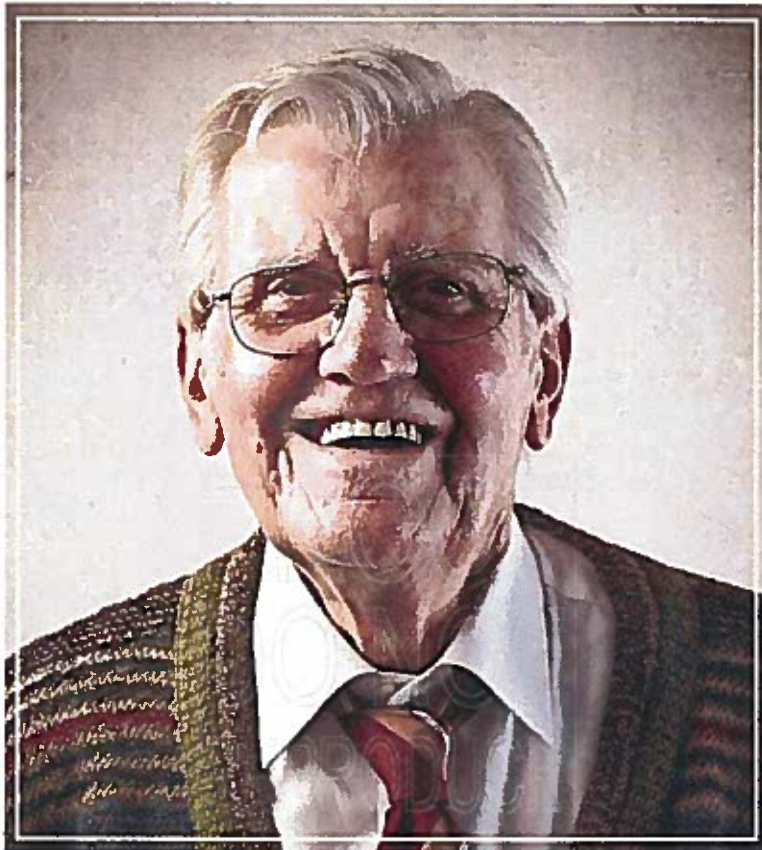
Women's Cancer Support Group

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

Facilitator
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Michele Walsh
Director

Fred Walsh
Manager



"Our Family Serving Your Family"

143 Lake Street
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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 Website: 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.



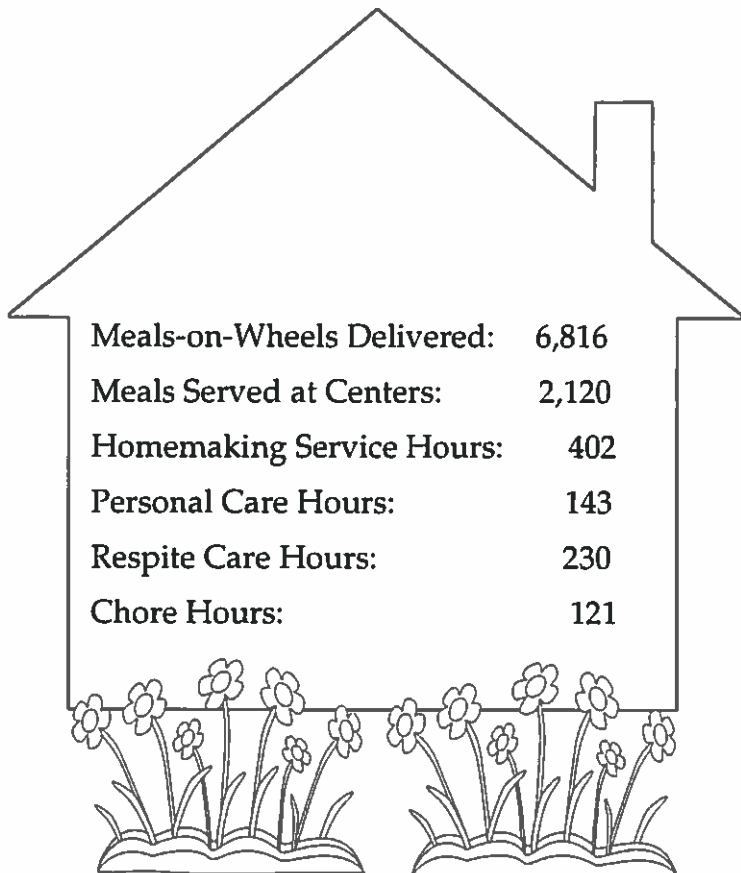
Lori L. Middleton
Financial Advisor

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

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Houghton Lake Center News



Our never-ending change in seasons will bring us into Autumn as defined in Webster's Dictionary; it is also called Fall, the season between summer and winter in the Northern Hemisphere from September equinox to the December solstice. In my opinion it is the most colorful of all seasons, with all the shades and hues of the color spectrum. So let's enjoy every moment!

Our September schedule will peak your interest and give you extra incentive to come in and join in the new and different activities, such as the presentation by our own in house author, Jack Metzler. He will answer all of your questions about the process of writing and publishing a book. Line Dancing class for beginners and intermediates is returning this month also!

Are you interested in supporting our Troops? We will have a Military Make & Take. You will make 4 cards, take home 2 and donate 2, then have a delicious home cooked lunch with us. Take a few minutes on September 11th to concentrate or say a few prayers for 911 Remembrance Day.

The picnic at Deer Run Estates Community Club House was very successful. We had a gorgeous day, exciting fun with great company of family and friends. Jeannie Longwish, the Senior Advisory Board Treasurer, reported a collection of \$67.00. A special thank you to the Senior Advisory Board and the hospitality of Jan and Jim Herringshaw. They make a great combination to make everyone happy, healthy and satisfied with an extremely full tummy.

This month the Senior Advisory Board will be voting for new Board members. Are you interested? We will celebrate the beginning of Fall September 19th with Harvest Day.

Our monthly Soaring Eagle Casino trips have been extremely eventful. We enjoy the opportunity to get away and especially the challenge of winning or breaking even! Yes, we are back on the road. Our next trip is scheduled for Wednesday, September 17.

Looking ahead to October, our calendar will be filled with surprises such as a Fall Bazaar. We are in need of vendors for October 6th. This will be a great opportunity to begin your shopping for the holiday season.

A note to all of our seniors who join in the events at our center—a special thank you for your interest and fantastic participation in the fun and games. We also want to let you know that we appreciate each and every volunteer!

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

<u>DAILY ACTIVITIES</u>	
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.





Roscommon Center News



Hi and welcome to September. The month of August kept us very busy here at the Roscommon Center. One of the best times had by all was the county fair on Friday, the 22nd. We had judging on arts and crafts, sewing, and baked goods. What a difficult day to be a judge. But a big thanks to Roger, Hugh, and Melissa, from the Brook, for putting their necks out to pick a few from many that deserved to win blue ribbons. A special thanks to Lee who along with Gladys, Pat, Bruce, Debbie and Joan put a lot of time into planning the carnival. A great time was had by all. A very special thanks to those who donated time and items to make it such a success. We are thinking a winter carnival will break up some of the snowy blues.

Our volunteer seniors of the month are Bruce and Pat Griffith. Thank you for all you do!

September is national piano month. I would like to encourage anyone who can play the piano to come play for us. If you play any instrument, please let me know. Maybe we can get a band going. We love to listen, and you might even make a friend or two.

I was lucky enough to go to Houghton Lake to see the annual “No Talent, Talent Show.” Very fun!!!!!! Congrats to our Roscommon seniors that shared their talent—Robin, who danced like an angel on the wind. Also to Dot, who had me fooled with her “so quiet act.”

For the talent that goes on here at the center, I would like to maybe explain a few things. We have a belly dancing exercise class every Monday and Wednesday mornings. If you are interested, we have someone who would love to teach you the basic moves, beginning to end. You don’t have to be a pro. We would love to see you. Following that class is Zumba for seniors. Anyone can do it. At 10:45 a.m. there is an arthritic exercise class. This consists of some basic moving and cardio. All classes are free.

On Tuesdays we have “Bountiful Bingo.” This is where we play for home stuff like food, laundry soap, etc. It is not real serious, and some mystery gifts get thrown in from time to time. If you need something for the end of summer blues, try this. We love to laugh. Every Tuesday and Thursday at 10:00 a.m. a group gathers to play Unlucky Sevens.

Starting September 15th we are going to do line dancing every Monday from 12:45 to 2:00. Who knows—maybe you could be the next star at the “No Talent, Talent Show” after learning to dance this winter. Every 2nd Thursday of the month we have the “Who Dun It Mystery.” This consists of watching an original Perry Mason show and trying to guess who the criminal is. If being a mystery sleuth is your passion, come help us solve the mystery.

Friday, September 19th the Annual Fireman’s memorial will be here in Roscommon. We hope to take in some of the activities from here at the center. September 26th we are going to celebrate the children going back to school with our own “Sock Hop.”

Keep in mind for October we will sponsor our first annual Apple pie contest. Get ready. We are going to also do the biggest liar contest. Think you can tell a story better than anyone else, come prove it!

Keep smiling!



Daily Activities	
Mon:	Belly Dancing 9:15 a.m., Zumba Gold 10 a.m., Arthritis Class 10:45 a.m. Starting September 15 Line Dancing every
Monday	12:45-2:00 p.m. 1 p.m. Cards
Tues:	Bountiful Bingo 10:00-11:45 a.m. Cards 2-4:00 p.m.
Wed:	Belly Dancing 9:15 a.m., Zumba Gold 10 a.m., Arthritis Class 10:45 a.m.
Thurs:	Cards 2:00-4:00 p.m.
Fri:	Penny Bingo 10:00 a.m. Cards & Pool 1:00 p.m.

CENTER ACTIVITIES

HOUGHTON LAKE CENTER 366-9168


- 1st Labor Day—All Centers closed
3rd Line Dancing for Beginners & Intermediate - 1:00 p.m.
RCCOA Special Board Meeting - 1:30 p.m.
5th Long's Hearing - 9:00 a.m.-noon
8th Jack Metzler, Author, Presentation - 11:00 a.m.
Memorial Service at Houghton Lake Center 1 p.m.
All centers are included
9th Senior Advisory Board Meeting, Balloting - 11:45a.m.
10th **Staff Training All Centers closed**
12th Long's Hearing - 9:00 a.m.-noon
15th Dynamic Hearing - 10:00 a.m.-2:00 p.m.
17th Soaring Eagle Casino Trip, Mt. Pleasant,
Leave - 9:30 a.m.
RCCOA Board Meeting - 1:30 p.m.
18th Immunization Clinic—Flu, Pneumonia - 10:00
a.m.-1:00 p.m.
M.I.C. Food Distribution - 9:30 a.m.-10:30 a.m.
19th Harvest Day, Noon, by Senior Advisory Board
22nd Medicare Coverage Update with Hospice Advantage -
11:00 a.m.
Bella Rose Trip Leave at 12:45 p.m.
TEFAP Food Distribution - 10:00-11:00 a.m.
23rd Compassionate Foot Care by appointment
Presentation - 11:00 a.m. by Hilltop Manor & State
Farm Insurance - serving ice cream sundaes after lunch
24th Miracle Ear Care - 9:00 a.m.-1:00 p.m.
Intelicare presentation by Terry Zettle - 11:30 a.m.
25th Monthly Birthday Celebration at noon,
Ice Cream served by Senior Advisory Board.
26th Heartland Care Blood Pressure Clinic - 11:30 a.m.
29th Military Make & Take Card Making class -
10:00 a.m.-1:00 p.m. \$5.00 includes Lunch

ST. HELEN CENTER 389-7551


- 1st ~ Labor Day - All Centers Closed
3rd ~ 11:30 a.m. Blood Pressure Clinic by Hilltop
8th ~ Memorial Service at Houghton Lake Center 1 p.m.
All centers are included
10th ~ **Staff Training All Centers Closed**
16th ~ Foot Care by Appointment 8:00 - 11:00 a.m.
11:30 a.m. Blood Pressure Clinic Hospice Advantage
17th ~ 9:00 - 10:00 a.m. MIC Commodities
19th ~ Inetta @ Hilltop Manor "Short and Long Term Care"
25th ~ 11:15 a.m. Senior Advisory Mtg. &
September Birthday Celebration (after lunch)
11:30 a.m. Blood Pressure Clinic by Hospice of
Helping Hands

ROSCOMMON CENTER 275-8421

- 1st: Labor Day - All Centers Closed
2nd: Nat'l Milkshake Day - Come enjoy a shake with us
while we play bingo
4th: Mystery Box Day - Come guess what is in the box
5th: Name that Tune - after lunch
8th: Memorial Service at Houghton Lake Center 1 p.m.
All centers are included
12:45 p.m. Roscommon Senior Advisory meeting
9th: Grandparent Brag Day and National Teddy Bear Day
Bring in pictures of your grandchildren and old or
new teddy bears
10th: **Staff Training All Centers Closed**
11th: "WHO DUN IT MYSTERY" 10:30 a.m.
16th: Hilltop along with State Farm presentation -
following lunch
Foot Care Clinic - by appointment
18th: "Roscommon Battle of the Sexes" 10:00 a.m.
12 p.m. - Presentation by Ron Hnizda—a
fireman for over 30 years
19th: FIREMAN MEMORIAL – after lunch
22nd: TEFAP Quarterly Food Giveaway. For info please
call 1-800-443-2297
23rd: "ICE CREAM SOCIAL" – sponsored by Hospice
24th: Biscuit and Honey Social – following lunch
25th: Center Birthday Party – following lunch
26th: Sock Hop 1:00 p.m.
30th: "LETTERS TO FAMILY" and Piano Day –
following lunch

Dear
whoever 
is reading this,
I hope you have
a reason to smile today.



**Immunization Clinic
planned at the
Houghton Lake Center** 
Thursday, September 18th
10 a.m. - 1 p.m.

A Rite Aid Pharmacist will be on hand to administer the Influenza and Pneumococcal Vaccines. These vaccines are covered by most insurances at no charge to the individual and will be administered on a walk-in basis.

If you would like to receive the Shingles Vaccine please call Chad at the Houghton Lake Rite Aid at (989) 366-9212 to see if your insurance covers it and to order your vaccine for that day.

The CDC recommends an annual flu vaccine for everyone 6 months of age and older. Flu activity is low across the United States now, but usually begins to increase in October and most commonly peaks between January and March. Make plans to get your flu vaccine this fall.

Pneumococcal Vaccination

Which children and adults need the PPSV23 vaccine?

- All adults 65 years of age and older.
- Anyone 2 through 64 years of age who has a long-term health problem such as: heart disease, lung disease, sickle cell disease, diabetes, alcoholism, cirrhosis, leaks of cerebrospinal fluid or cochlear implant.
- Anyone 2 through 64 years of age who has a disease or condition that lowers the body's resistance to infection, such as: Hodgkin's disease; lymphoma or leukemia; kidney failure; multiple myeloma; nephrotic syndrome; HIV infection or AIDS; damaged spleen, or no spleen; organ transplant.

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**All U can Eat Cod & Great Fish Specials* **Live Music w/ T-Bear
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*Rooms, Cottages, Suites & Studios • 989-366-5122
Located at the junction of M-55 and North M-18 in Prudenville.*



Save \$10.00
Have
Pastor Jack Metzler

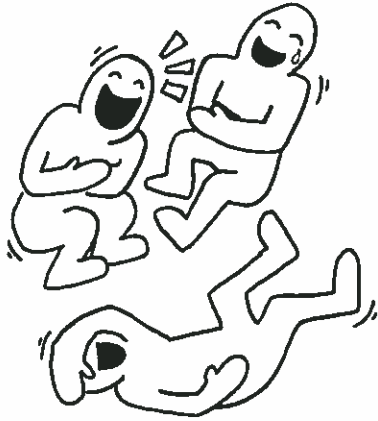
Tune your piano
State of the art computer tuning
at your convenience.
Call:
989-387-5483 and mention this ad.

- Anyone 2 through 64 years of age who is taking a drug or treatment that lowers the body's resistance to infection, such as: long-term steroids, certain cancer drugs, radiation therapy.
- Any adult 19 through 64 years of age who is a smoker or has asthma.
- Residents of nursing homes or long-term care facilities.

PPSV may be less effective for some people, especially those with lower resistance to infection.

But these people should still be vaccinated, because they are more likely to have serious complications if they get pneumococcal disease.

"A Little Hard of Hearing"



- 1) Three old guys are out walking.
First one says, "Windy, isn't it?"
Second one says, "No, its Thursday!"
Third one says, "So am I. Let's go get a beer."

- 2) A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."
"Really," answered the neighbor. "What kind is it?"
"Twelve thirty."

- 3) Morris, an 82 year-old man, went to the doctor to get a physical.
A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.
A couple of days later the doctor spoke to Morris and said,
"You're really doing great, aren't you?"
Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"
The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"

- 4) A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath he ordered a banana split. The waitress asked kindly, "Crushed nuts?" " No," he replied, "arthritis."

Join us as we visit



Free Transportation
And class in Pool
For Walking & Water
Aerobics
Monday, September 22nd
Leaving the
Houghton Lake Center
at 12:45 p.m.

Limited Class Size!

Questions?

Call Gale
(989) 366-9168

*"If we could look into each other's hearts and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance and care."
-Marvin J. Ashton*

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.

...

www.midmichigan.org/chs

MidMichigan
Community
Health Services



"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.

This program is being planned and will be held in Houghton Lake. There is no cost for this program but class size is limited.

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



Gold Stars

For The Month To:

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

Charles Smithson at the Houghton Lake Center for generously donating back his raffle winnings to our "M-O-W" program.

All of our acts, volunteers and spectators that helped make our "No Talent, Talent Show" a huge success. With Special thanks going to Christine Looney, our most awesome Mistress of Ceremonies.

Lee Martin, Bruce & Pat Griffith, Joan Meyers, and Gladys Bugosh for the GREAT time at the Roscommon Center's County Fair!

Thank you to Pat Mattingly, Bruce Griffith, Steve Morris, Veryl Gulick from our Roscommon Center and Dorothy Gage, Ruth Ann Fisher, Walt Horn from our Houghton Center for all their hard work at our weekly Penny Bingo games.

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





St. Helen Center News



We have had a busy summer at all the centers with trips and special events. Please come and join us no matter which Center is sponsoring whatever event or trip for we are one family with 3 centers.

September 11th at 10:00 am. join us in making cards with Patti Hargrove. The cost will be \$5.00 to cover cost of materials. Give me a call so there will be adequate materials available.

We are working on getting a group together to go to the Flint Farmers Market. We would leave the center at 9:00 am and return around 4:00 pm. A date has yet to be set due to bus availability. Please give me a call if you are interested. The cost will be around \$20.00 depending on participation and will include a box lunch.

Saganing Eagles Landing Casino bus trip is scheduled for Wednesday, September 24th so sign up for this fun trip. The cost will be \$18.00 a person and will leave the center at 9:30 am, then leave the casino at 3:00 pm. If you are not in the center give me a call at 389-7551 and I'll put your name on the list. Please note... If we do not get enough people to sign up we may have to cancel this trip. Please sign-up today!

Please note the three different days that we have Blood Pressure Clinic below in our Monthly Activities so you may stop in and get a reading.

I hope all have had a good summer with lots of activities and visitors.

Also remember to look out for Mr. P, you never know where he may be lurking.

DAILY ACTIVITIES

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

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.

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



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

<p style="font-size: 2em; font-weight: bold; text-align: center;">FREE</p> <p style="font-size: 0.8em; text-align: center;">Complete Electronic Hearing Screening and Consultation WITH OUR HEARING AID SPECIALISTS</p>	<p style="font-size: 2em; font-weight: bold; text-align: center;">FREE</p> <p style="font-size: 0.8em; text-align: center;">Cleaning & Check of Your Hearing Aid ALL MAKES & MODELS</p>
<p style="font-size: 2em; font-weight: bold; text-align: center;">FREE</p> <p style="font-size: 0.8em; text-align: center;">Video Otoscope Inspection <small>Actually see inside your ear canal and find out if your trouble is just ear wax!</small></p>	<p style="font-size: 2em; font-weight: bold; text-align: center;">99¢</p> <p style="font-size: 0.7em; text-align: center;">Per Pack Limit 4 Packs Good For ALL MAKES AND MODELS</p> <p style="font-weight: bold; text-align: center;">WOW! HEARING AID BATTERIES NEVER PRICED LOWER!</p>

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

Call (989) 838-0159



Back to School

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

The remaining letters spell a Mark Twain quotation.

ASSIGNMENTS

BACKPACK

BATHROOM

BELL

BINDER

CAFETERIA

CHALKBOARD

CLASSROOM

CLOCK

COURSES

DESK

DOORS

ENROLL

ERASER

EXAMS

FIRST DAY

GYMNASIUM

HALLWAY

HOMEWORK

INTERCOM

JANITOR

LANGUAGE ARTS

LEARNING

LIBRARY

LOCKER

LUNCHROOM

MATH

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

NEW FRIENDS

PENS

SCHOOLYARD

TEACHER

NOTEBOOK

PRINCIPAL

SCIENCE

NURSE

QUIZZES

SECRETARY

OLD FRIENDS

ROLL CALL

SEPTEMBER

PADLOCK

RULES

SOCIAL STUDIES

PAPER

SCHOOL BUS

STUDENT

PENCILS

SCHOOL OFFICE

STUDY



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 price for this fun-filled 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.

The matinee dinner show starts at 2:30 p.m. There will be time before the show for shopping.

A limited number of seats are still available.

Call 366-0205 to reserve your spot today!



"The Phantom of the Opera"

**Michigan State University
Saturday, April 11, 2015**

Ladies and Gentlemen...
start saving your pennies!
The Roscommon County

Commission on Aging is proud to announce that we have planned a trip to see the "Phantom" on Saturday, April 11, 2015. The cost of this trip will be \$110.00 and will include transportation to and from MSU and the price of the theatre ticket.

Seating is limited; call 366-0205 to reserve your spot. Due to the price of this trip we have arranged for 4 easy payments. If you need to make payments let us know when you call to reserve your spot.

The Roscommon County Commission on Aging and their three centers will be closed on Monday, September 1, 2014 in observance of Labor Day.

We will also be closed on Wednesday, September 10, 2014 for a mandatory staff training.

"Frozen meals will be provided to clients receiving "Meals-on-Wheels".

Thank you for your consideration and support as we continue to strive to better serve you, our clients and friends.

Due to the large number of cancellations we must enact a "No Refund Policy" for future trips. Although this is our policy should an emergency arise that causes you to cancel at the last minute, every effort will be made to find a replacement for your seat. If we are able to find someone to take your seat, a refund will be granted.