



# Senior Citizens Newsletter

April 2024 vol. 93

In Home Services • Home Delivered & Congregate Meals • Daily Activities • Monthly Events & Celebrations

## Just a Little Bit Longer

Just when it seemed like warmer weather was here to stay, we got yet another cold blustery day with snow flurries. What better way to beat the blahs than to get out and enjoy some cards and company. In support of Tawas High School's Project Graduation, there will be a **Euchre Tournament on Saturday, April 6th at the Tawas Creek Golf Course located at 1022 Monument Road in Tawas City.** Registration begins at 6:15 pm with play starting at 7 pm. You can also pre-register by calling or texting Peggy Herrick at (989) 820-6638. Cost is \$15 per player with a 64 player limit so secure your spot today.

Another exciting event coming up is **"A Night at the Races" which will be held at the Sand Lake Community Center located at 4059 Indian Lake Rd in National City.** Mark your calendars for **Saturday, April 20th.** Get your derby attire ready and join us for this popular event. The Sand Lake Community Association has graciously offered to run the event with the help of some of the parents from the Tawas Class of 2024 (Project Graduation). The event will cost \$25 if you purchase tickets ahead of time or \$35 for tickets at the door. Tickets include \$10.00 of funny money and an All-You-Can-Eat Taco/Nacho bar with desserts. Doors open at 5:00 pm, Dinner is at 6:00 pm and the video races begin at 7 pm. Water, Coffee and Lemonade will be provided and you are also welcome to bring your own beverages. The night will also include 50/50 drawings and other games in between the races. **For tickets, call Shannon (Tawas Area) (989) 310-1501 or Kara (Sand Lake Area) at (989) 820-5661.**

Finally, the **Huron Shores Chorus** will be performing their spring concert on **Friday, May 3rd at 7 pm at Oscoda United Methodist Church.** As usual, if you cannot make the Friday concert, maybe Sunday's performance will fit in your schedule better. **The Sunday May 5th performance will be held at 3 pm at the Tawas Area Presbyterian Church.** Hopefully some of these events will be just what you need to get you through the last few weeks of cold weather. *Hope to see you out and about this spring. Dana Gorman*

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a Difference*

**Matt Skiba**  
25 Years Experience  
**989-820-2710**

**exp**  
REALTY

Iosco County Senior Centers	Phone /Host	Meals	Open Hours
<b>Hale Senior Center</b> - Host: Heidi Markva 310 N. Washington, Hale, MI 48739	Host: Heidi Markva <b>(989) 728-4251</b>	Mon. - Fri. NOON	Mon. - Fri. 8:30 am - 2:30 pm
<b>Oscoda/AuSable Senior Center</b> 653 State Street SW, Oscoda, MI 48750	Host: Tammi Kett-Albert <b>(989) 739-3668</b>	Mon. - Fri. NOON	Mon. - Fri. 9:00 am - 3:00 pm
<b>Sand Lake Senior Center</b> 4059 Indian Lake Road, National City, MI 48748	Host: Susan Dissmore <b>(989) 469-9361</b>	M, W, TH, F 11:45 am	M, W, TH, F 9:00 am - 3:00 pm
<b>Tawas Senior Center</b> 312 Newman Street, East Tawas, MI 48730	Host: Diana Kruse <b>(989) 362-6892</b>	Mon. - Fri. NOON	Mon. - Fri. 9:00 am - 3:00 pm

## Iosco County Commission on Aging

Jim Webber - **Chairman**  
Carol Gosse - **Vice Chairman**  
Rob Huebel • Jozef Drozdowski  
Gary Berriman • Colleen Kelly

**Dale Evilsizer – Executive Director**  
**Operations Coordinator - Tina Biggs**  
**Carol Barnes, Cheryl Shelton and**  
**Kathy Freitag – Admin. Assts. (989) 728-6484**

**Jeneane Frank (Coordinator) • (989) 728-2206**  
(Hale, Sand Lake, S. Branch & Whittemore)

**Shirley Nickell (Coordinator) • (989) 739-3781**  
(Oscoda and Tawas)  
**Central Office - (989) 728-6484**

**Kim Sims (Registered Nurse) • (989) 728-2206**

Visit our website: [www.ioscocoa.org](http://www.ioscocoa.org)

### Did You Know?

In February 2024, the Iosco County Commission on Aging served 1307 Congregate Meals. We served 5834 Home Delivered Meals to home-bound seniors. That's a total of 7141 meals served to Iosco County seniors. In February 2024, the ICCOA also provided a total of 588.5 hours for seniors with In Home Services: 572.5 hours of homemaking; 10 hours of personal care and 6 hours of respite care.

### Caregivers for Alzheimer's Patients

ICCOA was contacted about Care Givers for Alzheimers.

### Meetings the 1st Tuesday of each month at 2:00 pm

**Grace Community Church at 6012 Skeel Ave., Oscoda**  
**(on former Wurtsmith Base)**

For more info., contact Pastor Mike at the church (989) 739-3424

**NEXT MEETING IS TUESDAY, April 2nd at 2 pm**

### GRIEF SUPPORT GROUP

10:00 am - 11:30 am

Every 2nd Thurs. of the month  
at the Sand Lake Sr. Center.

**For more information, please**  
**call Karen (989) 709-6603.**

**NEXT MEETING: April 11th**

The ICCOA Newsletter is a monthly publication that informs the local and visiting senior citizens about activities and events that take place in and around the Iosco county area. It also provides the seniors with the monthly menu for the Iosco county senior centers and meals on wheels. **For information and advertising rates, contact Dana Gorman at 989.362.9514 or send email to: [Dana@GreatLakesAdv.com](mailto:Dana@GreatLakesAdv.com)**

#### WHAT IS

### Kinship Care?

Kinship care is the full-time care, nurturing and protection of children by family members, close family friends or other important adults in the child's life. This could include grandparents, aunts, uncles, older siblings, family friends or members of their tribes or clans.

#### WE CAN

### Lend a Hand

We connect kinship families to the resources, tools and networks that support them. We've made it our mission to support and empower kinship families across Michigan to ensure the children they are raising are safe, healthy, nurtured and loved.



## SERVICES ICCOA PROVIDES FOR SENIORS

- Nutritionally balanced Congregate Meals as well as Home Delivered Meals
- Homemaking Services for those unable to perform household tasks
- Personal Care Services to assist with activities of daily living
- Respite Services when a primary care giver needs a break  
**(All of the programs require a client assessment for qualification and are re-assessed every 6 months.)**  
*If you are interested in any of these services or know someone who might benefit from them, please give our coordinators a call.*

**See Coordinator phone numbers**  
**or call Central Office at (989) 728-6484**

## MMAPS COUNSELORS

If you are interested in becoming a MMAPS (Medicare and Medicaid Assistance Program) counselor, please contact Kitty Glomski at NEMCSA at (989) 358-4612 or [GlomskiK@NEMCSA.org](mailto:GlomskiK@NEMCSA.org). These counselors help those in need of advice about Medicare and Medicaid.

## VOLUNTEERS!

Each center needs volunteer drivers to deliver Home Delivered Meals. If you are interested in helping with meal delivery, **please contact the Center Hosts at these Senior Center locations**

**EVERY DRIVER RECEIVES PAY FOR MILEAGE**

HEIDI MARKVA - HALE • (989) 728-4251

DIANA KRUSE - TAWAS • (989) 362-6892

TAMMI KETT-ALBERT - OSCODA • (989) 739-3668

SUSAN DISSMORE - SAND LK • (989) 469-9361

AuSable Valley Community Mental Health

**1-800-865-5569**

**KINSHIP CARE**  
Resource Center



**Supporting kinship**  
**caregivers across Michigan.**

**Family is**  
**what you**  
**make it.**

Kinship Care Resource Center is here to help.

**Give us a call**

TOLL FREE:  
**800-535-1218**

Available by phone Monday - Friday,  
9:00 AM - 4:00 PM

WEBSITE:  
[kinship.msu.edu](http://kinship.msu.edu)

EMAIL:  
[kinship@msu.edu](mailto:kinship@msu.edu)

**MDHHS**

School of Social Work  
MICHIGAN STATE UNIVERSITY



**KINSHIP CARE**  
Resource Center



# Daily Senior Center Activities & Special Events - April 2024

## Oscoda Senior Center

### Mondays

9:30 - Bridge  
5:30 - Cardio Drumming

### Tuesdays

9-10 - Cardio Drumming  
10:00 Veteran's Support Group  
10:30- Line Dancing

### Wednesdays

10:30 - Intermediate Line Dancing

### Thursdays

9-10 - Cardio Drumming  
12:30 - Cards  
1:15 - Crafts  
6:00 - Pinochle

### Fridays

10:30 - Relaxation Coloring

### Sundays

5:00 - Euchre Night

Evening Cardio Drumming is subject to change  
Call Gaylynn Brenol 989-305-2959

Board Games • Pool Tables  
Chess/Checkers • Electronic Dartboard

**Dine In Lunch**  
Served daily at  
**NOON SHARP**

See Menu in this issue  
of the ICCOA Newsletter.  
Please call one day in  
advance to reserve meal -

**989-739-3668**

**Wed., April 17th**  
**OASC Board Mtg.**  
10:30 am

**APRIL BIRTHDAY**  
**PARTY at lunch**

**Tues., April 23rd**  
**Drug Take Back Day**  
at OASC

(Oscoda AuSable  
Senior Center)  
10:00 - 12 Noon

## Hale Senior Center

### Mondays

11:00 - Chair Yoga

### Tuesdays

9:00 - 11 - Cards/Euchre

### Wednesdays

10:30 - Craft - Bookmark (4/3)

### Thursdays

9:00 - 11 Cards/Euchre

### Fridays

11:00 - Chair Yoga (4/5, 4/19, & 4/26)

12:45 - Bingo (4/12 & 4/26)

12:45 - Bunco (4/5 & 4/19)

**HALE SR. CITIZENS & RETIREES**  
**BOARD MEETING**

Wednesday, April 10th - 9 am

### EVENING POTLUCK

Every 2nd Wed. of the month - 5:30 pm

**ICCOA Board Meeting - 1:00 pm**  
**MONDAY, April 15th**  
at the Hale Senior Center

**Bunco - 3rd Wednesday of the month**  
4:00 pm - \$6.00 per person (for prizes etc)

**NEW Center Hours Daily 8:30 am - 2:30 pm**

**Tuesdays**  
April 30th

Spring Craft - 10:30 am  
Matter of Balance Class  
12:30 - 2:30 pm

**Wednesday**  
April 3rd

Bookmark Craft - 10:30 am

April 17th

**GOLDEN GROCERY**  
**GIVEAWAY**  
9 - 10 am

Eagle Point Plaza  
Bazaar Meeting - 10:00 am  
BUNCO - 4:00 pm

\$6.00 per person

**SPRING FLING PARTY**

10:00 am

April 24th

Earline's Floral Fence Craft  
10:30 am

**Friday**

April 26th

Birthday Party - 12 Noon



**LUNCH SERVED AT**  
**NOON DAILY**

Call a day in advance to reserve meal  
**989-728-4251**

## Tawas Senior Center

### Mondays

11:00 - Jingo (4/8)  
11:00 - LCR (4/22)  
11:00 - Neighbors (4/29)

### Tuesdays

11:00 - Chair Yoga

### Wednesdays

11:00 - Your Neighbor (4/3)  
11:00 - Planters (4/10)  
11:00 - Jingo (4/24)

### Thursdays

11:00 - Chair Yoga

### Fridays

11:00 - Balance

Mon., April 1st  
**Fire Extinguisher**  
**Demonstration**  
**11:00 am**

Tues., April 9th  
**Tawas Center**  
**Board Mtg. 1 pm**



Wed., April 17th  
**Birthday**  
**Celebration**  
**11:00 am**



**LUNCH SERVED EVERY DAY AT 12 NOON**

See Monthly Menu page in Newsletter.

To reserve meals,  
please call 24 hrs in advance **989-362-6892**

## Sand Lake Senior Center

As always, lunch is served Monday, Wednesday,  
Thursday & Friday by ICCOA, 11:45 - 12:15

**Euchre • Every Monday & Friday 12:15 - 3:00**

**BINGO • Every Tuesday Doors open at 10 am**  
**Bingo starts at 12 noon (No meals on Tuesday)**

**Pinochle • Every Wed. & Thurs. - 12:15 - 3 pm**

**Wednesday – Senior Computer Class • 10 - 11 am**

**Grief Support Group – 2nd Thursday of every month**  
10:00 am - 11:30 am

**Bingo • Every Friday - Doors open at 3:00 pm**

**Sand Lake Community Association Meeting**  
**3rd Monday each month at 7:00 pm**

**Senior Citizen Pot Luck • 5:30 pm**

**3rd Thurs. each month - Doors Open at 5 pm,**  
**Meal served at 5:30 pm**

Everyone welcome to bring a dish to pass.

**Show & Tell • Every Wed. & Thurs. - 11:30 - 12:30 pm**

**COMING SOON - Tai Chi July 10th - Aug. 2nd**

Registration Required: <https://events.anr.msu.edu/ictc>  
or call Nicole Wethington @ 989-344-3264 Ext. 0 or  
wethingn@msu.edu

# MAKE AHEAD SMOOTHIE RECIPE

## Ingredients:

### For Ginger-Mango Orange Creme

- 1 cup mango chunks
- 1 small orange, peeled and seeds removed
- 1 med. carrot, grated (about 1/2 cup)
- 2 tsp grated fresh ginger
- 1 cup orange-carrot juice
- 1/2 cup vanilla yogurt

### For Berry, Chia + Mint

- 1 cup sliced strawberries
- 1/2 cup raspberries
- 1/2 cup grated beet (from 1 medium head)
- 1/3 cup mint leaves
- 1 tbsp chia seeds
- 1 cup almond milk

### For Green Pina Colada

- 1 cup pineapple chunks
- 1 banana, sliced
- 2 cups baby spinach
- 1 cup light coconut milk



## Directions:

1. For each smoothie, add fruits, veggies, spices, herbs and seeds to a resealable bag or a freezer-safe jar and freeze overnight.
2. When ready to blend, add wet ingredients to blender first, followed by frozen dry ingredients and puree until smooth. **Yields: 1-2 serving(s) Total Time: 5 minutes**

## SENIOR JOKE

A man and his wife went on vacation to Jerusalem. While they were there, the wife passed away. The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150." The man thought about it and told the undertaker he would just have her shipped home. The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?" The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I can't take that risk."

## Interested in Energy-Efficient Home Repairs & Upgrades

You may be eligible for up to \$25,000 in assistance through the Michigan Housing Opportunities Promoting Energy-Efficient Program (MI-HOPE). MI-HOPE can assist eligible households who have experienced financial hardship with repairs or upgrades to the following: roof, windows, storm doors, exterior doors, insulation, appliances, electrical, heating and cooling, and water heater. For more information call 517-335-2524. For application assistance call 844-477-0340.

To apply, visit [www.Michigan.gov/MI-HOPE](http://www.Michigan.gov/MI-HOPE).

## Visit the Holy Family Food Pantry

For more info contact Joan Voelker  
(248) 464-2795

## DRUG TAKE BACK WEEK

Do you have old medications that you no longer use? If so, bring them to one of our area Senior Centers to dispose of them. Let's see which center can dispose of the most unwanted medication.

**Monday, April 22nd • 10 am - 12 Noon**

at the Hale Senior Center

**Tuesday, April 23rd • 10 am - 12 Noon**

at the Oscoda Senior Center

**Wednesday, April 24th • 10 am - 12 Noon**

at the Tawas Senior Center

**Thursday, April 25th • 10 am - 12 Noon**

at the Sand Lake Senior Center

**Available at the time of drop off:**

**Lock Boxes, Deterra Bags and Narcan.**

*These are all provided by Up North Prevention, a Catholic Human Services Initiative Iosco County*

*For All of Your Insurance Needs*

**Great Lakes  
Insurance  
Agency**

**Business & Personal**  
Auto • Homeowners • Life

**Dave & Marcia Lesinski**  
324 W Lake Street  
Tawas City, Michigan 48763  
**989-362-4073**

## SCHELL Hearing Aid Service

Your Michigan Hearing Aid Manufacturer & Repair Center

**We brought OUR**

**36 years of manufacturing experience**

**From Clarkston**

**So we can be close to YOU!**

**Call: 989-362-0600**

Ask yourself, "Who knows more about hearing aids than the manufacturer?"  
**Conveniently located at 624 Lake St. • Tawas City**



# APRIL | 2024

## IOSCO COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Coney Hot Dog Oven Fried Potatoes Cole Slaw Apple	<b>2</b> Beef Taco Salad Tortilla Chips Mexican Corn Pineapple	<b>3</b> Chicken Noodle Soup Crackers Tossed Salad Ambrosia Salad	<b>4</b> Roast Turkey Bread Stuffing Broccoli Beets Applesauce	<b>5</b> Liver and Onions Red Skinned Potatoes Green Beans Peach Fluff
<b>8</b> Parmesan Crusted Pork Chops Sweet Potatoes Beets Sliced Peaches	<b>9</b> Sheppard's Pie Peas & Carrots Mixed Fruit	<b>10</b> Swedish Meatballs Brown Rice Normandy Vegetable Blend Orange	<b>11</b> BBQ Chicken Baked Potato Cole Slaw Apple Crisp	<b>12</b> Lemon Pepper Fish Mac & Cheese Broccoli Apple
<b>15</b> Bean Soup with Ham Tossed Salad Breadstick Tropical Fruit Cup	<b>16</b> Pizza Tossed Salad Broccoli Banana Pudding Cup	<b>17</b> Spaghetti Tossed Salad Garlic Toast Grapes	<b>18</b> Orange Chicken Brown Rice Carrots Fruit Parfait	<b>19</b> Meatloaf Mashed Potatoes Cole Slaw Applesauce
<b>22</b> Lasagna Tossed Salad Prince Charles Blend Veggies Hot Peach Delight	<b>23</b> Sloppy Joes Potato Wedges Cole Slaw Orange	<b>24</b> Roast Pork Mashed Potatoes Broccoli Mixed Fruit with Jello	<b>25</b> Beef Burrito Refried Beans Tortilla Chips Apple	<b>26</b> Chicken Chop Suey Brown Rice Egg Roll Oriental Veggies Pineapple
<b>29</b> Baked Chicken Breast Mashed Potatoes Carrots Apple Crisp	<b>30</b> <b>COOK'S CHOICE</b> Come and have a surprise meal with us.	<b>1960's Songs: Revised for Baby Boomers</b> Herman's Hermits Mrs. Brown You've Got a Lovely Walker Ringo Starr - I Get By with a Little Help from Depends The BeeGees - How Can You Mend a Broken Hip? Roberta Flack - The First Time I Ever Forgot Your Face Johnny Nash - I Can't See Clearly Now Paul Simon - 50 Ways to Lose Your Liver		

Please call your preferred center to make reservations one day in advance.  
 Suggested Donation:  
 60+ is \$4.00  
 Participants under 60 must pay the Center Host \$7.50

**NEW PRICE**  
**\$7.50 for guests under age 60**

**IMPORTANT NUMBERS**  
 Hale Center (989) 728-4251  
 Oscoda/AuSable (989) 739-3668  
 Sand Lk. Center (989) 469-9361  
 Tawas Center (989) 362-6892  
 Janice (989) 739-3781  
 Jeneane (989) 728-2206

*Due to the high cost of food, we had to raise the amount of our suggested donation to \$4.00 for both Congregate meals at our centers and our Home Delivered Meals. Our costs have doubled over the past few years and there has not been any increase to our suggested amount in at least 10 years. Unfortunately, in order for the ICCOA to continue providing nutritious meals to area seniors, we have had to resort to increasing the suggested donation.*

**TO ALL THOSE WHO DINE WITH US FOR LUNCH OR DINNER**

When preparing meals at our centers, we do not add salt to our food. As we all know, processed products contain sodium. If the recipe calls for this processed product, it may affect the taste of your food. We are required by NEMCSA to follow their dietary guidelines which benefits you with a well balanced meal.

**Please be aware that meals are subject to change due to availability of food.**



# Things to do on a Limited Budget - April 2024

## Friends Together South

We Help People with Cancer in Iosco & Oscoda Counties. Serving people in northeast Michigan for over 26 years.

**Tuesday Evenings 5-6:30 pm**  
K of C Hall 821 Newman St.  
East Tawas

**Bring a friend or loved one.**

**ALL ARE INVITED (FREE)**

Please contact Friends Together at (989) 356-3231 or Mary Morse at (989) 254-9749

## Veteran's Assistance Programs

If you are aware of any of our area veterans who might need a helping hand, please contact Ron Whitney (CW5 Retired), Veteran Service Officer at (989) 362-6571

Or [rwhitney@ioscocounty.org](mailto:rwhitney@ioscocounty.org)  
**The Food Pantry for the Veteran's Assistance Program is available Mondays - Fridays 8:00 a.m. to 4:00 p.m.**

## FOOD PANTRY AT UNITED METHODIST CHURCH

If there is someone out there that you know who is in need of food, there is a free food pantry available at the United Methodist Church in Oscoda. The Pantry is located by the entry doors nearest to the church parsonage.

**Pantry is open 24 hrs per/day, 7 days a week, 365 days.**  
**The pantry is refilled by community donations.**  
**ITEMS ARE FREE TO THOSE IN NEED.**

## GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

**Wednesday, April 17th, 2024**

**Hale • 9 am - 10 am**

Plainfield Twp. Comm. Center, 415 E. Main St. Hale, MI  
(Eagle Point Plaza)

**East Tawas • 11 am - 11:30 am**

Tawas Area Presbyterian Church, 2095 E. US-23, E. Tawas, MI

**Oscoda • 12 Noon - 12:30 pm**

Sacred Heart Church, 5300 N. US-23, Oscoda, MI

**UPCOMING DATE – MAY 22ND, 2024**

## TAWAS CITY LIBRARY • SATURDAY USED BOOKSTORE

**Saturday, April 6th, 13th, 20th & 27th**

Open at 9 am - Noon

**OSCODA LIBRARY**

**Mondays - April 1st, 8th, 15th, 22nd & 29th**

Inspirational Book Club 1 - 2:30 pm

**Tuesdays - April 2nd, 9th, 16th, 23rd & 30th**

Knitting Group 10:30 am • Oscoda Writers Group 1:30 - 3:30 pm

## VETERAN'S COFFEE HOURS & LOCATIONS

Every 3rd Thursday of the month at 9:00 am

**AMERICAN LEGION POST #211**

900 E. Lincoln St., East Tawas, Michigan

**NEXT COFFEE HOUR April 18th, 2024**

**OSCODA VFW HALL at 9:00 am**

240 Chrysler Rd., Oscoda, Michigan

**Upcoming Coffee Hour dates April 17th, 2024**

## Loaves & Fishes

Mon. & Thurs. • 11 am - 1 pm *through mid April*

**FREE Sandwich, Soup and Dessert**

*Oscoda United Methodist Church • 120 W. Dwight St.*

## Michigan Partners on the Path Zoom Seminars

**CHRONIC PAIN PATH**

April 30th - June 4th from 1:30 - 3:30 pm

Six Week self-management program that will give participants the skills to coordinate all the things needed to manage their health and pain to help them keep active.

## CAREGIVER CONFERENCE • 10 am - 4 pm

This year's Caregiver Empowerment and Wellness Conference is **Friday, April 19th, 2024 at the Mio Baptist Church** (357 South Mt. Tom Rd.), Mio, MI 48647. To register contact (989) 358-4616

## CAREGIVERS WEBINARS

April 3rd, 2024 – Dementia Behaviors and Selfcare

April 10th, 2024 - Managing Stress & Mental Health

April 19th, 2024 - Caregiver Conference  
at Mio Baptist Church 10 am - 3:30 pm

April 25th - May 30, 2024 • 1:30 - 2:30 pm  
Powerful Tools for Caregivers

## LIVING HEALTHY WEBINARS

**ALL WEBINARS ARE FROM 1:00 - 2:00 pm**

May 9th, 2024 - Diabetes Simplified,  
A Deeper Understanding

June 12th, 2024 - Change Your Thinking:  
Fight Stress and Build Happiness

June 14th, 2024 - End of Life Planning,  
How to Make Your Final Arrangements

July 10th, 2024 – Importance of Your Feet & Balance  
Chair Yoga

August 15th, 2024 – What Color is Your Food?  
Why that is important

September 11, 2024 – Heart-Healthy  
Cooking Made Easy

October 9, 2024 - Financial Wellness:  
Ideas for Reducing Expenses

## DEMENTIA WEBINAR SERIES

**ALL WEBINARS ARE FROM 1:00 - 2:00 pm**

Friday, April 12th, 2024

Couples Living with Dementia:

Partner Influences on Health and Well-Being  
Friday, May 10th, 2024

Healthy Aging Brain and Utilizing Computer Technology  
*Trualta is a free online personalized skills-based platform for family caregivers caring for someone living at home.*

**Enroll at: [www.region9aaa.trualta.com/login](http://www.region9aaa.trualta.com/login)**

To Register call 989-358-4616 or email –  
[mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)

## Things to do on a Limited Budget - April 2024

### ADVANCING CAREGIVING THROUGH TECHNOLOGY CONFERENCE

Friday, May 17, 2024

10:00 am - 3:00 pm - Flying Pig Venue

2723 Grove Street Road, Standish, MI 48658

This conference aims to explore the important role of technology in caregiving while celebrating diversity and strength within the caregiving community. This conference invites caregivers of all types, whether caring for someone with dementia or chronic illness to attend.

**Conference includes:** Expert Speakers; Demonstration of cutting-edge Technology; Learn of Local Resources; Complimentary Breakfast and Lunch; Local Vendors; **GREAT PRIZES & GIVEAWAYS!**

For more information, contact Brooke at (989) 358-4616 or mainvilleb@nemcsa

### A Matter of Balance Class

is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes (4) two hr. classes, twice a week for 4 consecutive weeks on Tuesdays & Thursdays. It is presented to a small group of 8-12 participants led by trained coaches. The program will enable seniors to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. COME JOIN US.

**When:** Starting Tuesday, April 30th & Thursday, May 2nd

**Where:** Hale Activity Center - 310 Washington St.

**Time:** 12:30 - 2:30 pm

For more info and to register, please call: Jackie Kennedy (616) 915-7962 or Lil Gill (248) 666-4172

### TRUALTA

Region 9 Area Agency on Aging is thrilled to partner with Trualta to give area caregivers free online resources to help families manage senior care at home. Trualta is packed with educational resources, planning tools and tips to make you a better caregiver.

- A wide range of topics that are important to you.
- Five-minute educational video modules that can fit in your busy schedule
- Easy to understand info about challenging care situations
- Downloadable and printable tip sheets.
- Local event and support resources
- Completely private
- Accessible 24/7
- Requires no app. You can view it on any browser, computer, laptop, phone or tablet.
- Connects you to local resources, events and information

**FREE**

## SENIOR ADVANTAGES

### Confused About Medicare?

Tina Martin

is an experienced, licensed broker at **Tawas Bay Insurance Agency**

Tina can help answer your questions.

Call our office at (989) 362-3409



We do not offer every plan available in your area. Currently we represent eight organizations which offer 63 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.



### Brick oven - fast fired Artisan pizza

We also offer Gluten Free, Vegan & Vegetarian Options  
Plus wings, salads, calzones & loaded potatoes

11:30 am - 8:00 pm Daily

**Wednesday Pizza Buffet - \$11.00**

11:30 am - 2 pm & 4:30 pm - 7 pm

**(989) 305-6380**

115 E Lake St,  
Tawas City, MI 48763



### OSCODA FIELDS

ASSISTED LIVING

Exceptional Assisted Living  
All-inclusive Pricing

5113 Cedar Lake Road, Oscoda

If your care needs become advanced, your monthly cost will not increase.

**We love to show off Oscoda Fields!**

Drop in at your convenience to see our beautiful community or for More information or to schedule an appointment CALL 989-569-6766

Or find us on the web at:

[www.oscodafields.com](http://www.oscodafields.com)

## Did you know?

It's more than just a comfortable place to live,

Here at Lakeview Manor,

you or your loved one can enjoy

**All Private Rooms, Daily Activities**

**and Skilled Nursing**

*For peace of mind,*

*we also offer a Pre-Surgery Planning Program to help you ease your way back to good health.*



### LAKEVIEW MANOR

NURSING & REHABILITATION

Come in anytime for a tour or call Tracey at 989-362-2211, to find out more

**408 N. 5th Ave., Tawas City, MI 48763**



# SCAM ALERT

## Watch Out! Scammers Target Everyone!

### RECOGNIZE SCAMMERS, They may:

- Pretend to be from an agency or organization you know.
- Say there's a PROBLEM or promise a prize.
- PRESSURE you to act immediately.
- Tell you to PAY in a specific way.

### DO NOT GIVE SCAMMERS

### MONEY OR PERSONAL INFO – IGNORE THEM!

### HOW TO AVOID A SCAM:

- REMAIN CALM. Talk to someone you trust.
- HANG UP OR IGNORE the message.  
DO NOT click on links or attachments.
- PROTECT YOUR MONEY. Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer or by mailing cash.
- PROTECT YOUR PERSONAL INFO.  
Be skeptical of a contact you didn't initiate.
- SPREAD THE WORD. Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [ssa.gov/scam](http://ssa.gov/scam) for more information. Please also share with your friends and family.

### MEDICARE is NOT issuing new cards.

**Any call about a new Medicare card is a scam!  
MEDICARE WILL NOT CALL YOU!**

### HEALTHY EATING FOR OLDER ADULTS

- Make eating a social event – enjoy meals with friends or family members as often as possible.
- Drink plenty of liquids – You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day.
- Add a touch of spice. Limiting salt is important as you get older. Fresh and dried herbs and spices such as basil, oregano and parsley add flavor without the salt.
- Make the most of your food choices. Older adults need plenty of nutrients but few calories, so it's important to make every bite count. Foods full of vitamins and minerals are the best way to get what you need.
- Keep food safe. Discard food if it has an off odor, flavor or texture. Refer to the "use by" dates for a guide to freshness.

## Harbors Independent And Assisted Living

*...Keeping A Safe Watch*

1010 Alice Street  
East Tawas, Michigan 48730

Offering: **Beautifully Remodeled Private Rooms & Suites with Bath**  
*(Which includes additional services)*

**1 Bedroom Carriage Houses**



**Jan Ranger**  
RN Owner/Operator  
In business 26 years

989.362.4655  
810.744.2327  
810.348.0752

# SPRING WORDSEARCH

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

APRIL	COLORFUL	HONEYBEE	PIGLET
BUNNY	DRAGONFLY	LADYBUG	RAINBOW
BUTTERFLY	DUCKLING	LAMB	SHOWERS
BUZZING	EASTER	MARCH	SPRING
CALF	EGG	MAY	BREAK
CATERPILLAR	FLOWERS	MEADOW	SUNSHINE
CHECK	FOAL	NEST	UMBRELLA
CLOVER	HATCHLING	NEW LIFE	

Would you like to make new friends and help your community?



**AmeriCorps Seniors**

**Volunteers 55yr+ needed in your area!**  
Volunteer at a food pantry, thrift store, hospital, library, Senior Centers, and more!

Contact us today to sign-up as an AmeriCorps Senior volunteer

Call 989-358-4650  
Email [ottoa@nemcsa.org](mailto:ottoa@nemcsa.org)

