



Iosco County SENIOR CENTERS

HALE

310 North Washington
Hale, MI 48739

Mon. - Fri. - Meals at Noon

Hours: Mon. - Fri. 8:30 am - 2:30 pm

Host: Heidi Markva

(989) 728-4251

OSCODA/AUSABLE

653 State Street SW
Oscoda, MI 48750

Mon. - Fri. - Meals at Noon

Hours: Mon. - Fri. 9 am - 3 pm

Host - Tammi Kett-Albert

(989) 739-3668

SAND LAKE

4059 Indian Lake Road
National City, MI 48748

Mon./Wed./Thurs./Fri.

Meals at 11:45 am

Hours: Mon., Wed., Thurs., & Fri.

9 am - 3 pm

Host - Susan Dissmore

(989) 469-9361

TAWAS

312 Newman Street
East Tawas, MI 48730

Mon. - Fri. - Meals at Noon

Hours: Mon. - Fri. 9 am - 2 pm

Host - Diana Kruse

(989) 362-6892

Visit our website:
www.ioscocoa.org

Newsletter design & layout by:
Dana Gorman of Tawas Bay Resources

Senior Citizens Newsletter

*In Home Services • Home Delivered Meals • Congregate Meals
Daily Activities • Monthly Special Events and Celebrations*

THINGS KEEP GETTING BETTER

Boy, the older I get, the longer it seems to take for the nice weather to get here. Slowly but surely, the weather is getting better and things are starting to pick up. May is such a busy time of the year. Time to start thinking of what to put in our gardens and the things we want to nurture. I'm going to need something to nurture once the school year is done and my second born child flies the coop. Speaking of the end of the school year, May and June are a great time to take advantage of the opportunities within the school system. As the saying goes, it takes a village to raise our kids and that village includes parents, grandparents, employers, teachers and just good role models in general. Whether you still have grandkids in the school system or not, there are still some great events to get out and enjoy. The end of the year band and choir concerts, art displays and end of the season high school sporting events are always a great source of entertainment. If you are out for a walk and happen to be walking past a ballfield, stop and check it out. Tawas Area High School will be hosting several District Playoff games at the end of May if you are a sports enthusiast. These events will include Baseball, Girls Soccer and Softball. Check out the school website at Tawas.net for dates and schedules. For a list of some of the music and art events, check out our list of things to do on a limited budget. A couple events you might want to check out up in Oscoda include their 4th Annual Art Show at the Robert Parks Library. Artwork will be displayed throughout the library for the rest of the month. While you are at it, make sure to stop in at The Huron Shores Artisan Hall to view the work of the Oscoda Elementary students. This particular show will be open for viewing from May 2nd through June 7th. The hall is usually closed on Tuesday and Wednesdays; however during the last week of the student exhibit, June 1st through the 7th, the hall will remain open everyday. There is nothing like seeing things from the perspective of a child. If you have never been to the hall, it is located at 112 North State Street in Oscoda. **While we wait for summer concerts and other summer activities to start back up, I'm sure we can all find enough to keep us busy. Don't forget the Farmer's Markets will be open this month too. Happy Mother's Day and I hope the month of May treats you all well. - Dana Gorman**

SCHELL Hearing Aid Service

Your Michigan Hearing Aid
Manufacturer and Repair Center

- 35 years of Experience
- Custom Made and Personalized
- Manufacturer Direct Service and Prices

**"We have Bluetooth and
Rechargeable Hearing Aids Too!"**

**Open Fridays 9am
"Hear Better for the Summer!"**

**BETTER HEARING MONTH
MAY SPECIAL**

**BUY ONE - GET ONE
1/2 PRICE**

ReSound



Not to be combined with any other offers

Expires May 31st, 2024

624 Lake St. • Tawas City **989.362.0600**

Iosco County Commission on Aging

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

Dale Evilsizer – Executive Director
Operations Coordinator - Tina Biggs
Carol Barnes & Cheryl Shelton – 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

Did You Know?

In March 2024, the Iosco County Commission on Aging served 1274 Congregate Meals. We served 5723 Home Delivered Meals to homebound seniors. That's a total of 6997 meals served to Iosco County seniors. In March 2024, the ICCOA also provided a total of 281.5 hours for seniors with In Home Services: 246.25 hours of homemaking; 5.5 hours of personal care and 6 hours of respite care.

HELP WANTED - POSITIONS OPEN

The Iosco County Commission on Aging is currently searching for **In Home Providers for the Hale, Oscoda and Tawas Areas**. This position includes light housekeeping, personal care (bathing etc) and respite care. Drug screening and background checks are necessary. If you know of anyone who might be interested in working for us, please call (989) 728-6484 or come in for an application at the central office in Hale.

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**

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 Glomski@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

Family is what you make it.
Kinship Care Resource Center is here to help.

Supporting kinship caregivers across Michigan.

Give us a call

TOLL FREE:
800-535-1218
Available by phone Monday - Friday,
9:00 AM - 4:00 PM

WEBSITE:
kinship.msu.edu

EMAIL:
kinship@msu.edu

MICHIGAN DHHHS
SCHOOL OF SOCIAL WORK
MICHIGAN STATE UNIVERSITY

KINSHIP CARE
resource center

Daily Senior Center Activities & Special Events - May 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**

Tuesday, May 7th
Cooking for 1 or 2
1:00 - 2:30 pm

Wed., May 15th
OASC Board Mtg.
10:30 am
MAY BIRTHDAY PARTY at lunch



Hale Senior Center

Mondays

11:00 - Chair Yoga

Tuesdays

9:00 - 11 - Cards/Euchre

Wednesdays

11:00 - Chair Yoga

Thursdays

9:00 - 11 Cards/Euchre

Fridays

11:00 - Chair Yoga (Except 5/10)
12:45 - Bingo (5/10, 5/24, 5/31)
12:45 - Bunco (5/3 and 5/17)

HALE SR. CITIZENS & RETIREES BOARD MEETING

Wednesday, May 8th - 9 am

EVENING POTLUCK

Every 2nd Wed. of the month - 5:00 pm

ICCOA Board Meeting - 1:00 pm

MONDAY, MARCH 20th

at Sand Lake 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
Matter of Balance Class
5/7, 5/14, 5/21st
12:30 - 2:30 pm

Wednesdays
May 1st
Tie-Dye T-Shirt Craft
10:30 am
(Bring a white T-Shirt)
May 15th
GOLDEN GROCERY
GIVEAWAY
9 - 10 am
Eagle Point Plaza
Mod Podge Planters - 10:30 am
May 22nd
Earline Craft Day
10:30 am
May 29th
Watermelon Jar Craft
10:30 am

Thursdays
Matter of Balance Class
May 2nd, 9th, 16th and 23rd
12:30 - 2:30 pm

Fridays
Birthday Party 12:00 Noon
Bingo - 12:30

LUNCH SERVED AT NOON DAILY
Call a day in advance to reserve meal
989-728-4251

ALL CENTERS CLOSED ON MONDAY, MAY 27TH (MEMORIAL DAY)

Tawas Senior Center

Mondays

11:00 - Games

Tuesdays

11:00 - Chair Yoga

Wednesdays

11:00 - Games
12:30 - Euchre

Thursdays

11:00 - Chair Yoga

Fridays

11:00 - Balance
11:30 - Games

Tues., May 14th
Tawas Center
Board Mtg. 1 pm



Thurs., May 15th
Birthday
Celebration
11:00 am



Happy
Mother's
Day!

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
10:00 - 11:00 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.

ZUCCHINI CHIPS

Ingredients:

- 1 cup low fat milk
- 1 cup bread crumbs
- 1 cup shredded parmesan
- 1 tbs. garlic powder
- 1 tbs. ground black pepper
- 1 zucchini, thinly sliced

Directions:

1. Preheat oven to 430 degrees.
Line a baking sheet with parchment paper.
2. Pour milk into a bowl. Combine bread crumbs, parmesan cheese, garlic powder and black pepper in a shallow bowl. Place zucchini slices in the milk; soak for 1 minute. Remove zucchini slices from the milk and press each into the bread crumbs mixture until coated on both sides. Arrange coated zucchini slices on the prepared baking sheet.
3. Bake in the preheated oven until chips are crisp. about 30 minutes.
***substitute unsweetened almond milk for the milk if desired.**

NOTICE OF PUBLIC HEARING

The NEMCSA – Region 9 Area Agency of Aging (AAA) will conduct a public hearing on its proposed Annual Implementation Plan for Fiscal Year 2025. The plan will outline the use of funds and provision of services under the Older Americans Act, for the counties of Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon.

The hearing will be held on **Monday, May 20th, 2024 at 1:00 at the NEMCSA Office – 2569 US-23 South, Alpena, Michigan.** A summary of the plan will be available at the hearing, or upon request, 15 days prior to the public hearing. Copies may be obtained at the Region 9 AAA or by calling 989-358-4661 or online at www.nemcsa.org.

Written testimony will be accepted through June 12th, 2024.

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.

CONGREGATE & HOME DELIVERED MEAL CLIENTS

The Iosco County Commission on Aging will send your emergency meals to keep in your freezer. During a closure, please eat your emergency meal. The closure announcement can be heard on WKJC on the radio. Please remember to keep your driveways and sidewalks clear of debris to protect our drivers. Also be sure that your animals are under your control to ensure the safety of drivers. The ICCOA greatly appreciates your donations for the Home Delivered Meal Program. They are crucial to our operations. Thank you so much for your cooperation and assistance.

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



MAY | 2024

IOSCO COUNTY COMMISSION ON AGING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mother's Day Poem

My Mother, my friend so dear,
Throughout my life you're
always near. A tender smile to
guide my way, You're the
sunshine to light my day.

1
Baked Ham
Sweet Potatoes
Carrots
Tropical Fruit

2
Swiss Steak
Mashed Potatoes
Green Beans
Pears

3
Beef Taco Salad
Tortilla Chips
Refried Beans
Apple

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
Shirley (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.

6
Beef Stew
Mashed Potatoes
Peas & Carrots
Mixed Fruit

7
Bacon Cheeseburger
Coleslaw
Potato Wedges
Applesauce

8
BBQ Pulled Pork Sandwich
Parsley Noodles
Cole Slaw
Apple

9
Salisbury Steak
Mashed Potatoes
Green Beans
Grapes

10
Shrimp Alfredo
Spaghetti Noodles
Broccoli
Peaches

13
Roast Beef Sandwich
Mashed Potatoes
Brussel Sprouts
Pears

14
Ham & Cheese Sandwich
Potato Wedges
Cole Slaw
Tropical Fruit Cup

15
Tuna Noodle Casserole
Garlic & Herb Broccoli
Banana Pudding Cup

16
Pork Roast
Red Bliss Potatoes
Carrots
Hot Peach Delight

17
Meatloaf
Mashed Potatoes
Mixed Veggies
Ambrosia Salad

20
Goulash
California Veggie Blend
Diced Pears

21
Pizza Supreme
Tossed Salad
Broccoli
Peach Fluff

22
BBQ Chicken Breast
Mashed Potatoes
Peas & Carrots
Mixed Fruit

23
Liver & Onions
Mashed Potatoes
Cauliflower
Apple

24
Lemon Pepper Fish
Mac & Cheese
Broccoli
Applesauce

27
Memorial Day
All Centers Closed

28
Cook's Choice
Come and enjoy a surprise meal with us.

29
Chef Salad (with Ham & Turkey)
Carrots & Dip
Fruit with Jello

30
Swedish Meatballs
Brown Rice
Normandy Vegetable Blend
Orange

31
Parmesan Crusted Pork Chop
Red Bliss Potatoes
Tossed Salad
Peach Fluff

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

Things to do on a Limited Budget - May 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
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.

Caregivers for Alzheimer's Patients

Meets 1st Tuesday of each month at 2:00 pm at Grace Community Church

6012 Skeel Ave., Oscoda (on former Wurtsmith Base)
For more info., contact Pastor Mike at the church (989) 739-3424

COMPASSUS HOSPICE GRIEF SUPPORT GROUP

10:00 am - 11:30 am

Every 2nd Thurs. of the month Sand Lake Sr. Center.
For more information, please call Karen (989) 709-6603.

GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

Wednesday, May 22nd, 2024

Hale • 9 am - 10 am

Plainfield Twp. Community 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

HURON SHORES CHORUS

Presents "Earth Song" - A Concert for Spring

Friday, May 3rd • 7 pm

Oscoda United Methodist Church (120 Dwight St.)

Sunday, May 5th • 3 pm

Tawas Presbyterian Church (2095 US - 23)

TAWAS CITY LIBRARY • SATURDAY USED BOOKSTORE

Saturday, May 4th, 11th, 18th & 25th

Open at 9 am - Noon

OSCODA LIBRARY

Mondays - May 6th, 13th & 20th

Inspirational Book Club 1 - 2:30 pm

Tuesdays - March 7th, 14th, 21st & 28th

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

First Wednesday of Every Month

Parks Book Club 1:00 pm

An Evening with Viola Shipman

Thurs., May 23rd • 7:00 - 8:00 pm (Doors open at 6:15 pm)

Tawas Bay Players Playhouse • 401 Newman St.

Viola Shipman a.k.a. Wade Rouse will charm you with his story about how libraries, books and his grandma saved his life. He is a USA Today, Publishers Weekly and internationally bestselling author of fifteen books including five memoirs and ten novels.

FREE AND OPEN TO THE PUBLIC – REFRESHMENTS SERVED

CAREGIVERS WEBINARS

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

Powerful Tools for Caregivers

April 25th - May 30, 2024 • 1:30 - 3:00 pm

Healthy Aging Brain and Utilizing Computer Technology

Friday, May 10th • 1 pm - 2 pm

Advanced Caregiving Thru Technology Conference

Friday, May 17th, 2024 • 10 am - 3 pm

at the Flying Pig Venue - 2723 Grove St., Standish

End of Life Planning, How to Make Your

Final Arrangements • June 14th, 2024

Creating Healthy Boundaries – July 12th, 2024

Preparing for Loss-Death, Dying and Grieving

August 9th, 2024

Maintaining Health During Challenging Times

September 13th, 2024

The Emotional Side of Caregiving - October 11th, 2024

Gratitude Explosion - November 8th, 2024

To Register call 989-358-4616 or email –

mainvilleb@nemcsa.org

Trualta is a free online personalized skills-based platform for family caregivers caring for someone living at home.

HEALTHY LIVING WEBINARS

May 9th – Diabetes Simplified & Mental Health

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

July 10th - Importance of your Feet & Balance: Chair Yoga

Sept. 11th – Heart-Healthy Cooking Made Easy

October 9th - Financial Wellness:

Ideas for Reducing Expenses

Things to do on a Limited Budget - May 2024

Veterans Coffee Hour • Open to all Veterans

In honor of our military veterans, we invite veterans and their families to enjoy coffee and donuts at the Wurtsmith Air Museum
Located at 4071 E. Van Ettan St. • Oscoda MI 48750

3rd Wednesday of the Month (May 15th, June 19th, July 17th, August 21st and Sept. 18th) • 9 am - 11 am

Come and enjoy coffee, donuts and comradery!!

WURTSMITH AIR MUSEUM Celebrating our 30th Anniversary Opening Weekend

Sat., May 18th - Sun., May 19th, 2024

11:00 am - 3:00 pm

Opening Weekend Only - FREE Admission for All

Open Weekends - May 18th - October 6th
Admission: Adults - \$7; Children under 12 - \$3;
Under 5 - FREE; Active Duty - FREE
Museum Members - FREE

*Come and learn about the history of Wurtsmith Air Force Base (1953-1993) and Aviation history of NE, Michigan
4071 E. Van Ettan St. • Oscoda, MI 48750*

Northeast MI Regional Farm Market Tawas City, Gateway Park

US 23 at the mouth of Tawas River

Starts Saturday, May 6th • 8 am - 1 pm

Open every Saturday throughout the summer

Oscoda Ausable Chamber of Commerce, *US 23 at the River*

Starts Wednesday, May 10th • 8 am - 1 pm

Open every Wednesday throughout the summer

Tawas Area High School Fine Arts Festival

Tuesday, May 7th, 6-8 pm

The Fine Arts Festival is an excellent opportunity to view various art projects while listening to musical performances.

Tawas High School Spring Band Concert Thursday, May 9th • 7pm

Tawas High School Spring Choir Concert Thursday, May 23rd • 7pm

Join us to celebrate and enjoy the accomplishments of the school year. Tickets are not necessary. Donations accepted

TAWAS POINT STATE PARK

BIRD MIGRATION DAYS

Friday, May 17th - Saturday, May 18th

A MATTER OF BALANCE CLASS

A Matter of Balance is specifically designed to reduce the fear of falling and improve activity levels among older adults.

The Program includes 4 two-hour classes, 2 times a week for 4 consecutive weeks on Tuesdays and Thursdays at 12:30 (after lunch)

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.

Please join us!

This is offered to all Iosco County Residents. There is no charge. To register or for more information, call Jackie Kennedy at 616-915-7962 or Lil Gill at 248-666-4172

Robert J. Parks Library

4th Annual Art Show

View the various art show pieces from now till the end of May. The artwork displayed comes from a wide variety of artists ages 5 through 84.

Library location: 6010 N. Skeel Ave., Oscoda MI
Hours: Mondays, Tuesdays & Friday • 9 am - 5 pm
Wednesday & Thursday • 9 am - 6 pm
Saturdays • 9 am - 2 pm
CLOSED ON SUNDAYS

Come check out the wonderful artwork during the month of May.

4th Annual Mind Matters Event

Saturday, May 18th - 11:00 am - 2:00 pm

at the East Tawas Community Center and Bolen Park

In celebration of May is Mental Health Awareness Month, AVCMHA (AuSable Valley Community Mental Health Authority) is hosting the 4th Annual Mind Matters Event for the community. AVCMHA is providing information on improving and strengthening an individual's mental health, and providing resources available in Iosco County along with many community partners. This is a FREE event, so come join us for some activities of enrichment and recreation that help maintain & improve your Mental Health

Some topics include:

Self Care • Explore Hobbies • Health Information
Yoga • Crafts • Healthy Snacks • Sound Healing
Cardio Drumming • Recreation • Meditation
Holistic Healing • Fun Swag • Fun Family Activities

VITAMIN D BENEFITS

Vitamin D is a fat-soluble vitamin in a family compound that includes D1, D2 and D3. Your body produces vitamin D naturally when it's directly exposed to sunlight. You can also get Vitamin D from certain foods and supplements to ensure adequate levels of the vitamin in your blood. Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus and facilitating normal immune system function. Here is more information about the benefits of vitamin D, plus information about downsides, how much you need and foods with vitamin D.

1. Vitamin D may fight disease.

In addition to its primary benefits, research suggests that vitamin D may also play a role in:

- Reducing the risk of multiple sclerosis (MS)
- Decreasing the chance of heart disease.
- Reducing the likelihood of severe illnesses.
- Supporting immune health.

2. Vitamin D may regulate mood and reduce depression.

3. It might support weight loss.

Vitamin D Sources

Salmon • Sardines
Herring • Egg Yolk
Shrimp • Milk
Mushrooms

Vitamin D Deficiency:

Several factors can affect your ability to get adequate vitamin D from sunlight alone. You may be less likely to absorb enough vitamin from the sun if you:

- Live in an area with high pollution.
- Use sunscreen
- Spend most of your time indoors.
- Live in a big city where buildings block the sunlight.
- Have darker skin (the higher levels of melanin, the less vitamin D your skin can absorb).

What are the symptoms of Vitamin D deficiency?

The symptoms of a vitamin D deficiency in adults may include:

- Tiredness, aches and pains.
- Severe bone or muscle pain or weakness.
- Stress fractures, especially in your legs, pelvis and hips.



A healthcare professional can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order x-rays to check the strength of your bones. If you receive a diagnosis of vitamin D deficiency, a healthcare professional will likely recommend that you take vitamin D supplements. If you have a severe deficiency, they may instead recommend high dose vitamin D tablets or liquids. You should also make sure to get vitamin D through sunlight and the foods you eat such as fish (salmon, sardines, herring) egg yolk, shrimp, mushrooms and milk. Risk of Getting Too Much Vitamin D: If you take excessive amounts of vitamin D supplements, you may get too much of it. However, this is unlikely to happen through diet or sun exposure because your body regulates the amount of vitamin D produced through sun exposure. Vitamin D toxicity can lead to an increase in your blood calcium levels. This can result in a variety of health issues, such as: nausea, apathy, vomiting, abdominal pain, dehydration, confusion and increased thirst. The bottom line is that Vitamin D has many potential benefits. It may reduce the risk of certain diseases, help improve mood and reduce depression symptoms and help with weight management. It's hard to get enough vitamin D through your diet alone so you may want to ask a healthcare professional for a blood test and consider taking a vitamin D supplement.



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55 Years of age or older and a Resident of Iosco County with proof of residence

Meet Federal Poverty Guidelines, with proof of income
Must be completely unemployed and actively seeking either full or part-time employment

Be available 18-20 hours per week for paid training
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To complete an interest form or for more information, please contact AARP Foundation at 810-766-1470 or visit us at www.aarpfoundation.org/scsep

7 RULES OF LIFE

Make Peace with your past
so it won't disturb your present.

**What other people think of you
is none of your business.**

Don't compare your life to others and don't judge them:
You have no idea what their journey is all about.

Stop thinking too much.

It's alright to not know all of the answers

No one is in charge of your happiness, except you.

Time heals almost everything. Give it time.

Smile! You don't own all the problems in the world.

Happy Mother's Day

My Mother kept a garden, A garden of the heart.

She planted all the good things, That gave my life its start.

She turned me to the sunshine, And encouraged me to dream.

Fostering and nurturing, The seeds of self-esteem.

And when the winds and rain came, She protected me enough.

But not too much because she knew, I'd need to
stand up strong and tough.

Her constant good example, Always taught me right from wrong.

Markers for my pathway, That will last a lifetime long,

I am my Mother's garden and her legacy, And I hope today she
feels the love, Reflected back from me

- Author Unknown

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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.



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A Message from Ruth

by Ruth Witkowski

I have decided my poetry writing is over

Time to call it a day.

It's been fun

From the very first one.

I just had to do another one for sure
and hoped I wouldn't be a bore.

I have made good friends
but after so many years,
everything has to end.

So thank you again

No more ink in my pen.

These words say it all

Goodbye, Todeloo and farewell.

We are a generation that will never come back

A generation that went to school
and walked back.

**A generation that did their
homework alone to get out asap
to play in the street.**

A generation that spent all their
free time on the street

**A generation that played hide
and seek when dark.**

A generation that made mud pies.

**A generation that collected
sports cards.**

A generation that found, washed
and sold empty coke bottles to the
local grocery store for 5 cents each.

**A generation that made paper
toys with their bare hands.**

A generation who bought vinyl
albums to play on record players.

**A generation that collected
photos and albums of clippings.**

A generation that played board
games and cards on rainy days.

**A generation whose TV went off
at midnight after playing the
National Anthem.**

A generation that had parents
who were there.

**A generation that laughed under
the covers in bed so parents
didn't know we were still awake.**

A generation that is passing and
unfortunately will never return.

A Special Thank You to Ruth

Several newsletters ago, I sent out a request for our readers to share their poetry. Never did I think my request would result in dozens of poems submitted by **Ruth Witkowski**.

Ruth has had quite the run as our senior newsletter poet. She has provided poems for all occasions including the seasons, relationships, holidays and personal memories. I may not find a poem in my mailbox anymore; however, I certainly will look forward to continuing to communicate with my "pen pal". Sharing her passion was something really special for our newsletter and for that, I am forever grateful.

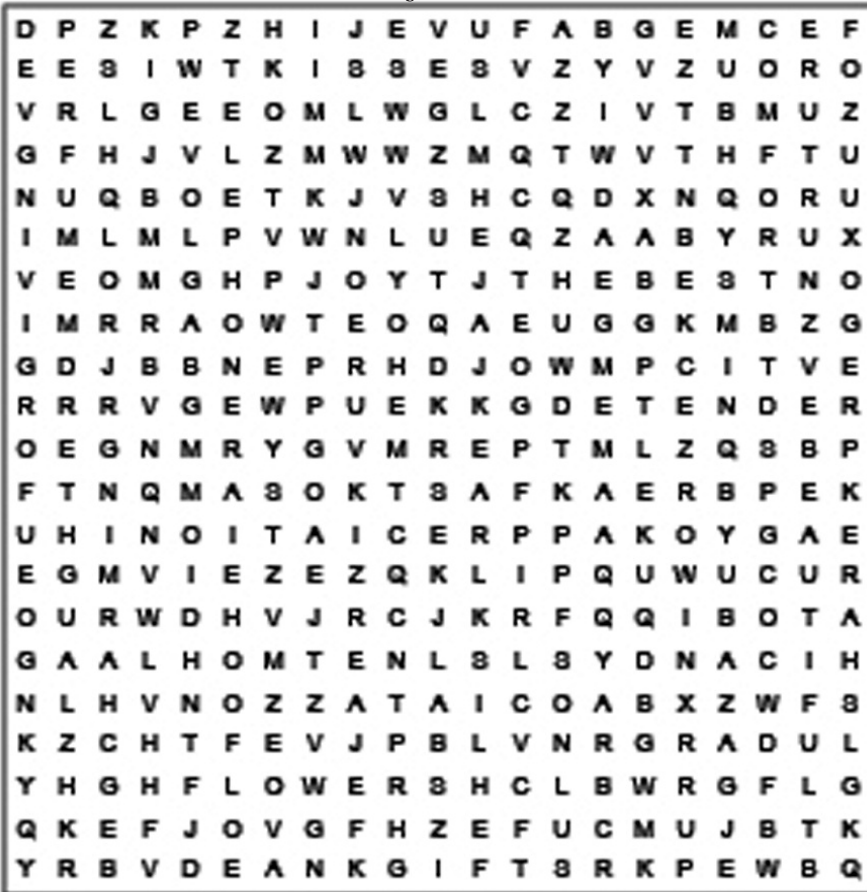
Ruth has taught us that finding something we are passionate about truly helps to keep a person young and their mind sharp. The best advice we can take from this is – Find something you really enjoy and do it daily. I think another person that can vouch for that advice is **Bonnie Bowen**. I had seen several illustrations on Facebook and then a friend encouraged me to contact Bonnie via Facebook. I was amazed that Bonnie has a daily ritual of creating wonderful images. After sending her a message, I was delighted to have received permission to include some of her artwork in our newsletters.

Both of these women (Ruth and Bonnie) prove everyday that aging has more to do with a person's attitude. Keep on doing what you are doing ladies. You both amaze me!

Illustrated by Bonnie Bowen



Mother's Day Word Search



- | | | |
|--------------|----------|------------|
| Appreciation | Guidance | Nurture |
| Beautiful | Hugs | Perfume |
| Breakfast | Jewelry | Protective |
| Candy | Joy | Share |
| Charming | Kisses | Telephone |
| Comfort | Laughter | Tender |
| Devoted | Love | The Best |
| Flowers | Maternal | Warm |
| Forgiving | Mom | Wise |
| Gifts | Mother | |



May Word Scramble

- ESDES _____
- NIGPALTN _____
- ZRFREITIEL _____
- SLOBMSOS _____
- DWISOBNRS _____
- PLUITS _____

May Word Scramble Answers: 1. Seeds; 2. Planting; 3. Fertilizer; 4. Blossoms; 5. Snowbirds; 6. Tulips

• • • • • Ultimate TV Challenge • • • • •

1. Which of the stars from Dragnet 1967 went on to become Col. Sherman T. Potter on MASH?
A. Don Ross
B. Harry Morgan
C. Jack Webb
D. Art Balinger

2. The family patriarch from Father Knows Best was played by Robert Young. What was his character's name?
A. Jim Clayton
B. Jim Anderson
C. Jim Halpert
D. Jim Hawkins

3. Morticia From The Addams Family was known for giving Gomez many pet names. Which was NOT one of those?
A. Mon Amour
B. Amante
C. Mon Cher
D. Bubeleh

4. On Bewitched, what was the name of Samantha and Darrin's daughter?
A. Tinkerbell
B. Tabitha
C. Sammy
D. Esmeralda

5. Which of these individuals hosted What's My Line? for the longest duration?
A. John Daly
B. Bill Cullen
C. Larry Blyden
D. Wally Bruner

6. In the Munsters, what character looked like Frankenstein's monster?
A. Lily
B. Herman
C. Eddie
D. Grandpa

7. Fred MacMurray played Steve Douglas in My Three Sons but was also a face of Walt Disney films. Which film did NOT feature MacMurray?
A. The Shaggy Dog
B. The Absent-Minded Professor
C. Son of Flubber
D. The Love Bug

Ultimate TV Challenge Answers
1. B - Harry Morgan; 2. B - Jim Anderson; 3. B - Amante; 4. B - Tabitha; 5. A - John Daly; 6. B - Herman; 7. D - The Love Bug

Project Fresh will be back again this summer!

Keep an eye open for more information on Project Fresh. It will be coming up in June, so be sure to watch for more information in our newsletter and at our Senior Centers.

Project Fresh provides \$25.00 in coupons for qualified individuals, 60 and over, living in Iosco County. These coupons can be used at participating farmers' markets and roadside stands.

When we know more, we will let everyone know.

2024 Directory

<p>Alpena Alcona Area Credit Union <i>Your Trusted and Valued Financial Partner for Life</i> 118 W. M-55, Tawas City, MI 48763 www.aaacu.com • (989) 356-3577</p>	<p>Great Lakes Insurance <i>For All of Your Insurance Needs</i> Auto • Homeowners • Life/Health 324 W. Lake St., • Tawas City (989) 362-4073</p>	<p>Oscoda Fields Assisted Living <i>State-licensed premier provider of quality assisted living care</i> 5113 Cedar Lake Road, Oscoda (989) 569-6766</p>
<p>Chiropractic Health Center Mon., Wed. & Fri. 9 am - 5 pm Saturdays by Appointment 651 E. M-55 • Tawas City Courtney Bolen D.C. (989) 984-5100</p>	<p>Harbors Independent and Assisted Living Private Rooms & Suites with Bath 1010 Alice St., East Tawas (989) 362-4655</p>	<p>Renue Physical Therapy <i>Request an appt. or free screening online at www.renuept.com</i> 540 W. Lake St., Ste. 3, Tawas City (989) 984-6075</p>
<p>YOU COULD BE HERE! Get your business listed on our "Quick Reference" Directory page. \$13 per listing or take advantage of our 4 for \$45 discounted rate <i>That's a Savings of \$7</i></p>	<p>Lakeview Manor Healthcare <i>Pre-Surgery Planning Program</i> Come in anytime for a tour 408 N. 5th Ave. • Tawas City (989) 362-2211</p>	<p>Schell Hearing 36 Yrs of Manufacturing Experience Hearing Aid Manufacturer & Repair 624 Lake Street • Tawas City (989) 362-0600</p>
	<p>Medicare Advantage or Medicare Supplements Call Matt Skiba: (734) 395-5425 Your Local Iosco Co. Independent Agent <i>Make Your Health a PRIORITY in 2024</i></p>	<p>Tawas Bay Pizza Co. Brick Oven - Fast Fired Artisan Pizza 11:30 am - 8:00 pm Daily 115 E. Lake St., Tawas City, MI 48763 (989) 305-6380</p>
<p>Family Chiropractic Mon. & Wed. 1 pm - 5 pm; Tues. & Fri. 9 am - 2 pm 80 M-55, Suite A • Tawas City Michael Kayner DC (989) 362-8991</p>	<p>Muffler Man of Tawas Auto Service You Can Trust Mon. - Fri. 8 am - 5 pm • Sat. 8 am - Noon 1135 West Lake Street, Tawas City <i>Senior Discount - \$3.00 off Oil Change</i> (989) 362-7666 or (989) 362-7667</p>	<p>Tawas Bay Resources To advertise or share info in the ICCOA newsletter, please contact Dana Gorman at timberkita@charter.net (989) 362-9514</p>
<p>Gingerich Feed & Implements Mon. - Fri. 8 am - 5 pm • Sat. 8 am - 4 pm 50 W. M-55 • Tawas City (989) 362-3181</p>	<p>New Vision Family Eyecare Melissa M. David, O. D. 1704 E. Huron Rd. • East Tawas (989) 362-3478 Senior discount of 15% Off Glasses <i>(Cannot be combined with insurance)</i></p>	<p>Tawas Pharmacy Scott Somerfield, Rph • Pharmacy Manager/Owner TAWASPHARMACY@GMAIL.COM 306 W. Lake St. (Former Sav-Mor Store) (989) 362-3311</p>

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Tai Chi for Arthritis and Falls Prevention helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experienced by older adults.

Studies have shown that tai chi can reduce falls by nearly 70%.

The program focuses on confidence building, which is linked closely to the reduced rate of falling.

Other benefits include increased strength, balance, posture and reduced stress.

IN EACH CLASS, YOU WILL EXPERIENCE:

- Warm up and cool down exercises • One or two movements per lesson, progressively leading to completing six basic core movements and six advanced extension movements • Breathing techniques.

Tai Chi principles relating to improving physical and mental balance. Each session builds on the previous, so it is important to attend each session.

**Classes will be held on Wednesdays, July 10 - August 2, 2024
 from 9:30 am - 11:30 am. Classes will be held at the Sand Lake Senior Center.
 4059 Indian Lake Rd., National City, MI.**

Registration Required: Registration fills quickly so please register early. <https://events.anr.msu.edu/ictc>
 Contact Nicole Wethington at: wethingn@msu.edu Questions: call 989-344-3264 ext. 0