



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 - Hailey "Ezri" Quigley

(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*

September has so much to offer

I have to say, the older I get the faster the summer's seem to go by. Nevertheless, September is a great month with many outdoor events left to take in. I'm still hoping for a few opportunities to take a dip in the lake; however, as the evenings start to cool down, the thought of a toasty campfire also sounds amazing.

Of course, one of the top things on my to-do list would be a visit to an apple orchard for some freshly made donuts and some apple cider. The more I think about it, September might be my favorite month of the year. It has a little bit of everything. We will still enjoy some hot days; however, an occasional "sweatshirt weather" day is always nice as well. In a nutshell, I look forward to the splashes of fall colors, the smell of woodburning stoves and college football games. The sound of our high school marching band and the distant cheers of our local high school

football fans is always nice to hear as well. Just a quick reminder to get your senior citizen sports pass if you plan to go watch the grandkids compete in high school games. (See the info provided.) Another exciting thing about living in Michigan is when the menu changes according to the seasons. As much as I love my homegrown tomatoes, it's always nice to cook up a juicy roast or some hearty chili when the weather starts to turn. **Enjoy every minute of the seasonal changes.**

**SENIOR CITIZENS:
You May Be Eligible to Enjoy
your Area High School Sports for FREE!**

TAWAS SR. CITIZENS

If you are 63 or over, living in the Tawas Area School District, you are eligible for a FREE Tawas High School Sports Pass. To receive your pass, bring an ID card or Driver's License to the Administration Building across the parking lot from the new gym

HALE SR. CITIZENS

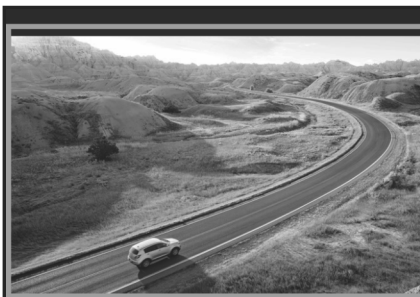
are admitted FREE to Hale High School Sporting Events by simply showing a driver's license or proof of address. Once proof is shown, your name will be placed on a list kept at the ticket booth.

OSCODA SR. CITIZENS

To receive a pass, fill out a Golden Age Pass form at the Oscoda High School Office. - **It is good forever**

WHITTEMORE SR. CITIZENS

No FREE Admission
\$3.00 per event or \$25 for Season Pass



**you might not know we have
life, home, auto and business
insurance. now you do.
simple human sense.**

**Great Lakes Insurance
Agency of MI**

324 W Lake St, Suite 4
Tawas City 989-362-4073
greatlakesinsuranceagency.net

**Auto-Owners
INSURANCE**

LIFE • HOME • CAR • BUSINESS

Iosco County Commission on Aging

Jim Webber - **Chairman**

Rob Huebel - Jozef Drozdowski
Gaylynn Brenoel - Crystal Yachcik

Dale Evilsizer – Executive Director
Operations Coordinator - Tina Biggs
Carol Barnes, Cheryl Shelton and Kathy Freitag
Administrative Assistants
(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 July 2024, the Iosco County Commission on Aging served 1532 Congregate Meals. We served 6479 Home Delivered Meals to homebound seniors. That is a total of 8011 meals served to Iosco County seniors. In July 2024, the ICCOA provided a total of 492.5 hours of seniors with In Home Services; 442.5 hours of homemaking; 19 hours of personal and 31 hours of respite care.

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 GlomskiC@NEMCSA.org. These counselors help those in need of advice about Medicare and Medicaid.

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 program. For information and advertising rates, contact Dana Gorman at 989.362.9514 or send email to: Dana@GreatLakesAdv.com

AuSable Valley
Community
Mental Health
1-800-865-5569

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

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

HAILEY "EZRI" QUIGLEY-TAWAS • (989) 362-6892

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

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

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.

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.

KINSHIP CARE
resource center



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

MDHHS

School of Social Work
MICHIGAN STATE UNIVERSITY

Family is what you make it.

Kinship Care Resource
Center is here to help.



KINSHIP CARE
resource center

Daily Senior Center Activities & Special Events - September 2024

Oscoda Senior Center

Mondays

9:30 - Bridge

Tuesdays

9-10 - Cardio Drumming
10:00 - Veteran's Support Group
10:30 - 11:30 - Line Dancing

Wednesdays

10:30 - 11:30 - Advanced Line Dancing

Thursdays

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

Fridays

10:30 - Relaxation Coloring
12:30 - Cards
1:15 - Crafts

Sundays

5:00 - Euchre

Please let the Center Host know if there is an activity you would like to see on the Activity Sheet.

Tuesday & Thursday Morning Cardio Drumming Class - Held at the Oscoda Beach Park thru 9/12 unless there is inclement weather at which time it will be at the center.
Call Gaylynn Brenoel (989) 305-2959.

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., Sept. 4th

Keys to Embracing Aging Class 12:45 - 1:45 (Pre-register only)

Mon. Sept. 16th

ICCOA Board Mtg. Sand Lk. Sr. Center 1:00 pm

Wed. Sept. 18th

OASC Board Mtg. 10:30 am
Sept. Birthday Party at Lunch time

Healthy Choices for Everybody

Starts in October - 6 week series by MSU Ext. - must pre-register with OASC Host

Board Games - Pool Tables
Chess/Checkers
Electronic Dartboard

Hale Senior Center

Mondays

11:00 - Chair Yoga

Tuesdays

9-11 - Cards/Euchre
11:00 - Tai Chi

Wednesdays

10:00 - Crafts

Thursdays

9-11 - Cards/Euchre

Fridays

11:00 - Chair Yoga

ICCOA Meeting in Sand Lake

Monday, September 16th at 1 pm

EVENING POTLUCK

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

Bunco - 3rd Wednesday of the month

6:00 pm - \$6.00 per person (for prizes etc)

LUNCH SERVED AT NOON DAILY

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

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

Secretary of State Mobile Office

Thursday, Sept. 19th, 2024 - 10 am - 2 pm

TUESDAYS

September 3rd
Golden Grocery Giveaway

Hale/Whittemore - 11 am
Good News Ministries (Turner)
you must be signed in to receive items.

September 24th

Birthday Party - Noon
Raffle Table - 12:15
Bingo - 12:30

WEDNESDAYS

September 4th

Sunflower Craft 10 am
September 11th
Fall Tin Can Craft 10 am
Bunco

Hale Sr. Citizens & Retirees Board Mtg. 9:00 am

Potluck Dinner - 5 pm

September 18th

Fall Painted Foam Pumpkin Craft - 10 am
Bunco - 6 pm (\$6.00)

September 25th

Wood Bead Ghost Tassel Craft - 10 am

THURSDAYS

September 26th

Pantry Bingo - 1:00 pm

ALL CENTERS CLOSED ON MONDAY, SEPTEMBER 2nd for LABOR DAY

Tawas Senior Center

Mondays

11:00 - Games

Tuesdays

11:00 - Yoga
11:30 - Games

Wednesdays

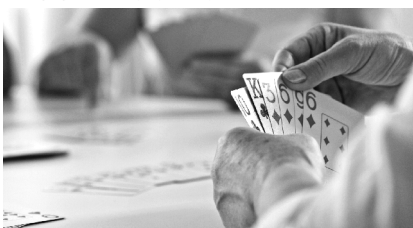
11:00 - Craft Time
12:30 - Euchre

Thursdays

11:30 - Games

Fridays

11:00 - Tai Chi
11:30 - Games
12:30 - Euchre



Tuesday September 10th

TAWAS Board Meeting 1:00 pm

Thursday

September 26th

Birthday Celebration 12 Noon

LUNCH SERVED EVERYDAY 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

FOOD PANTRY OPEN DAILY

TAI CHI - Every Monday 9:30 - 11:30 am (Until September 18, 2024)

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

BINGO - Every Friday (Doors open at 3 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.

Secretary of State Mobile Office

Thursday, Sept. 19th - 10 am - 2:30 pm

BUTTERNUT SQUASH FRITTERS

Ingredients:

- 3 cups shredded butternut squash
- 1 cup shredded sharp white Cheddar cheese
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 tsps chopped fresh thyme
- 1/2 tsp salt, plus more for sprinkling
- 1/4 tsp freshly ground black pepper
- 2 tsps vegetable oil, or more as needed.

Directions:

1. Gather all ingredients
2. Combine the squash, cheese, flour, eggs, thyme, salt and pepper in large bowl
3. Heat 2 tsps of oil in a large skillet over medium heat. Working in batches, drop batter by 3 tsp portions into hot oil. Flatten mounds into 3 inch circles.
4. Cook until golden, 3 to 4 minutes, turning once.
5. Sprinkle with salt immediately after removing from the skillet. Keep warm in a 200 degree F (95 degree C) oven while cooking remaining fritters. Add additional oil as needed during cooking. Serve warm.



Per Serving - 107 calories.

THE OLD LAWYER

An old stingy lawyer had been diagnosed with a terminal illness and was determined to prove wrong the old saying, "You can't take it with you." After much thought and consideration, the old ambulance chaser finally figured out how to take at least some of the money with him when he died. He instructed his wife to go to the bank and withdraw enough money to fill 2 pillow cases. He then directed her to take the bags of money to the attic and leave them directly above his bed. His plan: when he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning, came upon the two forgotten pillow cases stuffed with cash. "Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement!"

CAREGIVING AND DEPRESSION

People experience depression in different ways; the type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression.

- A change in eating habits, resulting in unwanted weight gain or loss.
- A change in sleep patterns either too much sleep or not enough.
- Feeling tired all the time.
- A loss of interest in people and/or activities that once brought you pleasure.
- Becoming easily agitated or angered.
- Feeling that nothing you do is good enough.
- Thoughts of death or suicide or attempting suicide.
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.

31% of Michigan Caregivers experience depression.

SCHELL Hearing Aid Service

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Ask yourself, "Who knows more about hearing aids than the manufacturer?"

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VACCINE CLINIC - FLU AND/OR COVID VACCINES

SEPTEMBER 23, 2024

OSCODA/AUSABLE - 10:00 - 11:30

TAWAS - 12:00 NOON - 1:00

SAND LAKE - 1:30 - 2:30

HALE - 3:00 - 4:00

Sign up in advance at the center of your choice

END OF LIFE CARE

End-of-life care is the term used to describe the support and medical care given during the time surrounding death. People who are dying need care in four areas: Physical Comfort, Mental and Emotional Needs, Spiritual Needs and Practical Tasks.

- **Physical Comfort:** Discomfort during the dying process can come from a variety of sources. Depending on the cause of the discomfort, there are things you or a healthcare provider can do to help make the dying person more comfortable.
- **Mental & Emotional Needs:** Someone who is alert near the end of life might understandably feel depressed or anxious. It is important to treat emotional pain and suffering. You might want to contact a counselor.
- **Spiritual Needs:** Spiritual needs may include finding meaning in one's life, ending disagreements with others, or making peace with life circumstances. The dying person might find comfort in resolving unsettled issues with friends or family. Visits from a social worker or a counselor may help.
- **Practical Tasks:** To relieve the person who is dying and to support the caregiver. A person who is dying might be worried about who will take care of things when they are gone. A family member or friend can offer reassurance.

Here are some things to consider when you are caring for someone who is near the end of life.

- Talk with the healthcare team about the best way to respond to changes to your person's appetite.
- Keep in mind that your person's voice may weaken, and they may talk less or avoid long conversations.
 - Be a good listener, your presence and courage to listen will lessen your person's anxiety and fear.
- If your person has always enjoyed humor, still incorporate it into your caregiving.
 - Take care of yourself so that you can give your person the support and care they need.
 - Get help with practical tasks such as hospice.
 - Create a peaceful atmosphere.
 - Keep your person warm, clean and comfortable.
 - Play soft music and give a gentle hand massage.
 - Attend to spiritual needs.

SEPTEMBER | 2024

IOSCO COUNTY COMMISSION ON AGING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>LABOR DAY</p>  <p>All Centers Closed</p>	<p>3</p> <p>Chicken Teriyaki Brown Rice Midori Blend Vegetables Pineapple</p>	<p>4</p> <p>Baked Ziti Tossed Salad Cauliflower Watermelon</p>	<p>5</p> <p>Old Fashioned Beef Veg. Soup 1/2 Egg Salad or Tuna Sandwich Tossed Salad Peach Cobbler</p>	<p>6</p> <p>Baked Chicken Breast Sweet Potatoes Broccoli Cantaloupe & Honeydew</p>
<p>9</p> <p>Tuna Noodle Casserole Peas & Carrots Tossed Salad Blueberry Delight</p>	<p>10</p> <p>Hamburger HM Fries Wax Beans Tropical Fruit Salad</p>	<p>11</p> <p>Chicken Taco Salad Refried Beans Spanish Rice Tortilla Chips Apple</p>	<p>12</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce</p>	<p>13</p> <p>Lemon Pepper Fish Mac & Cheese Broccoli Ambrosia Salad</p>
<p>16</p> <p>Inservice Day for Staff Centers Closed and No Home Delivered Meals</p>	<p>17</p> <p>Chicken Pot Pie Mixed Vegetables Jello with Fruit</p>	<p>18</p> <p>Roast Pork Mashed Potatoes Green Beans Peach Fluff</p>	<p>19</p> <p>Liver & Onions Red Bliss Potatoes Carrots Apple Cobbler</p>	<p>20</p> <p>Chicken Tenders Cheesy Potatoes Cole Slaw Apple</p>
<p>23</p> <p>Baked Ham Sweet Potatoes 3 Bean Salad Banana Pudding Cup</p>	<p>24</p> <p>COOK'S CHOICE Come and enjoy a surprise meal with us. (Shhh...it's a secret!)</p>	<p>25</p> <p>Polish Sausage with Sauerkraut Diced Potatoes Waxed Beans Orange</p>	<p>26</p> <p>Pizza Supreme Tossed Salad Green Beans Grapes</p>	<p>27</p> <p>Pork Chops Mashed Potatoes Mixed Vegetables Ambrosia Salad</p>

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

<p>30</p> <p>Spaghetti California Blend Vegetables Garlic Toast Apple Crisp</p>

GROCERY SHOPPING TIPS

*Whether you are picking up a few things or stocking up for the week, there are plenty of simple ways to save time and money. **Just follow these tips:***

- Never shop on Sunday afternoons - Always shop with a list
- Plan out a weekly menu - Grab perishable items from the back of the shelf
- Shop alone - Never shop hungry - Grab meat and dairy items last - Have a budget
- Use coupons and discount programs - Buy in bulk when it makes sense
- Look at the sale ads beforehand - When there is a sale, stock up.

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

Things to do on a Limited Budget - September 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@ioscocoounty.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

GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

Tuesday, September 3rd, 2024

Hale/Whittemore - 11:00 am

Good News Ministries - 3107 M-65, Turner

East Tawas - 12:30 pm

Tawas Senior Center - 312 Newman St., East Tawas

Oscoda (Parking Lot) - 11:00 am

Oscoda Senior Center - 653 State St. SW, Oscoda

TAWAS CITY LIBRARY • SATURDAY USED BOOKSTORE

Saturdays - Sept. 7th, 14th, 21st & 28th

Open at 9 am - Noon

OSCODA LIBRARY

Mondays - Sept. 9th, 16th, 23rd & 30th

Inspirational Book Club 1 - 2:30 pm

Tuesdays - Sept. 3rd, 10th, 17th & 24th

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

1st Wednesday of each month at 1:00 pm

PARKS LIBRARY BOOK CLUB

Call 989-739-9581 for details.

COMPASSUS HOSPICE GRIEF SUPPORT GROUP

This Healing Together & Grief Support group meets every 2nd Thursday of the month at the Sand Lake Senior Center from 10-11:30 am. For more info., please call Karen (989) 709-6603.

MICHIGAN SECRETARY OF STATE MOBILE OFFICE

will be coming to visit in September.

Wednesday, September 18th from 10 am - 2 pm

Sand Lake Sr. Center Parking Lot

Thursday, September 19th from 10 am - 2 pm

Hale Sr. Center Parking Lot

You can take care of anything that would normally require you to go to the Secretary of State's Office. Driver's Licenses, State ID, Vehicle Transactions, Disability Parking, etc.

CAREGIVERS WEBINARS

ALL WEBINARS BEGIN AT 1:00 PM

Powerful Tools for Caregivers - Virtual (Zoom)

2nd Friday of every month via Zoom - 1:00 - 2:00

Dementia Information for Everyone

Sept. 5th, 2024 • 1:00 - 2:30 pm

Activities for Person with Dementia

Sept. 12th, 2024 • 1:00 - 2:30 pm

Maintaining Health During Challenging Times

September 13th - 1 - 2:00 pm

Dementia Behaviors and Self Care

Sept. 17th, 2024 • 1:00 - 2:30 pm

Emotional Side of Caregiving - Oct. 11th, 2024 - 1 - 2:00 pm

Gratitude Explosion - Nov. 8th, 2024 - 1 - 2:00 pm

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.

Enroll at: www.region9aaa.trualta.com/login

To join the Zoom meeting go to

[https://us06web.zoom.us/j/88915547858?pwd+](https://us06web.zoom.us/j/88915547858?pwd+TmiciLipJvYZGfaLcKuXwjREApIcbYK.1)

TmiciLipJvYZGfaLcKuXwjREApIcbYK.1

Meeting ID: 889 1554 7858 Passcode: caregiver

HEALTHY LIVING WEBINARS

Sept. 11th – Heart-Healthy Cooking Made Easy

October 9th - Financial Wellness:

Ideas for Reducing Expenses

EAT SMART, MOVE MORE, WEIGH LESS

Region 9AAA is now offering Eat Smart, Move More, Weigh Less (ESMMWL). This is an online 15 week weight management program that uses strategies proven to work for weight loss and maintenance. The series is led by a registered dietitian nutritionist. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Some lessons include: controlling sugar, managing stress, cooking smart, choosing healthy fat, prevent relapse and more. Call Brooke today at (989) 358-4616 or email mainvilleb@nemcsa.org to get started.

Things to do on a Limited Budget - Sept. 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 Wed. of the Month (Sept. 18th) 9 am - 11 am

Come and enjoy coffee, donuts and comradery!!

WURTSMITH AIR MUSEUM

Open Weekends thru 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

Saturdays • 8 am - 1 pm

Open every Saturday thru October 26th, 2024

Oscoda Ausable Chamber of Commerce

US 23 at the River

Wednesdays • 8 am - 1 pm

Open every Wednesday thru October 30th, 2024

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.

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)

- OR -

1 Bedroom Carriage Houses



Jan Ranger

RN Owner/Operator
In business 26 years

989.362.4655

810.744.2327

810.348.0752

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



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KEEPING TRACK OF YOUR MEDICATIONS

Many older people take multiple medications, and it can be challenging to keep track of everything. Here are some tips that can help:

Make a list: Write down all medicines you take, including over-the-counter drugs, vitamins, herbs and dietary supplements.

Get familiar with your medicines: If you take more than one medicine, make sure you can tell them apart by size, shape, color or the number imprinted on the pill.

Secure your medicines: Keep your medicines out of the reach of others.

Check expiration dates on bottles: Do not take medicines that are past their expiration date.

Dispose of your medicines safely:

Timely disposal of medicines can reduce the risk of others misusing them.

Palliative Care

Palliative Care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on the quality of life for them and their family. Palliative treatments vary widely and often include:

Medication - Nutritional changes - Relaxation Techniques - Emotional & Spiritual Support - Support for children or family caregivers - Help to plan a family meeting - Suggest ways to organize people who want to help - Help you find medical information, rides, or services - Help you talk with your healthcare team about the cost of care - Explain billing and insurance, or find someone who can do this - Help you apply for medical leave or disability payments - Find programs that provide free or low-cost medicines.

A Palliative Care Team is made up of multiple professionals that work with the patient, family and the patient's other doctors to provide medical, social, emotional and practical support.

LABOR DAY

is a federal holiday in the United States, celebrated on the first Monday of September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the US to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the US officially celebrated Labor Day



LABOR DAY

Word Search



ACTIVISTS	HAYMARKET RIOT	PARADE	SPEECHES
BARBECUE	LABOR	PICNIC	SUMMER
CARPENTERS	MACHINISTS	PULLMAN STRIKE	UNIONS
CLEVELAND	MARCH	SALES	VACATION
EMPLOYEES	MONDAY	SEPTEMBER	WEEKEND
FESTIVALS	NEW YORK	SOLIDARITY	WORKERS

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