



**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*

Bushels of Fun in October!

As the warm weather fades and the colors begin to change, so do the activities that we find ourselves delving into. The cool, crisp days of Autumn are a great time to engage in some creative indoor projects. Here is just one seasonal project that can be completed with basic items found around the house....**BUTTONS!** Buttons have become a popular item to use to create some wonderful images. Simply gather a variety of buttons, an old frame, some yarn or raffia ribbon and a hot glue gun. *(The great thing about this project is that you can simply peel the buttons off and try again if you don't like your first attempt.)*

October is also a great time to experiment with some new recipes that can be shared during the upcoming holidays. Trying new recipes in October gives you plenty of time to perfect your tasty treats before sharing them with friends and relatives. *(Salted caramel fudge has been the latest recipe that I have found to be worthy of sharing.)*



While it is difficult to find things to do during these last few months of the year, remember to put these events on your calendar. **October 12th and 19th from 12-5 pm**, you can visit **Brycelynn's Pumpkin Patch** located at **530 Miller Rd. in Tawas City**. Bring the grandkids out to enjoy hay rides, pumpkin painting and obstacles for young kids. I also highly recommend the Halloween Light Show that will take place at the same location on **Friday, October 25th at 7 pm and also Saturday October 26th at 7 pm and 8:15 pm**. Bring a lawn chair and enjoy the Free Show. On **Friday, October 25th**, the pumpkin patch will open at 4 pm and will include a Clark Lewis Stunt Juggling performance at both 5 and 6 pm.

Another worthwhile event is the **Fall Concert** performed by the **Tawas Community Concert Band** which will take place on **Monday, October 14th at 7:00 pm** at Tawas High School on M-55 in Tawas City. These are all great activities to help keep you motivated as the season begins to change. Have a Spooktacular Halloween and I hope you can find some enjoyment in some of the activities listed.

Having Surgery?

Lakeview Manor has a pre-surgery

planning program that can give you

peace of mind.

Come in for a tour or
for more info, call
Tracey at **989-362-2211**



LAKEVIEW MANOR
NURSING & REHABILITATION

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

Iosco County Commission on Aging

Jim Webber - **Chairman**

Jozef Drozdowski - Gaylynn Brenoel

Rob Huebel - Crystal Yachcik - Donna Richey

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

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

Did You Know?

In August 2024, the Iosco County Commission on Aging served 1558 Congregate Meals. We served 6637 Home Delivered Meals to homebound seniors. That is a total of 8195 meals served to Iosco County seniors. In August 2024, the ICCOA provided a total of 965.5 hours of seniors with In Home Services; 836.5 hours of homemaking; 33 hours of personal and 96 hours of respite care.

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

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.

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

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 - October 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 - Adv. Line Dancing
(Every Wed. except 10/16)

Thursdays

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

Fridays

10:30 - Relaxation Coloring

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 Senior 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**

Mon. Oct. 21st
ICCOA Board Mtg.
Tawas Sr. Center
1:00 pm

Wed. Oct. 16th
OASC Board Mtg.
10:30 am
Oct. Birthday Party at Lunch time

Wed., Oct. 2nd, 9th, 23rd & 30th Healthy Choices for Everybody
pre-register only
1:00 - 2:30
6 wk series by MSU Ext.

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
12:30 - Bingo

Wednesdays

10:00 - Crafts (Except Oct. 9th)

Thursdays

9-11 - Cards/Euchre
11:00 - Chair Yoga

Fridays

9-12 - Bring Your Own Craft

ICCOA Meeting in Tawas

Monday, October 21st at 1 pm

Hale Sr. Citizens & Retirees Board Mtg.

9 am Every 2nd Wednesday of the month
Evening Potluck - 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

Secretary of State Mobile Office

Thurs., Oct. 31st, 2024 - 10 am - 2:00 pm

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

TUESDAYS

October 1st
Golden Grocery Giveaway
Hale/Whittemore - 11:30 am
Good News Ministries (Turner)
you must be signed in to receive items.

October 1st, 8th & 10th
MATTER OF BALANCE

12:30 - 2:30 pm

October 29th

Birthday Party - Noon

Raffle Table - 12:15

Bingo - 12:30

WEDNESDAYS

October 2nd

Earline's Craft Day 10 am

Bunco 12:30

October 16th

Glass Bell

Ghost Craft 10 am

Bunco - 6:00 pm

October 23rd

Lil Card Making - 10 am

October 30th

Pool Noodle/Yarn

Pumpkin Craft - 10 am

THURSDAYS

October 3rd

MATTER OF BALANCE

12:30 - 2:30 pm

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

LUNCH SERVED EVERYDAY AT 12 NOON
See Monthly Menu page
In Newsletter

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

Monday
October 1st
GROCERY
GIVEAWAY
1:00 pm

Tuesday
October 8th
TAWAS
Board Meeting
1:00 pm

Thursday
October 18th
Birthday
Celebration
12 Noon

Thursday
October 31st
HALLOWEEN PARTY
Costume Contest



Sand Lake Senior Center

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

FOOD PANTRY OPEN DAILY

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

WACKY WEDNESDAYS 10:30 am - 2:30 pm
(Every Wednesday starting Oct. 2nd)

Activities: Crafts, L-R-C Card Game, Quilting, Bartering, Buying & Selling (Call host for details)

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
Monday, November 4th - 10 am - 2:30 pm

BUTTERNUT SQUASH CASSEROLE

Ingredients:

- 1/3 cup softened butter
- 2 eggs
- 1/3 cup sugar
- 1 can Evaporated Milk
- 2 cups of cooked butternut squash

Topping:

- 1/2 cup Rice Krispies
- 1/4 cup pecans or walnuts
- 1/4 cup brown sugar
- 2 tbsps. butter

Directions:

1. In a mixing bowl, cream butter and sugar. Beat eggs, milk and vanilla. Stir in squash. Mixture will be thin. Pour into a greased 11x7x2 inch baking dish.

Bake uncovered at 400 degrees F for 45 minutes to 1 hour or almost set.

2. In a separate bowl, combine the topping ingredients; Sprinkle over the casserole. Return to the oven for 5 - 10 minutes or until bubbly.

If a toothpick is inserted into the mixture it will come out sticky.



MICHIGAN FUN FACTS

Sault Ste. Maria founded in 1668, is the oldest city in Michigan. The J.W. Westcott II in Detroit, is the only floating post office and delivers mail to ships on the Great Lakes.

"Michigan" comes from the Ojibwa word "Michigama", meaning "large lake".

Michigan covers 56,954 square miles of land and has over 38,000 square miles of Great Lakes water area.

The Great Lakes have more than 35,000 islands.

From Detroit, you can drive south to Windsor, Ontario.

In Michigan, you are never more than 6 miles from a body of water or 85 miles from a Great Lake.

The Detroit Zoo was the first in the US to feature open, cageless exhibits.

HOW TO SPOT MELANOMA

Use these ABCDEs from the Prevent Cancer Foundation

"A" is for asymmetrical.

Does the mole or spot have an irregular shape with two parts that look very different?

"B" is for border.

Is the border irregular or jagged?

"C" is for color.

Is the color uneven?

"D" is for diameter.

Is the mole or spot larger than the size of a pea?

"E" is for evolving.

Has the mole or spot changed recently?

SUN SAFETY

- Wear a hat - Wear sunglasses
- Wear Protective Clothing - Wear sunscreen
- Drink more water - Avoid the sun between 11-3
- Avoid direct sunlight - Seek shade

WAYS TO START

PRACTICING SELF-CARE

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Have you taken a break this week to unwind? How much did you smile or laugh today? when was the last time you took a day for yourself?

WAYS TO START PRACTICING SELF-CARE

- Get enough sleep and keep a consistent sleep schedule
 - Avoid stress - Eat a balanced diet
 - Drink enough water - Learn to say no
 - Try not to feel guilty about not being productive
- Get physical - Treat yourself to a nice meal, spa day or gift
- Engage in social activities - Work on things that inspire you

"When I read great literature, great drama, speeches, or sermons, I feel that the human mind has not achieved anything greater than the ability to share feelings and thoughts through language."

- James Earl Jones

MICHIGAN SECRETARY OF STATE MOBILE OFFICE

will be coming to visit in October and November

Thursday, October 31st from 10 am - 2 pm

Hale Sr. Center Parking Lot

Monday, November 4th from 10 am - 2 pm

Sand Lake 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.

SCHELL Hearing Aid Service

Your Michigan Hearing Aid Manufacturer & Repair Center

We brought OUR

36 years of manufacturing experience

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So we can be close to YOU!

Call: 989-362-0600

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

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Dave & Marcia Lesinski

324 W Lake Street

Tawas City, Michigan 48763

989-362-4073

OCTOBER | 2024

IOSCO COUNTY COMMISSION ON AGING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><i>What is a spider's favorite October pastime?</i></p> <p><i>Fly Fishing!</i></p>	<p>1 Coney Hot Dog Potato Wedges Coleslaw Cantaloupe</p>	<p>2 Beef Taco Salad Tortilla Chips Southwest Slaw Pineapple</p>	<p>3 Baked Chicken Breast Bread Stuffing Green Beans Sliced Peaches</p>	<p>4 Meatloaf Mashed Potatoes Carrots Red Grapes</p>
<p>7 Beef Chop Suey Brown Rice Midori Blend Vegetables Tropical Fruit Cup</p>	<p>8 Grilled Chicken Sandwich Waffle Fries Broccoli Ambrosia Salad</p>	<p>9 Pork Roast Sweet Potatoes Beets Diced Pears</p>	<p>10 Chili with Beans Carrots Tossed Salad Cornbread Apple crisp</p>	<p>11 Baked Swai Mac & Cheese Mixed Vegetables Fruit Parfait</p>
<p>14 Sloppy Joe 3 Bean Salad Tator Tots Apricots</p>	<p>15 BBQ Pulled Pork Sandwich Cheesy Potatoes Green Beans Banana</p>	<p>16 Liver & Onions Red Skin Potatoes Peas & Carrots Spiced Pears</p>	<p>17 Breakfast Casserole Cottage Cheese English Muffin Peaches</p>	<p>18 Meatball Stroganoff Egg Noodles Carrots Applesauce</p>
<p>21 Hamburger Homemade Fries Coleslaw Tropical Fruit Cup</p>	<p>22 Pizza Supreme Tossed Salad Green Beans Banana Pudding Cup</p>	<p>23 Roast Turkey Mashed Potatoes Potatoes Wax Beans Peach Fluff</p>	<p>24 Shepard's Pie Beets Mixed Fruit</p>	<p>25 Baked Ham Sweet Potatoes Normandy Blend Vegetables Apricots</p>
<p>28 Bean Soup w/Ham Tossed Salad Breadstick Fruit Parfait</p>	<p>29 Lasagna Garlic Toast Normandy Blend Vegetables Apple</p>	<p>30 Roast Beef Mashed Potatoes Green Beans Orange</p>	<p>31 HAPPY HALLOWEEN Grizzly Goulash Vampire Veggies Crusty Cornbread Gruesome Grapes</p>	<p><i>Why do Ghosts always hang out in elevators?</i></p> <p><i>Because it raises their spirits!!</i></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

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

Things to do on a Limited Budget - October 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, October 1st, 2024

Hale/Whittemore - 11:30 am

Good News Ministries - 3107 M-65, Turner

East Tawas - 1:30 pm

Tawas Senior Center - 312 Newman St., East Tawas

Oscoda (Parking Lot) - 12:30 pm

Oscoda Senior Center - 653 State St. SW, Oscoda

MUST BE SIGNED UP TO RECEIVE ITEMS

TAWAS CITY LIBRARY • SATURDAY USED BOOKSTORE

Saturdays - Oct. 5th, 12th, 19th & 26th

Open at 9 am - Noon

OSCODA LIBRARY

Mondays - Oct. 7th, 14th, 21st & 28th

Inspirational Book Club 1 - 2:30 pm

Tuesdays - Oct. 1st, 8th, 15th, 22nd & 29th

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.

WURTSMITH AIR MUSEUM

Open Weekends thru October 6th

Admission: Adults - \$7; Children under 12 - \$3;

Under 5 - FREE; Active Duty - FREE

Museum Members - FREE

4071 E. Van Ettan St. • Oscoda, MI 48750

GETSETUP

Michiganders can now enjoy over 150 small group classes for FREE! These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently, learn new things, and have fun! Some topics include, but not limited to: Learning Devices (Ipad, Smartphones, Tablets); Learning Social Media (Facebook, Instagram); Online (Youtube, Zoom, Skype); Virtual Tours (Museum); Cooking; Social Hours; Meditation; Caregiving Tips. Visit www.getsetup.io If you need help, email help@getsetup.io or call 1-888-559-1614

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

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

HENRY FORD HEALTH

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+TmiciLipJvYZGfaLcKuXwjREApLcbYK.1)

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

Meeting ID: 889 1554 7858 Passcode: caregiver

HEALTHY LIVING WEBINARS

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.

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

SENIOR ADVANTAGE SECTION

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

For advertising rates or questions regarding the ICCOA Senior Newsletter, please contact Dana Gorman at (989) 362-9514.



**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

(989) 305-6380

115 E Lake St,
Tawas City, MI 48763

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.



Free/Discounted High School Sports Passes for Eligible Senior Citizens

TAWAS

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 Bldg. across the parking lot from the new gym.

OSCODA

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

WHITTEMORE

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

HALE

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.

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.



What is the first sign that a vampire skipped his flu shot?

He starts coffin!

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

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



2024 Directory

<p>Chiropractic Health Center Mon., Wed. & Fri. 9 am - 5 pm <i>Saturdays by Appointment</i> 651 E. M-55 • Tawas City Courtney Bolen D.C. (989) 984-5100</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>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>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>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>Schell Hearing 36 Yrs of Manufacturing Experience Hearing Aid Manufacturer & Repair 624 Lake Street • Tawas City (989) 362-0600</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>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</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>Harbors Independent and Assisted Living Private Rooms & Suites with Bath 1010 Alice St., East Tawas (989) 362-4655</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 Bay Resources To advertise or share info in the ICCOA newsletter, please contact Dana Gorman at timberkita@charter.net (989) 362-9514</p>
<p>Lakeview Manor Healthcare Pre-Surgery Planning Program Come in anytime for a tour 408 N. 5th Ave. • Tawas City (989) 362-2211</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>Tawas Pharmacy Scott Somerfield, Rph • Pharmacy Manager/Owner TAWASPHARMACY@GMAIL.COM 306 W. Lake St. (Former Sav-Mor Store) (989) 362-3311</p>

JUST A REMINDER ABOUT VOTING

Voting is both a privilege and responsibility in our democracy. This year, Michigan has an election day of November 5th, 2024. We now have several alternatives to in-person voting on election day. They are as follows:

ABSENTEE VOTING:

Online: Go to Michigan.gov.vote and select Apply for an Absentee Ballot Online.

By Mail: To download and print an application, go to Michigan.gov/vote and select Voter Forms and Publications, then scroll down for a link to the form under Absentee Voter Ballot. You can also call your clerk's office to request one be mailed to you.

In Person: Visit your city or township clerk's office to complete or return an application.

Note: You can check a box on the form to have an absentee ballot mailed to you for each future election in which you're eligible to vote.

Deadline to request for November: Friday, November 1st by 5 pm for online or mail.

To submit absentee ballot: Sign and seal your ballot envelope with the completed ballot inside and mail it to your city or township clerk's office, or use an election drop box.

Election officials must receive absentee ballots by 8:00 pm on election day.

EARLY VOTING:

Cast your ballot from Saturday, October 26th through Sunday, November 3rd. Iosco County currently has one location for early voting for the entire county, which is the Tawas Township Office, 27 McArdle Rd., on M-55.

ON ELECTION DAY:

Polls are open from 7 am - 8 pm. You will be asked to present an acceptable form of photo ID, such as a Michigan Driver's License. If you don't have one, you can sign an affidavit before voting.

Your local polling place, as well as the early voting location, have machines to accommodate visual limitations and other disabilities.

For more information about voting or registering to vote, go to www.michigan.gov/vote, or contact your city or township clerk's office.

