



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: Diana Kruse

(989) 469-9361

TAWAS

312 Newman Street
East Tawas, MI 48730

Mon. - Fri. • Meals at Noon

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

(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*

So Much To Do as we "Wrap Up" 2024

I can't remember if 2024 came in like a lamb; however, it definitely is going out like a LION! It's all about the Lions right now. After attending the Lions game down in Indianapolis this past weekend, I fully understand the excitement. As we made the 5 hour drive, we found ourselves high-fiving strangers at the rest area, as most people stopping at the rest area were adorned in "Honolulu Blue" sports apparel. The positive energy was nothing short of amazing. As 2024 comes to an end, I highly recommend gathering with friends and watching a Detroit Lions football game as they continue to make history. Football fan or not, the month of December is shaping up to be a fun-filled month with plenty of local entertainment. We have the **Tawas Community Band's Christmas concert coming up on Monday, December 2nd at Emanuel Lutheran Church** located at 300 North St. in Tawas City starting at 7 pm. **On December 6th, The Huron Shores Chorus will be performing "Remembering Decembers" at Oscoda United Methodist Church at 120 W. Dwight St. in Oscoda beginning at 7 pm.** The second performance will be on Sunday afternoon at 3:00 at the **Tawas Area Presbyterian Church at 2095 East US-23.** On another musical note, there is also the annual performance of **Christmas Songs and Stories.** This is another holiday performance that is FREE of charge and will be held at the Tawas Bay Community Playhouse at 401 Newman St. starting at 7 pm. Also during the month of December, is **the Pallagi Family Light Show.** This will take place every weekend starting **December 6th until December 31st.** Shows take place from 6 pm to 10 pm. Grab something warm to drink and drive along US-23 between East Tawas and Oscoda and you will see the display. It's usually around a 40 minute show that is well worth the drive. For those of you that might be looking for a daytime event, The Sunrise Side Friends will be hosting an Open House on December 14th from 1:00 - 4:00 at the Tawas Senior Center located at 312 Newman Street in East Tawas. The Open House is FREE to guests meeting with Sunrise Side Friends for the first time and could be a great way to find new people to be active with in the New Year. Chili, hot dogs, nachos, treats, water, tea and coffee will be provided. Come and enjoy some games and camaraderie. For more information about the Sunrise Side meet up group, visit the Sunrise Side Friend Connect on Facebook or come on out to the event and see for yourself. **Have a wonderful holiday season and see you in the New Year. - Dana Gorman**

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 - Terry Dutcher

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

Did You Know?

In October 2024, the Iosco County Commission on Aging served 1696 Congregate Meals. We served 6861 Home Delivered Meals to homebound seniors. That is a total of 8557 meals served to Iosco County seniors. In October 2024, the ICCOA provided a total of 656.25 hours of seniors with In Home Services; 578 hours of homemaking; 19 hours of personal and 59.25 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 the Senior Center locations listed below.

EVERY DRIVER RECEIVES PAY FOR MILEAGE

Heidi Markva - **HALE • (989) 728-4251**

Tammi-Kett Albert - **OSCODA • (989) 739-3668**

Diana Kruse - **SAND LK. • (989) 469-9361**

TAWAS • (989) 362-6892

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 - December 2024

Oscoda Senior Center

Mondays

10:30 - Relaxation Coloring

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

Thursdays

12:30 - Cards
 1:15 - Crafts
 6:00 - Pinochle

Fridays

9:00 - To Be Determined

Sundays

5:00 - Euchre

Tues., Dec. 3rd
GROCERY
GIVEAWAY
12:30 pm

Wed. Dec. 18th
10:30 am
 OASC Board Mtg.
 December Birthday
 Party
 at Lunch time

Please let the
 Center Host know
 if there is an activity
 you would like to
 see added to the
 Activity Sheet.
CARDIO
DRUMMING is now
 at the senior center
 Call Gaylynn
 Brenoel
 (989) 305-2959.

Board Games • Pool Tables •
 Chess/Checkers • Electronic Dartboard

Dine in Lunch - Served at Noon Daily
 See Menu in this newsletter. Please call one day
 in advance to reserve meal. **(989) 739-3668**

Hale Senior Center

Mondays

11:00 - Chair Yoga

Tuesdays

9-11 - Cards/Euchre
 11:00 - Tai Chi
 12:30 - Bingo

Wednesdays

10:00 - Crafts (See schedule ►)

Thursdays

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

Fridays

9-12 - Bring Your Own Craft

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

NEW Center Hours
 Monday - Friday 8:30 am - 2:30 pm

MONDAYS

December 16th
 ICCOA Board Mtg. - 1pm
December 23rd
 Birthday/Christmas Party
 11:45 am
 Raffle Table - 12:15
 Bingo - 12:30

TUESDAYS

December 3rd
 Golden Grocery Giveaway
 Hale/Whittemore - 11:30 am
 Good News Ministries
 (Turner) you must be
 signed in to receive items.

WEDNESDAYS

December 4th
 Earline's Craft Day • 10 am
December 11th
 Board Meeting • 9 am
 Pot Luck • 5 pm
December 11th
 Christmas Tree Craft • 10 am
December 18th
 Paint Brush Gnome
 Craft • 10 am

FRIDAYS

9:00 am - 12 Noon
 BYO Craft Day

All Centers Closed from Tues., Dec. 24th through Wed., Jan. 1st - Open Jan. 2nd

Tawas Senior Center

Mondays

11:00 - Games

Tuesdays

11:00 - Yoga

Wednesdays

11:00 - Craft Time
 12:30 - Euchre

Thursdays

11:00 - Games

Fridays

11:30 - Yoga
 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**

Tues., Dec. 3rd
GROCERY
GIVEAWAY
1:30 pm

Mon., Dec. 16th
Tree Decorating
 11:00 am



Fri., Dec. 20th
11:00 am
 Cookie
 Decorating



Mon., Dec. 23rd
11:00 am
 Cookie
 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 at 12 Noon

Doors open at 10 am

(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 with Taco Bar

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.

GINGERBREAD MEN COOKIES

Ingredients:

- 1 (3.5 ounce) package cook and serve butterscotch pudding mix
- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 tsp baking soda
- 1 1/2 tsps ground ginger
- 1 tsp ground cinnamon

Prep Time: 25 minutes

Cook Time: 12 minutes

Additional Time: 1 Hour

Total Time: 1 hour 37 minutes

Servings: 30

Yield: 2 1/2 dozen

Directions:

1. In a medium bowl, cream together the dry butterscotch pudding mix, butter and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger and cinnamon; stir into the pudding mixture. Cover, and chill dough until firm, about 1 hour.
2. Preheat the oven to 350 degrees F (175 degrees C). Grease baking sheets. On a floured board, roll dough out to about 1/8 inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.
3. Bake for 10 - 12 minutes in the preheated oven, until cookies are golden at the edge.

Cool on wire racks.



OPEN ENROLLMENT - MEDICARE HELP

Medicare Open Enrollment ends December 7th

During Open Enrollment, you can change your Medicare prescription drug plan or Medicare Advantage plan for the following year. It's that time again to compare plans and make sure you have the right health and prescription drug coverage to suit your medical needs. Why should you compare plans?

- To make sure your current plan coverage hasn't changed.
- Check to make sure your current prescriptions are covered on your drug plan formulary.
- Check for any changes with premiums and co-pays.
- If you have moved, make sure you're still in your current plan's coverage area.
- Check to see if you qualify for any additional help with your prescription costs.



We are very lucky to have a MMAP counselor for Iosco County right here in our building. TAMMY TOTH has joined us to provide help with your Medicare questions and concerns. - Tammy is in her office Tuesday, Wednesday and Thursday from 9 am - 3 pm. Please call for an appointment or to talk with her over the phone at (989) 728-6484. She will be happy to help you.

Merry Christmas from Us to You!

From all of us at the Iosco County Commission on Aging, we wish you a very, Merry Christmas and a safe and Happy New Year. All centers will be closed beginning Tuesday, December 24th through Wednesday, January 1st. All centers will be open January 2nd, as well as the delivery of Home Delivered Meals and In-Home Services.

SCHELL Hearing Aid Service

Your Michigan Hearing Aid Manufacturer & Repair Center

We brought OUR

36 years of manufacturing experience

From Clarkston

So we can be close to YOU!

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

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**Great Lakes
Insurance
Agency**

Business & Personal

Auto • Homeowners • Life

Dave & Marcia Lesinski

324 W Lake Street

Tawas City, Michigan 48763

989-362-4073



DECEMBER | 2024

IOSCO COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Chicken Teriyaki Brown Rice Oriental Vegetables Pineapple	3 COOK'S CHOICE Come and enjoy a surprise meal with us and enjoy some time with friends.	4 Pork Enchilada Casserole Mexican Corn Tortilla Chips Mixed Fruit	5 Beef Taco Salad Tortilla Chips Mexican Corn Apricots	6 Baked Chicken Breast Mashed Potatoes Green Beans Fruit Parfait	<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</p> <p>NEW PRICE \$7.50 for guests under age 60</p> <p>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</p> <p><i>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.</i></p> <p>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>
9 Beef Chop Suey Brown Rice Oriental Blend Vegetables Peach Cobbler	10 COOK'S CHOICE Come and enjoy a fun meal with us.	11 Steak Sandwich Sweet Potato Fries Wax Beans Red Grapes	12 Chicken Parmesan Whole Grain Spaghetti Noodles Tossed Salad Apple	13 Baked Swai Mac & Cheese Carrots Ambrosia Salad	
16 Bacon Cheeseburger Waffle Fries Green Beans Tropical Fruit Salad	17 COOK'S CHOICE Time to enjoy a fun meal and conversation with others.	18 Meatloaf Mashed Potatoes Prince Charles Blend Veggies Applesauce	19 BBQ Chicken Breast Sweet Potatoes Tossed Salad Wax Beans Apricots	20 Liver & Onions Rice Pilaf Prince Charles Blend Veggies Tossed Salad Mixed Fruit	
23 Baked Ham Sweet Potatoes Carrots Tossed Salad Christmas Cookie	24 CHRISTMAS EVE CENTERS CLOSED 	25 MERRY CHRISTMAS CENTERS CLOSED	26	27	
<p>HAVE A WONDERFUL HOLIDAY SEASON - MERRY</p> <p><i>We will be closed December 24th through January 1st</i></p>					
30 CHRISTMAS & A HAPPY NEW YEAR! <i>Senior Centers Re-Open January 2nd</i> Holly - by Christina Rossetti But give me holly, bold and jolly, Honest, prickly, shining holly; Pluck me holly leaf and berry For the day when I make merry.	31	1	2 Chicken Noodle Casserole Green Beans Apricots CENTER RE-OPENS	3 Baked Fish Mac & Cheese Carrots Tropical Fruit Salad	

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

Things to do on a Limited Budget - December 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
Tawas Methodist Church
20 E. M-55, Tawas City, MI 48763

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

GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

Tuesday, December 3rd, 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 COMMUNITY BAND

Christmas Concert - Mon. Dec. 2nd

7:00 pm at the Emanuel Lutheran Gym

300 North St. W, Tawas City

Free Admission - Donations Accepted

Huron Shores Chorus presents

Remembering Decembers

Chorale Music of the Season

Friday, December 6th at 7:00 pm

Oscoda United Methodist Church

120 W. Dwight Ave., Oscoda, MI 48750

Sunday, December 8th at 3:00 pm

Tawas Area Presbyterian Church

2095 E. US-23, East Tawas, MI 48730

Free Admission - Donations Accepted

Tawas Bay Players

Community Theater presents

Christmas Songs and Stories

Tuesday, December 10th at 7:00 pm

401 Newman Street, East Tawas, MI 48730

CONCERT IS FREE & OPEN TO THE PUBLIC

Seating is first come first served.

Donations accepted.

CAREGIVERS WEBINARS

Caregiver Support Group

1st Monday of the month - Zoom Meeting

12:00 - 1:00 pm or 5:30 - 6:30 pm

Dementia Support Group

1st Wed. of the month 8:30 - 9:30 am or 5 - 6 pm

Kinship Care Support Group

2nd Thurs. of the month 10 - 11 am or 5 - 6 pm

Caregiving During the Holidays - Dec. 13th

Self-Care Modula - Jan. 7th - Jan. 28th, 2025 (1 - 3 pm)

Music Therapy - January 10th, 2025 (1 - 3 pm)

Improving a Difficult Caregiving Day - Feb. 14th

Body, Mind, Soul:

Building a Caregiver Wellness Plan - March 14th

Caring for a Veteran - April 11th

Powerful Tools for Caregivers - Virtual (Zoom)

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

HENRY FORD HEALTH

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

To Register call 989-358-4616 or email -

mainvilleb@nemcsa.org

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

Meeting ID: 889 1554 7858 Passcode: caregiver

HEALTHY LIVING WEBINARS

Intro to Tai Chi - December 12th, 2024

Protect Yourself from Scams and Fraud

January 9th, 2025

Home Safety and Radon - February 13th, 2025

Medication Safety - March 13, 2025

What is Normal Aging - April 10, 2025

These are all virtual meetings.

Contact Brooke at (989) 358-4616

Things to do on a Limited Budget - December 2024

PALLAGI FAMILY LIGHT SHOW

STARTS FRIDAY, DECEMBER 6th at 6 pm!

Every Friday - Sunday 6:00 pm - 10:00 pm
ending on December 31st

Load up the car with a group of friends, some hot chocolate and some treats - and be ready to enjoy another delightful display this year. The display is located right along US-23 towards the passing lane between Tawas and Oscoda.

Safely park on the shoulder of the road or in the grassy area across from the house and simply tune in to 97.3 and enjoy.

Northeast Michigan's Leader in Equine Assisted Services

VETERAN'S DINNERS

Why Wait for Veteran's Day?

**Vets can join Us For a
FREE DINNER**

Thursdays from 4:30 - 6:00 pm
(Except Thanksgiving)

Bring your Spouse - New Menu Weekly

Pegasus Springs

Therapeutic Riding Center

(989) 820-1787

4800 Old State Rd., National City/Sand Lake Area

Call or Email Barb Clare to RSVP

pegasusspringstrc@gmail.com

LIBRARY SCHEDULE

NOT AVAILABLE AT THE TIME OF PRINTING

Please contact your local libraries
for December's activity schedule and other events.

East Tawas Library - (989) 362-6162

760 Newman St., East Tawas

Tawas City Library - (989) 362-6557

208 North St., Oscoda

Robert J. Parks Library - (989) 739-9581

6010 Skeel Ave., Oscoda

Plainfield Township Library - (989) 728-4086

220 N. Washington, Hale

To Go Orders:

(989)368-3322



821 Newman St.

East Tawas

*Join us every Monday Night
for Community Supper
4-6:30 pm*

Looking to be more Active in 2025?

Start the New Year off on the right foot and make a plan now. Visit **The Collective** (821 Newman St., East Tawas) and check out the upcoming class offerings. Classes include a variety of options such as Cardio Drumming, Yoga, Walking groups and sessions that focus on Balance & Mobility. For more information visit TawasWellness.org.

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

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.

Christmas Riddles

1. What kind of people are afraid of Santa Claus?
2. What did Adam say the day before Christmas?
3. Why was Santa's elf depressed?

Christmas Riddle Answers: 1. Claus-trophobics; 2. It's Christmas, Eve; 3. He had low elf-esteem.

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 service)

- OR -

1 Bedroom Carriage Houses



Jan Ranger

RN Owner/Operator
In business 26 years

989.362.4655

810.744.2327

810.348.0752

SENIOR ADVANTAGE SECTION

CONGREGATE & HOME DELIVERED MEAL CLIENTS

Just a reminder, 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.

INDOOR WINTER ACTIVITIES FOR SENIORS

Staying Active - Engaging in low-impact exercises during the winter months is essential for older adults. Chair yoga and stretching routines are excellent ways to stay flexible and mobile. These exercises also reduce stress and anxiety. For those looking for a fun and upbeat activity, dancing to classic tunes is a great way to get the heart pumping and lift one's mood.

Creative Pursuits - Winter is a great time to explore artistic hobbies. Painting, crafting and DIY projects can help you express yourself creatively. You might try making decorations or painting landscapes. Knitting or crocheting can be relaxing and result in cozy scarves and blankets.

Exploring family history through genealogy can be a rewarding hobby during the colder months. Online resources make it easier than ever to trace your family tree and share your findings with relatives. This provides a sense of purpose and helps strengthen family connections.

Mind-Stimulating Games - Keeping your mind sharp is important, and playing games is a fun way to do it. Board games, puzzles, crosswords and brain teasers offer mental stimulation and social interaction. Virtual games allow you to connect with family members who live far away. Friendly game nights can help combat the winter blues all together.

Relaxing Reading Time - Creating a relaxing reading nook is a great way to spend the colder months. Add warm blankets and cushions to a comfortable chair. If you prefer listening over reading, try audio books. Joining a book club or enjoying satisfying movies can also be a fun winter activity.

Home Spa and Self-Care - Winter is the perfect time for self-care. Set up home spa treatments, take soothing baths, and try aromatherapy to relax on cold winter days. Mindfulness meditation is another excellent way to combat the winter blues. Check out the public library for more relaxation and resources.



QUESTIONS ABOUT MEDICARE?
I CAN HELP YOU WITH THAT.
-Tina Martin
989.362.3409

Medicare Disclaimer: We do not offer every plan in your area. Currently we represent nine organizations which offer 92 products in your area. Please contact Medicare.gov, 1-800-Medicare, or your local State Health Insurance Program to get information on all of your options.



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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

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 - Discounted rate of only \$3.00 per event or \$25 for Season Pass

HALE
Senior 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.



For advertising rates or questions regarding the ICCOA Senior Newsletter, please contact Dana Gorman at (989) 362-9514 or email: timberkita@gmail.com or Dana@GreatLakesAdv.com

Help Older Adults Celebrate the Holidays

Try the following tips to brighten an older adult's December:

Make things festive. Arthritis, generalized weakness, heart trouble - these are all things that can make getting around difficult for older adults. That becomes especially apparent during the holidays when they can no longer make things as festive as they used to. Offer to help your loved one with tasks like decorating around the house, wrapping gifts, and writing holiday cards - and bonus points if you remember to bring stamps to send cards.

Play holiday music. Holiday music is as much a part of the season as exchanging gifts and cards. If your loved one enjoys classic winter songs from past decades, buy them a few holiday CD's, or create a special streaming station just for them. You can even listen to these songs together as you make things festive around the house.

Get the grub on! What would this season be without traditional holiday foods? Even older adults with limited functioning can participate in things like baking cookies or basting a turkey. And if you have a big family dinner, it's nice to honor them with a seat at the head of the table.

Make life easier. Many older adults have trouble doing everyday tasks around the house - even without the extra holiday stress and business. We know you've got a lot on your plate this time of year, but if you can, offer assistance to your loved one. There's no better gift than another pair of hands to do some cooking and cleaning, take them to a doctor's appt, or run a few errands. If you really can't spare a moment, consider hiring a home health aide to take on these things for you.

Thank you so much to **Lillian Gill** for her story entitled “**CHRISTMAS YESTERYEAR**”. I think we can all agree that times were a bit different back in 1978; however, I hope this story will serve as a reminder to go the “extra mile” to help maintain the spirit and magic of Christmas this holiday season. Enjoy the story and I hope Lillian Gill gives you the inspiration to share your stories and poetry in 2025. We would love to hear from our readers.

The 1978 holidays were here and it was crazy as it could be. I was busy working on the Christmas menu and of course, Rick was asked to work overtime which was never turned down. I was having a pity party all by myself. In reality, the overtime would pay for the holidays as there was no such thing as a savings account in our young family. We had bought our first house and needed so many things. Secretly, I thanked God from above for the snow so it would cover the barren back yard. We planned on planting seed but that money was used to enroll our boys in a sports program and an afternoon art class. Jason and Mike, our sons ages 5 and 7, had just finished taking their baths and were trying to kill each other over what was going to be the tv show of the night. “Chips or the Incredible Hulk” was high on the list. The conversation began with who picked the last show and ended up with the elbows and fists flying. I lost my cool and told them that Santa Claus was watching from the North Pole and they could both take one thing off their list for fighting. Jason calmly told me that they had both talked about it and they didn’t really think there was a Santa Claus anyways. My heart broke. I needed more time with childhood, where did the time go? Wasn’t it only yesterday that I was feeding them homemade baby food and rocking them to sleep? I needed jolly St. Nick to be here in our family just a little longer. I needed those eager little boys to wake up Christmas Morning, all warm from sleep, and starry eyed with anticipation eager to see what they got. Well, I really didn’t know what to say, but I was darn sure to play this catastrophe out. I knew I believed in Santa and I told them that they should too. The issue of the fireplace and a fat man came up. How could he fit down it and what about when people had fires in them? And on Christmas Eve, how did he make all those stops in a red sleigh with no motor? Plus how did Santa go to every house all over the world? I had all the right answers for these little guys, but secretly, I was crying inside. Bedtime came, thankfully, and off they went to bed. I continued with my menu planning, gift list and the cupcakes I needed for the next day. Rick came home from the afternoon shift, and I soulfully told him of our dilemma. “We need to keep Santa in our lives just one more year,” I pleaded. And that’s when I came up with what I thought was a perfect plan. Our house was 2 stories except for the family room which came across the back of the house. Above that one story were the boys bedrooms. They could look out their bedroom windows and see the chimney.

My plan began to form. I would have Rick go out the window of the second floor and walk up to the window like he was looking in the bedroom window to check on the boys. He would leave footsteps in the snow. Also, in my plan, he could stomp around on the roof by the fireplace to make it look like he had his big bag of toys and would be going down the chimney. This was actually an ingenious plan brought to you by your s truly. Now, all I had was to convince my husband. He seemed wary but agreed that this may give me one more year of living the fantasy. On Christmas Eve, we had a few friends over and the holiday cheer was abundant. After our guests left, we waited for what seemed like hours for the boys to go to sleep. About one in the morning, we were at the second story window taking the screen out. Rick had work boots on, they had these letters on the bottom that said (in capital letters) BOSS, the name of the shoe company. The plan was ready to initiate. I hadn’t thought through my plan and realized that for this to be really, really true for the boys, Rick had to get out of the window and walk backwards to the chimney, tromp around by the chimney and then use the same exact footprints to get back in the window. No big deal to me, but big, big deal to Rick. Finally, after numerous reasons why it was a hair brained idea, we executed this great idea of mine. He carefully crawled out the second story window and made his way to the chimney BACKWARDS! “Tromp around more,” I whispered. And I believe he said a few words which should not be repeated in my Christmas story. He, then, had to walk in the SAME exact prints he had created backing out of the window minutes before. Needless to say, he froze his hiney off, but the deed was done. We woke up to a beautiful Christmas Day and were anxious to let the festivities begin. “Look, I cried! There’s Santa’s footsteps leading to your window. He was checking on you when he was here last night delivering your toys.” Jason said, “I saw them mom, and you know what? He wears the same shoes as Dad! They say the word BOSS just like his.” Good lord, I was horrified. I hid the shoes in the back closet. Years later, we were sitting around during the holiday season, and one of the boys brought up chimney footprints. “Yep,” he said, “there were footprints right up to the window, it was really something to see.” And then, he gave me a wink.



Merry Christmas, All. Lil Gill

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

DO YOU REMEMBER?

How Many Do You Remember?

Start Counting:

1. Candy cigarettes
2. Wax coke-shaped bottles with colored sugar water inside.
3. Soda pop machines that dispensed bottles.
4. Coffee shops with tableside jukeboxes.
5. Blackjack chewing gum.
6. Home milk delivery in glass bottles, with cardboard stoppers.
7. Party lines.
8. Newsreels before the movie.
9. P. F. Flyers
10. Butch wax.
11. Telephone numbers with a word prefix. (Drexel-5505)
12. Peashooters
13. Howdy Doody
14. 78 RPM Records
15. S&H Green Stamps
16. Hi-fi's
17. Metal ice cube trays, with levers.
18. Mimeograph paper.
19. Blue flash bulbs
20. Beanie and Cecil
21. Roller skate keys
22. Cork popguns
23. Drive-ins
24. Studebakers
25. Washtub wringer

Now add up your score _____

If you remembered 0 - 5, you're still young
If you remembered 6 -15, you're getting older

**If you remembered 15-25,
you're older than dirt.**

CHRISTMAS RIDDLES ANSWERS
1. Santa Clues 2. The Elf-abet

SAFETY TIPS FOR OUTDOOR ACTIVITIES

Dressing Warmly - To keep warm and avoid health risks, wearing the right clothes during the colder months is necessary. Layering your clothes helps you stay cozy and allows for flexibility. Make sure to wear non-slip footwear for good traction on icy surfaces. Using gloves, scarves, and hats not only looks nice but also helps maintain body heat. If you have poor blood flow or health conditions like diabetes, staying warm is especially important to prevent hypothermia.

Monitoring Weather - Before stepping outside, check the weather forecast. Extreme cold weather can raise the risk of hypothermia and affect people with conditions like dementia or poor blood circulation. Choose milder days for outdoor adventures to reduce the chances of blood pressure spikes and other health issues. This time of year, monitoring winter weather can help ensure your safety.

Consulting Health Experts - Before starting any new winter sports or activities, seek advice from a healthcare professional, especially if you have health issues like diabetes or heart disease. Doctors can offer personalized advice on which activities are safe for you. They can recommend appropriate clothing and footwear as well. Taking breaks and proceeding at your own pace is important to avoid overexertion or injury during the winter season.

CHRISTMAS RIDDLES & WORDSEARCH

1. What do you get if you cross Santa with a Detective?
2. What do elves learn at school?

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

BELLS	CHRISTMAS	GREETINGS	RIBBON
CANDLES	FAMILY	HOLIDAY	SLEIGH
CAROL	FROSTY	JINGLE	SNOWMAN
CHESTNUT	FRUITCAKE	MERRY	STAR
CHIMNEY	GIFT	REINDEER	STOCKING

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>

Help Make the Holidays Safe for Seniors

Not only is this time of the year often difficult for older adults to celebrate, it poses certain safety risks for them as well. Here's what you can do about it:

Protect them at home. Whether in their own home or as a guest at a holiday gathering, the most innocuous objects can pose a threat to certain older adults. Do a “home inspection”. 1. “Home Safety Checklist,”

<https://www.seniorcitizensguide.com/articles/services/Homesafety.html> for them to prevent possible falls and other accidents. If they're attending a party or event outside the home, check with the host or organizer to see that there are no similar threats at the venue.

Don't let them party too hard. Alcohol is a recognized form of celebration around the holidays, and older adults are no different than the rest of us when it comes to the desire to celebrate. Unfortunately, many older adults have conditions or take medications that make ingesting alcohol unwise. Check with their doctor about how much, if any, is safe for your loved one to consume and then help them stick with it.

Keep an eye on their state of mind. It's not uncommon for people to get depressed at this time of year, and older adults are no exception. These feelings can be exacerbated by the fact that they many be homebound, isolated and have lost many beloved friends and family members. Keep an eye out for depression and SAD (Seasonal Affective Disorder) 2. “Seasonal Affective Disorder (SAD) - Topic Overview”

<https://www.webmd.com/mental-health/tc/seasonal-affective-disorder-sad-topic-overview> in older adults.

Simple Steps Can Make The Holidays Merry and Bright for Seniors

With all the other things to do this season, it's easy to forget to make the holidays for seniors special. Older adults can get lost in the shuffle, invisible at home or large family gatherings. But with a little forethought and attention to detail, you can make sure your loved one has happy and safe memories to last throughout the year!

If you're unsure how to best help an aging loved one, the trained and compassionate staff at the Institute of Aging is here to help you make that decision and gain the best in at-home care for older adults. Contact us to find out more.



REGION 9 AREA AGENCY ON AGING

CAREGIVER PROGRAMS

CAREGIVING LOOKS DIFFERENT FOR EVERYONE, WE HAVE PROGRAMS TO HELP NO MATTER WHERE YOU ARE ON YOUR JOURNEY.

WHO ARE CAREGIVERS?

A caregiver is anyone who provides help to another person in need.

WHO WE SERVE:

- Older Adults
- Family Caregivers
- Kinship Caregivers
- Healthcare Professionals

OUR PROGRAMS



KINSHIP CARE PROGRAM

For relative care providers (55+) caring for related children (under 18). Helps with expenses such as recreational activities, school supplies, clothing, needed furniture, and more.



TRUALTA

Online resource to help manage care at home. Packed with educational resources, planning tools, and tips to make you a better caregiver:



DEMENTIA CONSULTATIONS

Provides Caregivers with tools and strategies to better handle the unique caregiver challenges they face as dementia caregivers.



POWERFUL TOOLS FOR CAREGIVERS

Six-week workshop designed to reduce stress, improve communication, deal with difficult emotions, and more.



DEMENTIA CAREGIVER SERIES

Three-part series that offers a better understanding of Dementia, dementia-related behaviors, staging, and more.



CAREGIVER WEBINAR SERIES

Via Zoom, on the second Friday of each month from 1:00 pm-2:00 pm.



CAREGIVER RESOURCE CENTER

Online website offering a vast variety of resources and information for caregivers.



SELF-CARE MODULE

Four-session workshop designed to help family caregivers take care of themselves while caregiving.



IN-PERSON CONFERENCES

Full day event to share knowledge, connect to local resources, enhance caregiver skills, and improve self-care.



NEWSLETTERS AND GUIDEBOOKS

Provides family caregivers with resources, information, and helpful tips to reduce caregiver burnout and fatigue.



CAREGIVER SUPPORT GROUPS

An informal gathering of caregivers to provide support, information, and a place for acceptance and understanding.

CONTACT US:



989.358.4616



mainvilleb@nemcsa.org