



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*

Let's Change Our Mindset

The New Year is a wonderful time to change things up. Change our weekly menus, attitudes, mindsets, workout routines, spending habits etc. Let's just generally try to make changes for the better and be supportive of each other. I guarantee we will all be happier because of those changes.

As for keeping busy, a great activity might be to join in the fun of Perchville. The "Paint a Perch" activity has become a huge hit and, let me tell you, there were some really cool ones submitted last year. So much creativity in all age groups. Stop by the **Tawas Bay Art Gallery**, located at 302 Newman St. in East Tawas, and pick up a Perch cutout that can be decorated using the media of your choice. All fish must be completed and returned to the gallery by **Sunday, January 26th, 2025** to be entered in the contest. Contest is open to everyone with prizes for winners in several different age groups. Voting will take place during the Coronation Breakfast on Feb. 1st at the American Legion hall and the Royal Feast on Feb. 6th.

The winter months are a difficult time for many people so make sure to get out a be around other people if you are able. Good conversation can make a big difference in how someone's day plays out. There are many opportunities to get out for a meal even on a limited budget. **Loaves and Fishes at the Oscoda United Methodist Church** (120 W. Dwight Ave.) has returned on **Mondays from 11 am - 1 pm**. The Loaves and Fishes meals will take place until mid April except the week of the blood drive at the church. Meals are by donation and are a great way to get out and mingle with people. There are also some options for Free Veteran's meals and coffee listed on our "Things to Do on a Limited Budget" page of the newsletter.

Other opportunities for involvement are the Palomino Hope and Pegasus Springs Therapeutic Riding Centers. Even horses get lonely and like interaction. See "Things to do on a Limited Budget" Section for more information on the Thursday Meal for Veterans. *Happy New Year and I hope 2025 is a year filled with positive and fulfilling camaraderie.*



TAWAS WELLNESS

2025

COMMIT TO FIT KICKOFF

Free Fitness
Assessments for
all ages!
Sign Up for
TWW Passes and
Classes.
Complimentary
TWWKids Care!

Wellness Vision
Board Workshop &
Class Demos
Yoga, Pilates, and
Circuit Training

JANUARY 4, 2025
2PM - 4PM
The Collective
821 Newman St.

RSVP



Iosco County Commission on Aging

Jim Webber - **Chairman**

Jozef Drozdowski - **Vice Chair**

Crystal Yachcik - **Secretary**

Terry Dutcher - 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 November 2024, the Iosco County Commission on Aging served 1372 Congregate Meals. We served 5893 Home Delivered Meals to homebound seniors. That is a total of 7265 meals served to Iosco County seniors. In November 2024, the ICCOA provided a total of 683.75 hours of seniors with In Home Services; 590.75 hours of homemaking; 16 hours of personal and 77 hours of respite care.

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

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

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

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.

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Agency**

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

Daily Senior Center Activities & Special Events - January 2025

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., Jan. 7th
GROCERY
GIVEAWAY
12:30 pm

Wed. Jan. 15th
10:30 am
OASC Board Mtg.
January 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 - Link Hoop Exercise
(BYO Link Hoop)

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

January 20th
ICCOA Board Mtg.
in Sand Lake - 1pm

TUESDAYS

January 7th
Golden Grocery Giveaway
Hale/Whittemore - 11:30 am
Good News Ministries
(Turner) you must be
signed in to receive items.

January 28th
Birthday/Christmas Party
12:00; Raffle Table - 12:15
Bingo - 12:30

WEDNESDAYS

January 8th
Earline's Craft Day • 10 am

January 8th
Board Meeting • 9 am
Pot Luck • 5 pm

January 15th
Rona Craft Day • 10 am
Bunco - 4:00 (\$6:00)

January 22nd
Decoupage Hearts
Craft • 10 am

January 29th
Wood Valentine Gnome Craft

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 - Yoga

Fridays

11:00 - Games
12:30 - Euchre

Tues., Jan. 7th
GROCERY
GIVEAWAY
1:30 pm



Tues., Jan. 7th
Tawas Board Meeting
1:00 pm

Thurs., Jan. 2nd
Christmas
Clean-Up



**Happy
New Year!**

**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

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 (Starts at 4 pm)

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

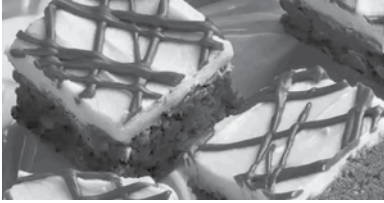
Senior Citizen Pot Luck • 5:30 pm
3rd Thurs. each month - Doors Open at 5 pm,

Meal served at 5:30 pm
Everyone welcome to bring a dish to pass.

CHOCOLATE MINT BROWNIES

Ingredients:

- 1 cup white sugar
- 1/2 cup butter, softened
- 1 1/2 cups chocolate syrup
- 4 eggs
- 1 cup all-purpose flour
- 2 cups confectioners' sugar
- 1/2 cup butter, softened
- 2 tbsps creme de menthe liqueur
- 1 cup semisweet chocolate chips



Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. In a large bowl, cream together 1 cup sugar and 1/2 cup softened butter until smooth. Beat in eggs one at a time, then stir in the chocolate syrup. Stir in the flour until just blended. Spread the batter evenly into the prepared pan.
3. Bake for 25-30 minutes in the preheated oven, or until top spring back when lightly touched. Cool completely in the pan.
4. In a small bowl, beat the confectioners' sugar, 1/2 cup butter or margarine and creme de menthe until smooth. Spread evenly over the cooled brownies, then chill until set.
5. In a small bowl over simmering water, or in the microwave, melt the remaining 6 tablespoons of butter and the chocolate chips, stirring occasionally until smooth. Allow to cool slightly, then spread over the top of the mint layer. Cover and chill for at least 1 hour before cutting into squares.

CAREGIVER EMPOWERMENT AND WELLNESS CONFERENCE

The Iosco County Commission on Aging is hosting an exciting event for caregivers. This conference invites caregivers of all types, whether they care for a loved one with dementia or a chronic illness, to attend. We will be sharing practical resources, information and messages of empowerment under one roof

FRIDAY, JANUARY 17th, 2025

**10:00 am - 1:00 pm at the Plainfield Township Resource Center,
220 N. Washington St. (M-65), Hale, MI 48739**

This conference is free of cost; however, registration is required for individuals interested in attending. There will be breakfast, lunch and door prizes. If you have any questions about the event, feel free to contact the Iosco county Commission on Aging at (989) 728-6484 or email us at exxecdirector@ioscocoa.org.

Come and join us for this conference.

Frequently Asked Questions About Caregiving

Where do I start?

Caregiving can be overwhelming, especially when you're starting out. Take a deep breath! Then tackle one task at a time. First, assess your loved one's needs. What types of help are needed? Ask family members and friends to share tasks. Look for resources in your community, such as home healthcare or adult daycare centers.

How do I make an older person's home safer?

Talk with the person's doctor and social workers about how his or her health might make it harder to get around and take care of themselves at home. Local and state offices on aging and social service agencies may be able to provide or tell you about services to make the home easier and safer to live in. Think about things like ramps at the front and back doors, grab bars in the shower and next to the toilet, and handles on doors and faucets that are easier to use.

How can I talk with an older person's doctor?

Many older adults find it helpful to bring a family member or friend with them to the doctor's office. Just remember to get formal permission from your relative to speak with his or her health care providers. Before the appointment, you can help your relative prepare for the visit, write down concerns and go over what to say to the doctor. During the visit, take notes. After the appointment, review what the doctor said to help your loved one. Bring a list of all medicines and dietary supplements the person is taking, both prescription and over-the-counter, and include dosage and schedule. Let the person answer questions the doctor asks. Respect the person's privacy and leave the room if necessary. Ask the doctor to recommend helpful community resources.



JANUARY | 2025

IOSCO COUNTY COMMISSION ON AGING

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>CONGREGATE & HOME DELIVERED MEAL CLIENTS The ICCOA 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. 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!</p>		<p>1 HAPPY NEW YEAR! 2025 All Centers Closed</p>	<p>2 Chicken Teriyaki Brown Rice Midori Blend Vegetables Pineapple</p>	<p>3 Tomato Soup 1/2 Sandwich Green Beans Apricots</p>	<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>
<p>6 Baked Ham Sweet Potatoes Carrots Peaches</p>	<p>7 BBQ Pulled Pork Sandwich Parsley Noodles Cole Slaw Mixed Fruit</p>	<p>8 Baked Ziti Tossed Salad Peas Diced Peas</p>	<p>9 Chicken Taco Salad Mexican Corn Tortilla Chips Apple</p>	<p>10 Sweet & Sour Meatballs Rice Pilaf Green Beans Banana Pudding Cup</p>	
<p>13 Tuna Noodle Casserole Peas & Carrots Biscuit Red Grapes</p>	<p>14 Pizza Supreme Tossed Salad Carrot Sticks Fruit Parfait</p>	<p>15 Smothered Chicken Baked Potato Carrots Chilled Peaches</p>	<p>16 Roast Beef Mashed Potatoes Green Beans Ambrosia Salad</p>	<p>17 Liver & Onions Rice Pilaf Brussel Sprouts Hot Peach Delight</p>	
<p>20 Bacon Cheeseburger Waffle Fries Cole Slaw Mixed Fruit</p>	<p>21 Polish Sausage & Sauerkraut Diced Potatoes Wax Beans Orange</p>	<p>22 Pork Roast Mashed Potatoes Green Beans Apple Crisp</p>	<p>23 Chef Salad Ham & Turkey Cole Slaw Fruit with Jello</p>	<p>24 Meatloaf Red Bliss Potatoes Wax Beans Applesauce</p>	
<p>27 Chicken Alfredo Spaghetti Noodles Green Beans Peach Fluff</p>	<p>28 COOK'S CHOICE Come & Enjoy a Surprise Meal with Us.</p>	<p>29 Vegetable Beef Soup 1/2 Sandwich Tossed Salad Breadstick Blueberry Cobbler</p>	<p>30 Baked Chicken Breast Sweet Potatoes Normandy Blend Vegetables Apple Crisp</p>	<p>31 Baked Swai Mac & Cheese Roast Brussel Sprouts Fruit Parfait</p>	

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

Things to do on a Limited Budget - January 2025

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@ioscocoounty.org
**The Food Pantry for the
Veteran's Assistance Program
is available Mondays - Fridays
8:00 a.m. to 4:00 p.m.**

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

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

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

Iosco County Caregiver Conference

January 17th - 10:00 am - 1:00 pm

Improving a Difficult Caregiving Day - Feb. 14th

Body, Mind, Soul:

Building a Caregiver Wellness Plan - March 14th

Caring for a Veteran - April 11th

Crawford County Caregiver Conference

April 25th, 2025 - 10:00 am - 4:00 pm

Powerful Tools for Caregivers - Virtual (Zoom)

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

HEALTHY LIVING WEBINARS

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

GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

Tuesday, January 7th, 2025

Hale/Whittemore - 11:30 am

Good News Ministries - 2107 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

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

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

To Go Orders:

(989)368-3322



821 Newman St.

East Tawas

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

Tawas Wellness, a local nonprofit, proudly manages **The Collective**, formerly the Knights of Columbus Hall, located at 821 Newman Street in East Tawas. Wellness Warrior Chase Blackmore describes The Collective as "a grassroots wellness club," and we're excited to share this transformed space with the community. The Collective offers something for everyone! We host a variety of daily fitness classes designed for all ages and abilities, a warm and welcoming **Monday Night Community Supper**, and serve as home to the Tawas Area Rotary, providing a space for their meetings and fundraising events throughout the year. Because The Collective is located in a residential area, it's not a business open to the public. However, we're excited to offer Wellness Warrior Access to our members with a Warrior Pass as we build out our member lobby, activities lounge, and fitness spaces. This is more than just a fitness center—it's a place to align your mind, body, and spirit, connect with friends old and new, and become part of a community dedicated to health, wellness, and togetherness. Whether you're looking to stay active, try something new, or simply enjoy the company of others, The Collective is here for you. Become a Wellness Warrior today for just \$100 a year! To learn more, visit us during our **"Commit to Fit Kickoff" event on January 4th, from 2-4 PM**. Stop by to meet our team, tour the space, enjoy free fitness assessments, sample our variety of classes, and even create vision boards to set your intentions for a healthy and fulfilling 2025. We can't wait to welcome you into The Collective—your second home for wellness in the Tawas area!

Things to do on a Limited Budget - January 2025

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 (I pads, 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.

LIBRARY SCHEDULE

Contact your local library for January's activity schedule & events.

East Tawas Library 760 Newman St., East Tawas (989) 362-6162

Tawas City Library 208 North St., Oscoda (989) 362-6557

Robert J. Parks Library 6010 Skeel Ave., Oscoda (989) 739-9581

Plainfield Township Library 220 N. Washington, Hale (989) 728-4086

Did you know?

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

Here at Lakeview Manor,

you or your loved one can enjoy

All Private Rooms, Daily Activities

and Skilled Nursing

For peace of mind,

we also offer a Pre-Surgery Planning Program

to help you ease your way back to good health



LAKEVIEW MANOR
NURSING & REHABILITATION

Come in anytime for a tour or

call Tracey at 989-362-2211, to find out more

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

Northeast Michigan's Leader in Equine Assisted Services

VETERAN'S DINNERS

**Why Wait for Veteran's Day?
Vets can join Us For a FREE Meal
Thursdays from 4:30 - 6:00 pm**

Bring your Spouse - New Menu Weekly

Pegasus Springs Therapeutic Riding Center

Call (989) 820-1787 or Email Barb Clare to RSVP

pegasusspringstrc@gmail.com

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

Tips for Dealing with the "Winter Blues"

It is not uncommon to feel sad, irritated or less energetic during the winter months. For some people, these are manageable ups and downs that come with the changing seasons. Others may be dealing with Seasonal Affective Disorder (SAD) which is a type of depression that may require lifestyle changes or professional support to overcome. Below are some tips that any of us can use to raise our spirits during the winter months.

KEEP ACTIVE - On cold dark days, it can be hard to pull yourself out of bed. But it's important to keep moving and active. Keeping up with work, school or social obligations gives you momentum and focus that can make it easier to weather the tough days. Exercise has also been proven to reduce symptoms of depression and make you feel better. So hit the gym or set aside some time for exercise or yoga at home.

LIGHTEN UP - Winter has its share of dark, gloomy mornings, but turning on your lamps and overhead lights can help lift your mood. Some people in particularly dark even invest in a light box or special lamps that mimic natural outdoor light.

FOCUS ON THE POSITIVE - It's so easy to focus on the negative, but taking stock of the positive can greatly improve our perspective and mood. Take time each morning or night to write down a list of positives or things your are grateful for. If you're comfortable, you can post your gratitude list on Facebook or tweet out one of your "positives" to inspire your friends and family.

TALK ABOUT IT - One of the best ways to feel better is to open up and talk about how you're doing. If you're feeling blue or having a hard time getting motivated, talk to a friend about it. Most likely, they have felt or are feeling similar and you can help each other along by trading stories and tips. If your sadness or lethargy is continuing over days or weeks, or making it hard for you to function, consider reaching out to a counselor or other professional who can help.

TREAT YOURSELF - In some locations, the weather keeps you homebound for a good part of the season. Just because you aren't going out as much, doesn't mean you can't plan activities and have fun. Plan a movie night for yourself or a group of friends. Indulge in a hobby or start a project. Instead of feeling "trapped" inside, make a list of things you enjoy and find ways to engage in those activities.

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

PREPARING YOUR HOME FOR WINTER

Check your heating system. Priority one when temperatures drop? Staying warm. This is critical for those seniors who have chronic health conditions that make them more susceptible to cold temperatures. Schedule an annual inspection and cleaning to ensure your heat is running efficiently and safely.

Prepping for Snow & Ice Removal. Make sure you have a usable snow shovel, ice scrapers and enough salt or ice melter. Make sure the snowblower is functional and has a tank of gas. Consider hiring someone to plow or shovel for you.

Insulate Windows and Doors. There are several products available that can help shut out winter wind including sealable plastic coverings and temporary caulk for windows or unused doors. Installing weather stripping along the bottom of doors and windows can help.

Protect Pipes. Disconnect garden hoses for a few months. If the hose bib has an indoor shut-off valve, be sure to turn it off to prevent pipes from freezing or bursting.

Prepare for Power Outages. You may want to find a generator worth investing in. a 5000 to 5500 watt portable generator is powerful enough to keep the lights and heat on in most homes. While many people think they want to age in place at home, when the realities of maintaining a house start to become too difficult and it may be time for moving in with family or some type of assisted living.



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.

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.



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All-inclusive Pricing*

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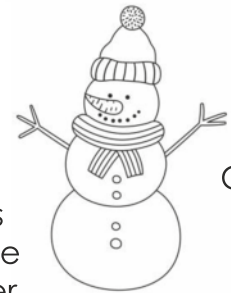
www.oscodafields.com

WINTER WONDERLAND WORDSEARCH

L T Z R H O T C H O C O L A T E W M A O K N Q Q
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WORDSEARCH LIST

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|---------------|-----------|
| Hot Chocolate | Gloves |
| Hibernate | Igloo |
| Slippery | Coat |
| Snowman | Sleigh |
| Blanket | Freeze |
| Ice Fishing | Skiing |
| Fireplace | Sleet |
| Holidays | Melt |
| Mittens | Icicles |
| Hockey | Jacket |
| Jack Frost | Scarf |
| Christmas | Hail |
| Earmuffs | Sweater |
| Migrate | Chimney |
| Ice Skates | Heater |
| Avalanche | Quilt |
| December | Cold |
| Kwanzaa | Blizzard |
| Shovel | Snowflake |
| Snowstorm | Snowball |
| Vacation | |



Find the 5 differences in the snowmen