



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*

Stay Busy and Motivated In February

February seems to be a tough month for many people to get through. Have no fear though! As the days start to get a little longer and brighter, motivation levels should begin to improve. If you feel like coming out of hibernation, we have come across some wonderful activities and events that can be enjoyed by both young and old alike. Coming up first is **Perchville's Coronation Breakfast at 10 am on Sat., Feb. 1st** at the American Legion Post located at 900 East Lincoln St. in East Tawas. Doors open at 9:30 am and the entrance fee is a \$5.00 Perchville Button. The Coronation Breakfast and the Royal Feast are the two places in which you can join in the fun of voting for your favorite painted perch as well! My favorite event, the **Perchville Chilly Cook-Off takes place on Sat., Feb. 8th at 11:00 am**. Get there early before the Chili is gone. Find your way down to Newman St. in East Tawas and purchase an \$8 coozie for all you can eat Chili samples. New this year (as part of Perchville's 75th Anniversary), is the "Diamonds in the Sky" fireworks show. **The fireworks display will take place on Sat., Feb. 8th at approx. 8:05 pm from the East Tawas State Dock**. Other new events include a **Saturday Bazaar from 10 am - 4 pm at the Collective** and also a **Breakfast Buffet at the Collective on Sunday Feb. 9th from 8 am - Noon**. *For more Perchville details, visit the Tawas Area Chamber of Commerce at Tawas.com. There are just too many events to list; however, we wanted to list the events that seniors can easily enjoy.*

Another February event is that of Superbowl Sunday. Even though the Detroit Lions have been knocked out, **February 9th** would be a great opportunity to get together with family or friends and eat amazing Superbowl appetizers. I personally plan to cook the last turkey I have in the freezer.

If you don't get out for a nice meal for Valentine's Day, you can always attend the **Tawas Braves Booster Club's Reverse Raffle on Sat., Feb., 15th**. Tickets can be purchased at the door. For the first time, the annual event will take place at the Sand Lk. Community Assoc. building, and is always a wonderful event with great food and a chance to be a winner. Join the Luau and maybe your ball will be the last one drawn for a grand prize of \$1,250. *See ad below for details. Happy February and even if you don't believe in Hallmark Holidays, February is a great time to get some fresh air and a nice prime rib dinner from a local restaurant.*

Need to Escape the Winter Blues?

Join us for the Tawas Braves Booster Club's

25th ANNUAL REVERSE RAFFLE

Saturday, February 15th

NEW LOCATION:

Sand Lk. Community Association
4059 Indian Lake Rd., National City 48748

Doors Open at 5:30 pm - Dinner at 6 pm

\$50 TICKET PER PERSON Includes: Dinner,

beer/wine/pop AND one chance at the grand prize.

Fundraising Event for the Tawas Braves Athletic Program

We're having a
LUAU

Grand Prize
\$1,250
2nd Place - \$750
3rd Place - \$500

**Purchase tickets from
Tawas Athletic Coaches
or at the door**

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 December 2024, the Iosco County Commission on Aging served 840 Congregate Meals. We served 5519 Home Delivered Meals to homebound seniors. That is a total of 6359 meals served to Iosco County seniors. In December 2024, the ICCOA provided a total of 586.75 hours of seniors with In Home Services; 475.75 hours of homemaking; 15 hours of personal and 96 hours of respite care.

WELLVANCE

*(formerly known as AuSable Valley
Community Mental Health)*

If you are seeking services, please call

1-(989) 362-8636

1199 Harris Ave., Tawas City 48763

For Emergencies, dial 988
to speak to a crisis counselor.

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

Daily Senior Center Activities & Special Events - February 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

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.

Dine in Lunch - Served at Noon Daily

See Menu in this newsletter. Please call one day in advance to reserve meal. (989) 739-3668

Tuesday, Feb. 4th

11:30 am

Grocery Giveaway



Wednesday Feb. 19th

10:30 am

OASC Board Mtg.
February Birthday

Party



at Lunch time

FRIDAY

FEBRUARY 14th

11:30 am

Valentine's Day Party



Board Games • Pool Tables
Electronic Dartboard
Chess/Checkers

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

10-12 - Bring Your Own Craft Except Feb. 14th

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

4:00 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

MONDAY, FEB. 12th

Weatherization Program
presented by NEMCSA
12 Noon

MONDAY, FEB. 17th

ICCOA Board Mtg.
Tawas - 1:00 pm

TUESDAY, FEB. 4th

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

WEDNESDAYS

February 5th

Earline's Craft Day • 10 am

February 12th

Board Meeting • 9 am

Vintage Heart

Collage • 10 am

Pot Luck • 5 pm

February 19th

Dried Flower

Bookmark • 10 am

Bunco - 4:00 (\$6:00)

February 26th

Butterfly on a Stick

Craft • 10 am

FRIDAYS

February 14th

Valentine's Day Party &

Birthday Party - 12 Noon

Bingo - 12:30

February 28th

Raffle Table - 12:15

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

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., Feb. 4th

GROCERY
GIVEAWAY

12:15 pm



Tues., Feb. 11th

Tawas Board
Meeting

1:00 pm

Mon., Feb. 17th

ICCOA Board
Meeting - 1 pm

Tawas Location

Happy Valentine's



Sand Lake Senior Center

As always, lunch is served

Monday, Wednesday, Thursday & Friday 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 Starting at 6:00 pm

(Doors Open 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.



FEBRUARY | 2025

IOSCO COUNTY COMMISSION ON AGING

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3 Breakfast Casserole Hashbrowns Vegetable Grapes	4 Pizza Supreme Tossed Salad Carrot Sticks Peach Delight	5 Parmesan Crusted Pork Chops Red Bliss Potatoes Tossed Salad Diced Pears	6 Lasagna Prince Charles Blend Vegetable Garlic Toast Applesauce	7 Swiss Steak Mashed Potatoes Carrots Ambrosia Salad
10 BBQ Chicken Breast Pasta Salad Green Beans Tropical Fruit Cup	11 Bean Soup with Ham Tossed Salad Breadstick Banana Pudding Cup	12 Spaghetti with Meat Sauce Tossed Salad Garlic Toast Wax Beans Fruit Parfait	13 Meatloaf Mashed Potatoes Carrots Diced Peaches	14 Orange Chicken Brown Rice Oriental Vegetables Pineapple Upside Down Cake <i>Happy Valentine's</i>
17 Sloppy Joe Potato Wedges Cole Slaw Apple	18 Chicken Taco Salad Tortilla Chips Refried Beans Pineapple	19 Liver & Onions Mashed Potatoes Green Beans Hot Peach Delight	20 Baked Ham Sweet Potatoes 3 Bean Salad Apple Crisp	21 Swedish Meatballs Noodles Carrots Apricots
24 Beef Burrito Refried Beans Tortilla Chips Mexican Corn Grapes	25 COOK'S CHOICE Come and join us for a surprise meal and good conversation.	26 Potato Soup with Ham & Carrots Breadstick Blueberry Cobbler	27 Honey Garlic Chicken Rice Pilaf Wax Beans Banana Cream Cup	28 Baked Swai Mac & Cheese Roast Brussel Sprouts Jello with Fruit

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.

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. REMINDER: If schools are closed due to bad road conditions, the ICCOA centers will also be closed; however, if the schools are closed due to cold temperatures, the senior centers will be open. 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!

ALL THINGS RED

1. One a day keeps the doctor away.
2. When you see this, don't move.
3. Top of an ice cream sundae.
4. Traditional Christmas flower.
5. Cookie Monster's best friend.
6. Gemstone

All Things Red Answers:
1. Apple; 2. Stop sign; 3. Cherry; 4. Poinsettias; 5. Elmo; 6. Ruby

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.

STRAWBERRY PRETZEL SALAD

Strawberry pretzel salad is an easy dessert with lots of contrasting textures and flavors. It isn't too sweet, nor too salty and looks really pretty when you make it in a glass dish.

Prep Time: 20 mins. **Cook Time:** 2 hrs. 10 mins. **Total Time:** 2 hrs and 30 mins.

Ingredients:

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tbsps white sugar
- 1 (8 oz.) pkg. cream cheese, softened
- 1 cup white sugar
- 1 (8 oz.) container of frozen whipped topping, thawed
- 2 (3 oz.) pkgs. strawberry flavored Jell-O
- 2 cups boiling water
- 2 (10 oz.) pkgs. frozen strawberries

Directions:

1. Gather all ingredients and preheat the oven to 400 degrees F (200 degrees C)
2. Stir crushed pretzels, melted butter and 3 tbsps sugar together until well-combined; mix well and press mixture into the bottom of a 9x13-inch baking dish.
3. Bake in the preheated oven until set, about 8 to 10 minutes; (set aside to cool.
4. Place cream cheese and 1 cup of sugar in a large bowl. Beat with an electric mixer until smooth, fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still-frozen strawberries and allow to set briefly. Pour and spread over cream cheese layer; refrigerate until set, at least 2 hours.
SERVE AND ENJOY!

Servings: 12 • Yield: 1 (9x13-inch) dish



FINDING JOY IN THE WINTER MONTHS

When January hits, the reality of winter finally sets in. The days are long, dark, and cold, and with that can come an unfortunate dip in mood. Winter blues or the more serious counterpart, seasonal affective disorder (SAD), is thought to occur due to the limited daylight hours. Daylight impacts the production of the sleep hormone, melatonin, which can cause lethargy and symptoms of depression in higher doses. If you have been feeling changes in your mood since the beginning of the season, you're not alone. Try these tips for seniors for finding joy in winter months to overcome these feelings.

Don't Stay Inside: Freezing temperatures may not encourage you to bundle up and get outside, but doing so benefits your mental health. Breathing in the fresh air increases your vitamin D levels, boosts your immune system, improves your mood, and even improves your memory. Dress in warm layers, grab a warm drink, and get going. Before you step outside, make sure you are wearing shoes with good traction. This will help you stay safe and avoid falls as you encounter slippery ice.

Schedule Activities throughout your week: Especially following the holiday season, it can feel like everything comes to a halt during the winter. During this low period of planned community activities, make regular plans. Join a book club, start a knitting circle, go out for lunch with loved ones, or learn something new. Whatever your activities of choice are, participating in something you enjoy on a regular basis will do wonders for your mood. It's even better if your regularly scheduled plans involve your friends and family. In addition to doing what you love, spending time with the people you love gives you the satisfaction of quality time which is so beneficial to seniors. It doesn't matter if you talk about what ails you or simply enjoy laughter together.

Find Beauty in Winter: Among the longer nights and gray weather, there is still so much for older adults to enjoy that can be forgotten.

Freshly fallen snow, comfortable yet stylish clothes, hot chocolate, and a crackling fireplace are all things we can only enjoy this time of the year. Celebrate these aspects. Making a point to note these special factors of the season is a great way to make your life a little brighter.

Incorporate Hygge into your Life: "Hygge" (pronounced "hooga") is a Danish practice that encourages one to enjoy the simple things in life. This is especially pertinent during the winter months when Denmark only sees 17 hours of sunlight. The word refers to "a quality of coziness and comfortable conviviality that engenders a feeling of contentment and well-being." To practice hygge, create a cozy environment that you want to come home to time and time again. Have rituals that you look forward to every day, such as lighting a candle and reading with a hot drink or putting on a movie and painting. Practicing mindfulness is also a crucial step of hygge. Being present in the current moment allows you to be more in tune with your emotions and the simple pleasures in life. Care at home in the winter - As we explore the many ways seniors can find joy during the winter months; it is essential to remember that assistance is available to ensure these moments are as comfortable and safe as possible.

CAREGIVERS CONFERENCE

On Friday, January 17th, the ICCOA hosted a Caregiver's Conference. For those who attended, there was breakfast, lunch, door prizes and guest speakers.

We hope to be able to continue to provide information for our area.

2025 HEALING TOGETHER COMMUNITY GRIEF SUPPORT

2nd Thursday of each month

10:00 am - 11:30 am

SAND LAKE SENIOR CENTER

*Contact: Karen Deyarmond,
Bereavement Coordinator*

989-709-6603

Compassus Hospice and the Iosco County Commission on Aging have partnered together to offer Healing Together - a grief support group that is free and open to all community members. Healing Together provides an opportunity to meet new people who share similar experiences, thoughts and feelings related to the death of a loved one. Healing Together helps members understand what "normal" grief responses are and offers strategies to help cope with the difficult journey through grief. The support networks built between grieving individuals are a vital component to the healing process, which is greatly enhanced in a caring, accepting environment.

Registration not required; however, it is recommended to ensure the availability of adequate resources.

Things to do on a Limited Budget - February 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

Hiring In-Home Care - Feb. 14th - 1:00 - 2:00 pm Virtual

Body, Mind, Soul: Building a Caregiver

Wellness Plan - March 14th 1:00 - 2:00 pm

Caring for a Veteran - April 11th - 1:00 - 2:00 Virtual

Crawford County Caregiver Conference

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

Improving a Difficult Caregiving Day

May 9, 2025 - 1:00 - 2:00 pm

Powerful Tools for Caregivers - Virtual (Zoom)

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

For more info., contact Brooke at (989) 358-4616

GOLDEN GROCERY GIVEAWAY DISTRIBUTION LOCATIONS

Tuesday, February 4th, 2025

Hale/Whittemore - 11:30 am

Good News Ministries - 2107 M-65, Turner

East Tawas - 12:15 pm

Tawas Senior Center - 312 Newman St., East Tawas

Oscoda (Parking Lot) - 11:30 am

Oscoda Senior Center - 653 State St. SW, Oscoda

MUST BE SIGNED UP TO RECEIVE ITEMS

HEALTHY LIVING WEBINARS

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

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 at (989) 358-4616 or email mainvilleb@nemcsa.org to get started.

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

Find the 14 Cupids throughout the newsletter.

How many cupids on each page?
Pg. 1 - two; pg. 2 - zero; pg. 3 - two;
Pg. 4 - three; pg. 5 - one; pg. 6 - one;
Pg. 7 - two; pg. 8 - three

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

Things to do on a Limited Budget - Feb. 2025

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.

EAST TAWAS LIBRARY

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

Monday 9 am - 6 pm; Tuesday & Friday 9 am - 4 pm
Thursday 9 am - 8 pm; Saturday 9 am - 12 Noon
Closed Wednesday & Sunday

ROBERT J. PARKS (OSCODA) LIBRARY

6010 N. Skeel Ave., Oscoda (989) 739-9581

Monday, Tuesday & Friday 9 am - 5 pm
Wednesday - Thursday 9 am - 6 pm
Saturday 9 am - 2 pm; Closed Sunday

Parks Library Book Club

1:00 pm on the 1st Wednesday of the month

Oscoda Writers Group

Every Tuesday from 1:30 pm - 3:30 pm

PLAINFIELD TOWNSHIP (HALE) LIBRARY

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

Monday - Friday 9 am - 4 pm
Closed Saturday and Sunday

Used bookstore open during library hours

Cost of books is by donation.

TAWAS CITY LIBRARY

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

Monday - Thursday 8:30 am - 4:30 pm
Saturday 9 am - 12 Noon; Closed Friday and Sunday

WHITTEMORE LIBRARY

483 S. Bullock, Whittemore (989) 756-3186

Monday, Wednesday & Friday 10 am - 6 pm
Tuesday, Thursday & Saturday 10 am - 4 pm
Closed Sunday

BOTTLED GOODBYES

with author Ric Mixter

Wednesday, February 19th - 6:30 pm

EAST TAWAS LIBRARY - 760 Newman Street

Bottled messages have been floating ashore for hundreds of years, since the first waterproof containers were created.

Historian Ric Mixter will share some of the most famous bottled goodbyes ever recovered, including 3 bottles found after the Titanic disaster and in each of the Great Lakes.

This event is the 1st of the 2025 Cabin Fever Series

hosted by The Friends of the East Tawas Library

FREE AND OPEN TO THE PUBLIC

A LADY OF FASHION

by Lil Gill

Lately, I have seen a change in fashion and have noticed it all around town. Men and women, alike wear fleece pajama bottoms when they are doing their errands. Now, these fleece pants can be plaid, bright colors and some even match the holidays (like turkeys, valentine's, Christmas trees). I decided to give it a try. I also noticed that you could wear anything as a top. Tee shirts (long and short sleeved) a frilly blouse, camoflauged flannel all fit the bill. I went to a local store and bought one pair since this was a trial run. I matched it with a long sleeve t-shirt that I had on hand. The following Saturday turned out to be a slushy, snowy day so I thought it would be a perfect day to wear them. I put my ensemble together and pre-started my car so it was toasty warm. I did notice the fleece pants seemed a bit airy, but I knew I would be in the car shortly. They were damp when I got seated, but figured they would dry out quickly with my heater on high. I arrived at the shopping center and ended up parking in a spot that should be reserved for runners or those wanting to get their "steps in". I am neither. I began walking at a hurried pace as my legs seemed to be getting a bit stiff from the wind. Trekking through the slushy puddles and wonderful holes in the parking lot seemed endless. I arrived at the entrance, only to discover that the fleece bottoms had sucked up most of the puddles. I admit I was a bit irate especially when I left a trail of water wherever I walked. I got the items I needed and headed outside. I then noticed that the string that holds these bottoms on, had come untied and I was losing them with each step I took. I looped my purse around my neck, grabbed my grocery bag in one hand and my pants in the other and headed for my car (it sure did seem like the parking lot got bigger and my car went with it. I got into the car turned on the heat and started home. The bottom 3 inches of the fleece were frozen, which then began to thaw and form puddles on the floor, and are now being mixed with the dirt on the floor mats. Need I say more? This Lady of Fashion will be going back to a pair of slacks and using fleece pants as pajama bottoms.

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FOOD CHOICES AND CHRONIC ILLNESSES

Good nutrition is essential to keeping all generations healthy throughout life. A healthy diet helps children grow and develop properly and reduces their risk of chronic diseases. Adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, type 2 diabetes and certain cancers. Healthy eating can help people with chronic diseases manage these conditions and avoid complications. However, when healthy options are not available, people may settle for foods that are higher in calories and lower in nutritional value. People in low-income communities and some racial and ethnic groups often lack access to convenient places that offer affordable, healthier food. Most people in the US don't eat a healthy diet and consume too much sodium, saturated fat and sugar, increasing their risk of chronic diseases. For ex., fewer than 1 in 10 adolescents and adults eat enough fruits or veggies. Also, 6 out of 10 young people aged 2-19 yrs. and 5 out of 10 adults consume at least one sugary drink on any given day.

CDC supports breast feeding and works to improve access to healthier food and drink choices in settings such as early care and education facilities, schools, work sites and communities.

The Harmful Effects of Poor Nutrition = Overweight & Obesity - Eating a healthy diet, along with getting enough physical activity and sleep, can help children grow up healthy and prevent obesity. In the US, 20% of young people aged 1-19 yrs and 42% of adults are obese, which can put them at risk of heart disease, type 2 diabetes and some cancers.

Heart Disease & Stroke - 2 of the leading causes of heart disease and stroke are high blood pressure and high blood cholesterol. Consuming too much sodium can increase blood pressure and the risk for heart disease and stroke. Current guidelines recommend getting less than 2,300 mg a day, but Americans consume more than 3,400 mg a day on average. Over 70% of the sodium that Americans eat comes from package, processed, store-bought and restaurant food. Eating foods low in saturated fats and high in fiber and increasing access to low-sodium foods, along with regular physical activity, can help prevent high blood cholesterol and high blood pressure.

Type 2 Diabetes - People who are overweight or obese are at increased risk of type 2 diabetes compared to those at a healthy weight because, over time, their bodies become less able to use the insulin they make. Of US adults, 88 million - more than 1 in 3 - have pre-diabetes, and more than 9 in 10 of them don't know it. Although incidence has decreased in recent years, the number of adults with diagnosed diabetes has nearly doubled in the last 2 decades as the US population has increased, aged and become more overweight.

Cancer - An unhealthy diet can increase the risk of some cancers. Consuming unhealthy food and drinks, such as sugar-sweetened drinks and highly processed food, can lead to weight gain, obesity and other chronic conditions that put people at higher risk of at least 13 types of cancer, including endometrial (uterine) cancer, breast cancer in postmenopausal women, and colorectal cancer. Colorectal cancer risk is associated with eating red and processed meat.

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