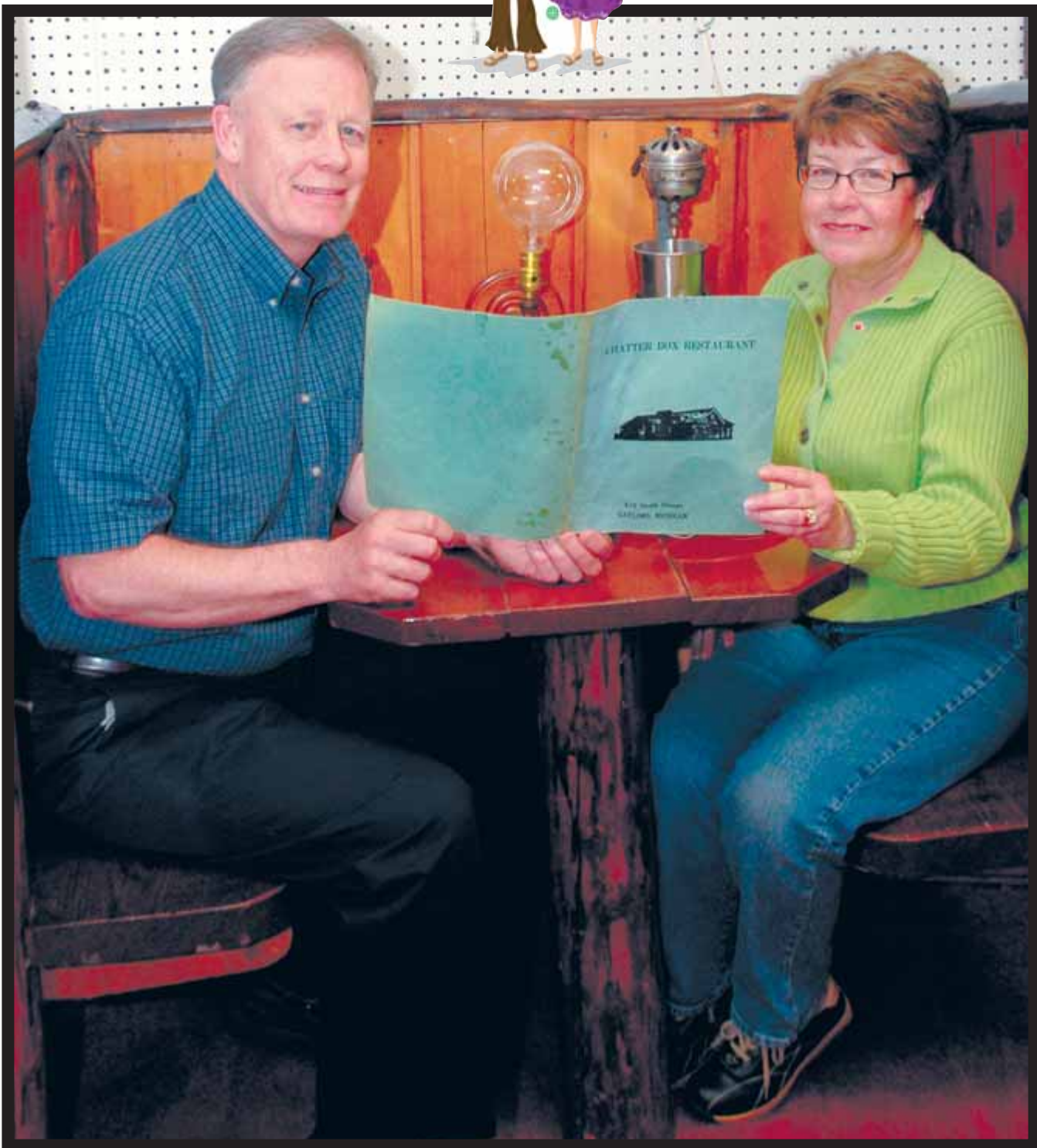


# PrimeTimes

*For 55 or better in Northern Michigan*

July 2008

## BOOMER MEMORIES



**REMEMBER THE CLOTHES,  
HANGOUTS FROM THE '60s?**

**P.6**



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Pick your brain historical trivia p. 4

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Time for summertime eats p. 13



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# BOOMERS FLASHBACK

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remember what life was like for  
Gaylord teenagers in the 1960s

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Working to protect Otsego Lake p. 11

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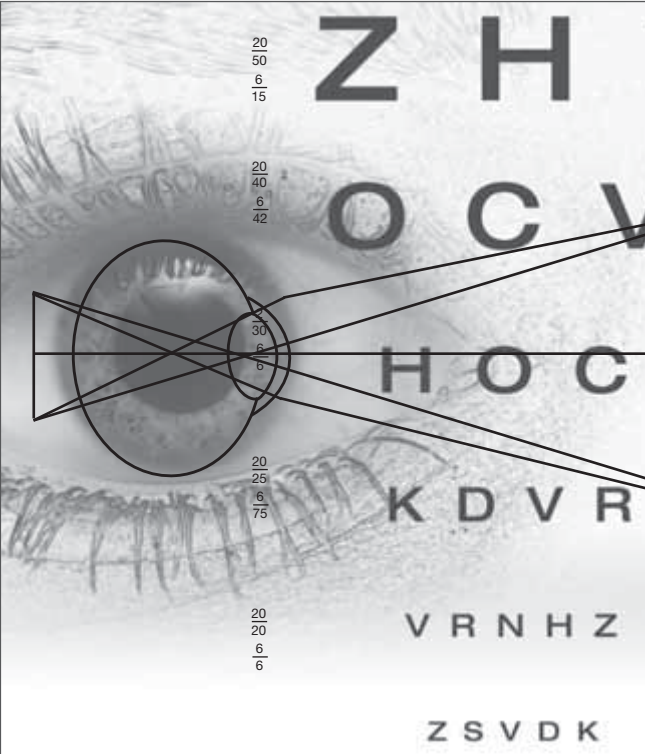
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# Homegrown goodness



# Pick your BRAIN

# What was this?

If you think you know the answer, e-mail [frank@gaylordheraldtimes.com](mailto:frank@gaylordheraldtimes.com), or send it to P.O. Box 598, Gaylord, MI, 49734. Those submitting a correct answer will be entered into a drawing for a \$20 gift certificate for BJ's Restaurant from the *Gaylord Herald Times*. When you write, please include your name, address and telephone number. Limit one win per person every six months.



### LAST MONTH'S ANSWER:

The Gaylord Country Club, Gaylord, Mich. was the correct answer for last month's photograph. The photo was courtesy of Jim Jozwiak.

Saturday morning I stopped by the farmers' market and picked up some fresh rhubarb and fresh tomatoes. I stress the word *fresh*, because produce really can't get any fresher than when it comes straight from the farmer to the consumer.

And this fresh produce typically costs less than the same products purchased in the grocery store. I suspect this is because the products have not made a few extra stops on the journey from farmers' fields to our dining room tables.

So for obvious reasons, I will stop in at the downtown market every week to pick up the fruits and veggies that my family loves. But I have yet another reason to do so: the recent outbreak of salmonella caused by certain tomatoes grown in certain locations. When that happened, I went to the fridge to look at the container of tomatoes I had purchased at the store prior to the opening of the farmers' market and, sure enough, the tomatoes were grown in Mexico then distributed out of Canada. I'd say those were some mighty well-traveled tomatoes.

Is it any wonder food costs are so high? I truly do not understand why a product would be grown in one country only to be shipped to another country so that it can then be shipped to and sold in another country. How fresh can the produce possibly be after all that traveling around, unless it is treated with preservatives – another practice that rubs me the wrong way. I don't want to eat chemical coated food.

Which brings me to another thing

that caused a giant question mark to appear above my head. When the tomatoes were all pulled from store shelves because people were getting sick, private individuals and businesses had to find tomatoes elsewhere. A restaurateur in Traverse City was interviewed on the morning news, and stated that she had turned to a local grower for needed tomatoes. The local grower was also interviewed, and he was thrilled with the big boost in sales since the salmonella outbreak.

Now what's wrong with this picture, other than everything? We live in prime Northern Michigan farmland, and in the summer and fall fresh goods are abundant and do not cost an arm and a leg. So why, I ask, are individuals and businesses bypassing the obvious savings and homegrown goodness and opting instead to purchase produce that has traveled to one or more countries and sat in one or more warehouses before it ever gets to the consumer? Why not buy homegrown food products whenever they are in season, thereby supporting the local farmers and the local community?

I'm kind of a diehard hometown gal, and I truly believe in shopping locally. I do so whether I'm buying Christmas gifts, the kids' school clothes, or fruits and vegetables from area farmers except, of course, in the winter when I am forced to buy traveling tomatoes. It's just another way to be good to the community that has been good to me.

After all, goodness is as goodness does, and goodness is always home-grown.

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## Miss Manners calling

1. **Dear Miss Manners:** My father refuses to let me take telephone calls during dinner. I think it's rude to ask people to call back at a time that might not be convenient for them and even ruder to ignore a ringing phone.

**Gentle Reader:** You have a wonderful sense of the courtesies and conveniences due to others. Have you thought of applying these to your father?

**Dear Miss Manners:** What do you think about people who ask you on the telephone, "Who is calling?" before telling you if the person you asked for is there?

**Gentle Reader:** Miss Manners thinks that they are mouthing your name at a person who is wildly shaking his head and hands at the very mention of it. The same purpose can be accomplished politely by asking the question after expressing doubt: "Let me see if he is in. Who may I say is calling, please?"

**Dear Miss Manners:** A question of etiquette that has been bothering me for many years is: What is the proper response to "I'm sorry, I have the wrong number"?

**Gentle Reader:** Miss Manners feels that "That's quite all right" is sufficient, although she realizes that there will always be those who say, "That's all right – I had to get up to answer the phone anyway."

**Dear Miss Manners:** My big brother keeps listening in on my telephone conversations. I know he means well and is trying to help me, but it surely is annoying. Should I tell him to "bug off, brother" or be more polite and suggest he be more inventive in his curiosity and good intentions?

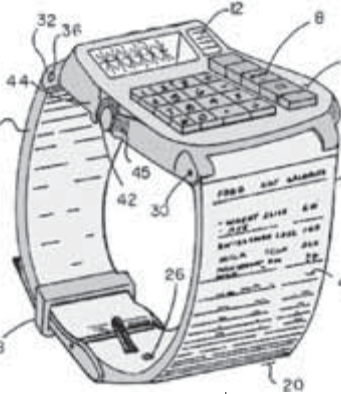
**Gentle Reader:** It is, indeed, difficult to say such a thing to a beloved relative. Tell him Miss Manners says, "Bug off, brother." Unless, of course, you are speaking metaphorically about Big Brother, in which case you may have an interesting law suit.

(Source: Miss Manners' Guide to Excruciatingly Correct Behavior, Copyright 1982)

## An alarming idea

2. In 1990 an invention was patented to help people lose weight without benefit of pills or exercise. It is called the Hand Near Mouth Alarm, and this wristwatch-like device (see diagram) apparently benefits the overeater by sounding an alarm when the hand approaches the mouth. Said the inventor: "All other things being equal, the success of an attempt to lose weight depends heavily on the dieter's limiting of his calorie intake. Unfortunately, however, most people with weight problems have compulsive habits which cause them to eat food habitually and without conscious awareness that they are doing so. Such a person may be totally engrossed in another task and may eat whatever happens to be within reach without ever noticing that he is doing so." Now that's a mouthful!

The question is, how does this alarm know if you are directing food toward your mouth or simply reaching up to scratch your nose or pick your teeth? That little contraption could be sounding off all day long. But here's the real flaw with the inventor's theory of preventing the hand-to-mouth method of weight gain: What if the dieter fools the alarm by picking up the food with the OTHER hand? Ah-HAH! Where there's no willpower, there's a way. (Source: totallyabsurd.com)



## Save your skin

3. If you are a sun lover, here are some things to be conscious of when enjoying the outdoors.

**Photoaging:** Skin damage caused by sun exposure – like fine lines, wrinkles, age spots and the leather texture often seen on die-hard sun worshippers. The use of the proper sunscreen can be helpful and healthy.

**SPF:** The number that tells you how long a sunscreen will keep you from burning as opposed to using no protection. If a person normally pinks up after 10 minutes in the sun, SPF 15 would shield you 15 times as long – or 150 minutes – before the burning begins.

**UVA:** The ultraviolet rays that penetrate deep into the skin and cause photoaging and skin cancer.

**UVB:** These rays affect the outer layer of the skin. They are shorter than UVAs and are responsible for sunburns and also contribute to skin cancer.

**Star Rating:** This is a new sunscreen labeling system by the FDA. Stars on labels will indicate the level of UVA protection offered, with 1 being the lowest and 4 the highest.

**Water-Resistant:** Sunscreen whose SPF is effective after 40 minutes in water. If it is labeled "very water resistant" it will be effective for 80 minutes in water.

**Waterproof:** There is no such thing as a waterproof sunscreen, and the FDA has suggested removing this term from labels.

**Chemical sunscreens:** Contain ingredients like benzophenones, salicylates, and cinnamates which form a protective film to absorb UV rays.

**Physical sunscreens:** These work by reflecting UV rays, and contain zinc oxide or titanium oxide.

**Read labels** – including the fine print – to make sure your sunscreen is giving you ample protection to save your skin.

(Source: msn.com/health & fitness)

## Stop guzzling

4. Gas prices are a hot topic these days as they continue to rise. But even if you own a real gas guzzler, you save on gas expenses by doing a few simple things.

An article from MSN Smart Spending says if you placed a scalding hot beverage in the cup holder next to your leg, you would probably drive a little differently, i.e., slow down, eliminate fast starts, or plan your driving route to exclude numerous stops and starts. But you don't have to actually have that hot beverage there if you can condition yourself to drive as if you do.

There are also some gadgets out there that will remind drivers to slow down. One is the Digital Fuel Miser, a small box of vertical and horizontal accelerometers that sits on the dashboard and will beep and flash if the car isn't level. The instrumental interprets that as aggressive, fuel-wasting driving. Cost for this helper is \$69.95.

The most efficient investment would be a real-time mpg gauge that keeps score as you drive. Some newer cars have these as standard equipment but, if not one like the ScanGauge can be purchased and plugged into the onboard diagnostics port on vehicles newer than 1996. These devices are a little pricier than the Digital Fuel Miser, but would pay off over time in gas savings.

And if you prefer not to spend any hard-earned cash on gadgets, remember the hot beverage next to you leg. Slow down, avoid the stops and starts, and your vehicle won't be such a guzzler.

(Source: msn.com/smartspending)

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Gaylord's Main Street in 1965 was filled with cars with big "fins" and there was no Alpine motif.



Courtesy photo

**THE TEEN CHALET**, located where Grace Baptist Church is now, was a popular teen hangout.

Most homes in the 1960s typically had only one telephone (a rotary), one television set (usually black and white), and just one 'family' car.

Courtesy photo

# BOOMERS FLASHBACK

## Chuck Simpson & Linda Reinhardt recall what life was like for Gaylord teenagers in the 1960s

By Julie Kettlewell

As days roll over into weeks and weeks into years and years into decades, change occurs for sure. But with changing times, how much do people really change? More specifically, are today's teens all that different than the teens of the '60s, those be-boppin' youngsters who came to be known as the baby boomer generation.

Gaylord boomers Linda Reinhardt and Chuck Simpson, both 1965 graduates of Gaylord High School, recalled their high school years, comparing their lives to today's teens in today's world. Life is very different in many ways, they agreed, but some things never change, like the fact teens of every generation love just hanging out together.

Chuck and Linda stepped back to the '60s for a bit and recalled what life was like for them and their peers, back in the day when there were no computers or cell phones, no e-mail or instant messaging, no iPods or Xboxes, back in the day when kids had to make their own fun. And it was also a time when households typically had one telephone, one television, and one vehicle.

"Our parents didn't drive us anywhere," Linda recalled, "so we pretty much stuck around our neighborhood... In the summer we biked to friends' houses, or had neighborhood baseball games."

Chuck's growing up years were much the same, he said, as transportation was a luxury, and their legs took them where they wanted to go.

"We used to meet at the ice

skating rink a lot," said Chuck, remembering the old rink on the corner of Center Avenue and Third Street where the Little Village apartments now stand. Kids would also get together at the roller rink, which at that time was on North Center Street across from the hospital.

"**THEN,**" said Linda with a school-girl grin, "when we started driving, some of our friends had cars and we would go to the Toot 'n Tell." The Toot 'n Tell, which longtime locals will remember, was the A&W drive-in where carhops would bring out a tray filled with burgers and frosty root beers and hook the tray onto the car window, something kids today might only see on a rerun of Happy Days.

And then, Chuck piped in, there was the Teen Chalet.

"In the mid-60s the Teen Chalet was the hottest spot around," he noted.

"They had pool tables and a soda

fountain, and in the summertime they had live bands." And Saturday night was the big night for going out, Linda interjected, remembering the Saturday routine she and her friends would follow.

"I remember on Saturday morning we would sleep in very late, then wash our hair and put it in great big rollers. Then we would walk downtown, the girls all holding hands," she laughed, looking back at those days of big hair created from orange juice cans that served as rollers, held in place by bobbi pins. "We kept the rollers in our hair so we could be ready to do something that night, probably go to the Teen Chalet."

And when they weren't at the Teen Chalet, said Linda, they might be at Al's Drug Store, which had a soda fountain, or across the street at Big Boy, (the building now occupied by Main Street Shoes), or at Mom & Pop's Diner, or maybe the old Chatterbox

### Facts about 1965

**Population of United States:**  
194,302,963

**Life expectancy:** 70.2 years

**Federal debt:**  
322.3 billion dollars

**Unemployment rate:** 5.2%

**Average income:** \$6,450/year

**Average cost of new home:**  
\$13,600

**Average cost of new car:**  
\$2,650

**First class postage stamp:**  
5 cents

**Dozen eggs:** 53 cents

**Loaf of bread:** 21 cents

**Gallon of milk:** 95 cents

**Gallon of gas:** 31 cents

*(Sources: 1060sflashback.com and the peoplehistory.com)*

Restaurant where a person could enjoy a cheeseburger for 40 cents or a complete T-bone dinner, beverage and dessert for \$3.75.

Or they might catch a movie at the Gaylord Theater downtown, which at the time set them back about 25 cents each. Then, Linda added, there was the drive-in theater on Old 27 South, which was also used by the Methodist church for an early drive-in service on Sunday morning.

Yes, Chuck and Linda agreed, life was very different back then, and much cleaner, too, noted Chuck.

"The influence of outside society was not so overpowering," he said. "Your family still had the most powerful influence on you, and your teachers and your friends. You could count on them to be there for you at any time."

The family unit of the '60s is perhaps what they miss most about those days, agreed Linda and Chuck, as today's busy world does not allow much room for family life.

"Then you sat down together for meals," Linda said. "Families weren't as busy and had more time to spend together."

"The communication was better," Chuck added, again citing the limited, and often negative, influence of outside society. Back then, Chuck continued, living was cleaner, language was cleaner, and television programming was most definitely cleaner.

"We didn't have the influence of TV other than to watch Gunsmoke or Lawrence Welk or the Ed Sullivan show," Chuck laughed. "And our language wasn't influenced."

cont'd on next page

Story by Julie Kettlewell



# Now 1965



LINDA GERALDINE MYERS  
"My"  
Pep Club 1,2,3,4--Treas. 3,4; F.T.A. 1,2,3--V. Pres. 2; Treas. 3; Band 1; Camp Counselor 3,4; Newspaper Staff 3; Yearbook Staff 3,4--High School 3,4; Play Aide 3; Student Aide 3; Librarian Aide 4.



# Now 1965



CHARLES HARVEY SIMPSON  
"Chuck"  
Key Club 2,3; Treas. 4; Football 1,2,3,4; Basketball 1,2; Class Pres. 1,2,3,4; Student Council 1,2,3,4. HONORS.



# Ah, yes. Life was good.

cont'd

Bad language, he said, just was not acceptable. They didn't hear it, and they didn't use it.

Chuck and Linda rather enjoyed getting lost in the '60s for a little while, and admitted back then – before the advent of today's technology – they were never at a loss for something to do. Whether the gals were styling their

big hair and putting on puffy-sleeved dresses to go to the prom, or just hanging out at someone's house talking and playing records, they were doing things together as friends, Linda recalled.

Likewise for the guys, said Chuck.

"The guys used to get together to play pinocle, or we played pool at my place," Chuck remem-

bered. "We just always got together and did things."

"But you never asked the girls to join you," Linda chided. "How come?"

"Because," Chuck quipped, "you girls were too busy walking up and down Main Street."

"Holding hands," Linda laughed.

"In curlers!"

Ah, yes. Life was good.

# Now 1965



Courtesy photo

**Striking a pose** are attendees to the 2007 Gaylord High School prom.



Courtesy photo

**GIRLS READY** for the Gaylord High School prom in 1965 posed for this photograph.

Gaylord teenagers would often stop at the Chatter Box restaurant for a burger and fries and to listen to their favorite songs on the juke box. Located across the street from the state police post, the Chatterbox has since been demolished.

Courtesy photo



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## Mission Statement

Our mission is to coordinate, provide and initiate programs, and promote the independence and well-being of senior citizens of Otsego County.



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Affairs • 800.827.1000

## Organizations for Specific Health Conditions, Medical and Supportive Care

Alzheimer's Associaton  
800.337.3827

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# Upcoming Events For July

OLDER ADULTS OF OTSEGO COUNTY AND FRIENDS... YOU'RE INVITED!

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## Aspenfest

**GRAND PARADE**  
**"PURE MICHIGAN FUN"**  
**SATURDAY, JULY 19th**

10:45am to Parade End  
 Bus departs from and returns to Gaylord Senior Center.  
**RIDE THE BUS! RIDE THE FLOAT!**  
**WALK! DRIVE YOUR AMIGO!**  
 Parade Participants Get A FREE T-SHIRT!

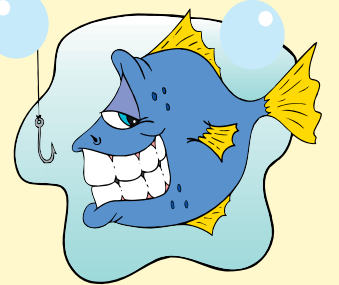
## FISHING FUN!

**DROP A LINE...**

Fourth Tuesday of Each Month!

**TUESDAY, JULY 22nd**

Otsego Lake State Park  
 10:00am to 1:30pm • \$5 Per Trip  
 Bus departs from and returns  
 to Gaylord Senior Center.



**CAREGIVER  
 SUPPORT GROUP**  
 EDUCATION AND INFORMATION  
 FOR CAREGIVERS

**SATURDAY, JULY 19th**  
 10:00am • University Center

**PARKINSON'S  
 SUPPORT GROUP**  
**NEW TIME!**

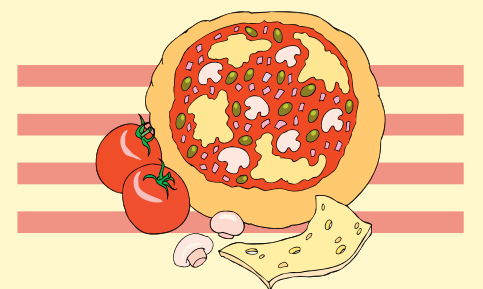
EDUCATION AND INFORMATION  
 ABOUT PARKINSON DISEASE  
**THURSDAY, JULY 24th**

2:30pm • University Center  
 Please note the time change.  
 We now meet 2:30 to 4:30pm.

**ICE CREAM  
 SOCIAL**

**FRIDAY, JULY 11th**

Noon • Otsego Haus  
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 Gaylord Area Kiwanis Club.



**PIZZA SATURDAY**  
**HOLD THE ANCHOVIES!**  
**SATURDAY, JUNE 28th**

Noon • \$2 Per Person  
 Gaylord Senior Center

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**FRIDAY JULY 4th**

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"HEARING LOSS  
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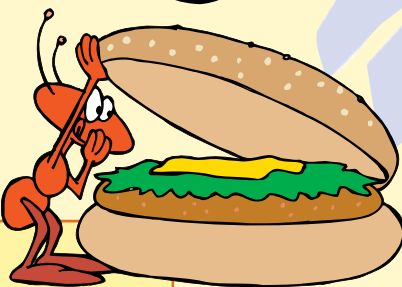
**FRIDAY, JULY 11th**

8:00 to 10:00am

University Center - U111

Continental Breakfast

Suggested donation of  
 \$5 payable at door.



**DINE IN!!  
 CARRY OUT!!  
 HAMBURGER  
 TUESDAY**

Second Tuesday of Each Month!

**TUESDAY, JULY 8th**

Gaylord Senior Center

11:00am to 12:15pm

\$2.50 Seniors • \$3.50 Non-seniors

Sign-up required.

## "DANCING WITH THE STARS" DANCE

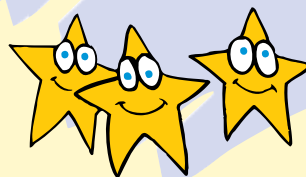
**SATURDAY, JULY 19th**

7:00 to 11:00pm

Seniors \$3 • Non-Seniors \$5

Gaylord Senior Center

Music by the "Lucky Stars"



## FRIDAY NIGHT CONCERT SERIES

**"POLKA PALS"**

**FRIDAY, JULY 11th**

7:00 to 9:30pm • \$5 / Includes snack

UNDER THE PAVILION ON COURT

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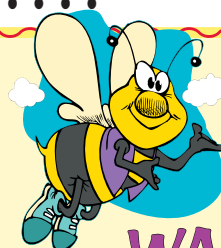
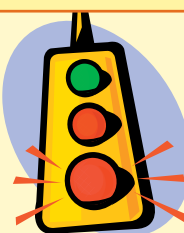
**MONDAY, JULY 21st**

**TUESDAY, JULY 22nd**

9:00am to 1:30pm / 30 Minute Lunch

\$10 Per Person • Limit 7 per class.

Gaylord Senior Center - Class Room E



## WALKING WONDERS

Mondays • Aspen Park

10:00 to 11:00am

Bus departs from and returns  
 to Gaylord Senior Center





HT - Bill Serveny

**Bob Goodenow** (foreground) exercises patience while waiting for a fish to take the bait as he fishes from the Otsego Lake State Park fishing pier.



HT - Bill Serveny

**ASPEN RIDGE RETIREMENT VILLAGE** residents spent some time recently at the Otsego Lake State Park fishing pier enjoying the weather and trying to catch the big one.

# GONE FISHIN'



HT - Bill Serveny

**ALF SVENSEN** of Traverse City may not have caught the big one, but he's happy with his catch.

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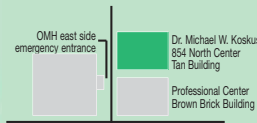
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# 'I've been coming up here since I was a kid.'



Tom Roach stands on the deck of his home on Otsego Lake.

# Tom Roach: Protecting water quality important

By Julie Kettlewell

**T**om Roach and his wife, Barbara, moved to Gaylord from the Detroit area eight years ago, but this town has been home to them for almost 40 years. Tom worked in the automobile industry until his retirement in 2000, and although they lived and raised their two sons downstate, the Roach family spent the majority of their weekends – and every summer – at their up-north home.

"I've been coming up here since I was a kid," Tom remarked. "My grandfather ran the train up here way back then. They would drop off a Pullman car at the end of the lake and that was their cottage." And it was way back then that Tom grew to love Otsego Lake.

A member of the Otsego Lake Association (OLA) for 40 years, Tom took a seat on the OLA board when he became a permanent resident and, working alongside the other 11 board members, has spent countless hours year-round studying the lake and searching for ways to improve it.

Lake quality is an important issue, Tom stressed, not just from a recreational standpoint, but from an economic one, as well. Statistics show that in July alone the Otsego Lake State Park has around 50,000 visitors, with more than 100,000 visiting that park over the course of the summer, while the county park welcomes about 38,000 visitors.

HT - Bill Servery

cont'd on next page

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# Independence Day celebration a bright spot for Tom Roach

cont'd

"We recently put on a power point show for all the governments here, the DEQ and the DNR, to demonstrate how we are really gathering facts on the condition of the lake," Tom explained. "We made some serious studies, and the major part of the power point was the economic impact Otsego Lake has in this community. We are trying to demonstrate that if we don't take care of the lake and improve it, there could be a day when we won't have visitors coming here or wanting to live here. The economic impact of that," he said, "would be tremendous."

Tom is very involved with Otsego Lake projects in general, but his pet project for the past few years has been the Fourth of July fireworks display at the county park. As chairperson of the fireworks committee, Tom sees to it each year that the proper permits are in place and necessary inspections

are completed to ensure the safety of the thousands of fireworks fans who come to the lake for the show. And since the OLA's first official show in 2004, onlookers have never been disappointed.

"Our show runs almost 45 minutes," Tom noted. "Most shows in other communities run less than 30 minutes."

And the colorful display that lights up the July sky comes with a big price, he added. The cost for the annual show, including raffle prizes, printing costs, the fireworks contractor, and other affiliated expenses, runs around \$27,000, with an additional charge of \$1,000 if the show is delayed a day due to rain.

These monies are raised through donations from private individuals and local businesses, Tom explained, but the majority of the funds come from the sale of raffle tickets, for which Tom has solicited help from 30 or so businesses

and individuals to help sell the 600 tickets for this year's event.

Tom has a real soft spot for the fireworks show, as he believes it is so much more than just a way to entertain the community. It is a celebration.

"Myself and others, we like to call it a celebration of Independence Day," Tom remarked. "I think people have come to think of Fourth of July as a day for picnics. I think they have lost sight of the fact that we are celebrating our independence. I hate to see that take second place."

For that reason, Tom's remains focused in his mission: to make sure the patriotic pyrotechnics do not fall by the wayside as in years past. He will do his part to ensure this particular community celebration of our independence continues far into the future.

And he promises the community this year – as in past years – a really big show.



HT - Bill Serveny

Tom Roach

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- Do you feel refreshed in the morning?
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- Does tiredness make you less productive?
- Have you changed your plans or are you too tired to enjoy things?

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# Make summertime potluck safety a priority

**H**ello! My name is Rebecca Fleis, the new Family Nutrition Program Associate for Michigan State University Extension. I was recently hired to fill the position that Lori Hunt held for 14 years - Wow! As the new kid on the block, I am excited about the opportunity to share nutrition information with others. With a little planning, we can all make healthy food choices, even on a tight budget. I look forward to sharing nutrition tips with you in the future.

patties and cut watermelon -- often receive a lot of handling during preparation.

2. Warm temperatures promote bacterial growth. Many



**Rebecca Fleis**

picnic foods require precooling and are prepared in large quantities, which are not cooled rapidly enough after cooking. By putting food into shallow pans and refrigerating immediately after cooking, the growth of harmful bacteria can be reduced.

3. Equipment to keep hot food hot and cold food cold is usually not used, and food sits out for long periods of time. The longer food is at warm temperatures, the more likely illness will result.

#### Handling Foods Safely:

1. Wash hands and work surfaces before handling food and use clean utensils and containers.

2. Do not prepare foods more than one day in advance unless it is to be frozen. Cooked foods need to be



rapidly cooled in shallow pans, with food no more than two inches deep. Over 67 percent of reported cases of food borne illness are due to improper cooling. Frozen foods can be used if thawed in the refrigerator.

3. Mayonnaise-based foods need to be kept cold. Mayonnaise alone is too acidic for bacteria to grow in it. However, when mayonnaise is mixed with other foods, particularly those that have been handled a lot and/or are protein foods, bacteria can grow if this mixture is kept too warm.

4. Cut melons need to be kept cold. Melons, unlike other fruits, are not as acidic so they can cause foodborne illness. Bacteria, such as Salmonella and Shigella, are

often present on the rind. Therefore, wash melons thoroughly before cutting then promptly refrigerate.

5. Keep cold food cold. Maintain 40 degrees F or colder to prevent bacterial growth. Transport cold foods in water-proof containers or wrap in plastic wrap or foil and completely immerse in the ice inside the cooler. If using frozen gel packs or containers of homemade ice, place them between packages of food. Never just set containers of food on top of ice. Serve cold foods, and return to cooler within 1 hour.

6. Keep hot food hot. Maintain 140 degrees F or hotter to prevent the growth of harmful bacteria. Cooked foods are just as perishable as raw foods, so do not let them sit out. Hot food to be

transported can be wrapped in towels, then newspaper, and placed inside a box or heavy paper bag. Keep these foods warm or use within one hour.

#### Serving Foods Safely:

1. Wash hands before handling food and use clean utensils and containers. Dirty hands, utensils, containers, and any work surfaces can contaminate food with harmful bacteria and viruses. Moist towlettes are handy if hand washing facilities are not available.

2. Pack plenty of utensils and dishware. Juices from some raw foods contain harmful bacteria that can contaminate other foods. Because proper washing might be difficult at a picnic, pack extra plates and utensils to prevent cross-contamination. Better yet, consider using disposable plates.

#### Grilling Tips:

1. Thoroughly cook food all at one time. Never partially cook food, let it sit, then finish cooking it later. This provides conditions that allow harmful bacteria to grow and possibly form toxins. (Toxins are poisons formed by some bacteria.) Some toxins are not destroyed by cooking, so reheating the food

later will not make it safe.

2. Meat and poultry must be cooked thoroughly to ensure that harmful bacteria are destroyed. Grill raw poultry until the juices run clear and there is no pink close to the bone. Hamburgers should not be pink in the center.

#### Handling leftovers

Because most picnic leftovers have been sitting out for more than one hour and have had many people handling them, throw them out. The more time that food has been sitting at an unsafe temperature, the more likely harmful bacteria has grown.

Cold foods kept in a cooler that still has ice may be safe. But if the ice is melted, throw out the food. Cold water cannot keep foods cold enough to be safe.

When in doubt, throw it out!

Adapted from an article, *Take Safety on Your Picnic*, by Angela M. Fraser, Ph.D. Food Safety Specialist with the Department of Family and Consumer Sciences, at North Carolina State University.

—Rebecca Fleis is the Family Nutrition Program (FNP) Associate with the Michigan State University Extension - Otsego County. She can be reached at 731-0272.

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Parents unprepared, overburdened as long-term caregivers to injured Iraq war vets

WASHINGTON, DC — According to published reports, almost 32,000 U.S. soldiers have been wounded in Iraq since 2003, with many suffering from extreme physical wounds and mental disorders. The resulting responsibility placed on parents and other family members to care for those wounded soldiers who return home has become a topic of increasing importance as the U.S. enters the sixth year of the Iraq war and looks for resources and aid for those veterans.

AARP has begun an initiative that will delve into this topic, including a half-hour television special, an investigative article in the July / August issue of AARP the Magazine, a Web site dedicated to the topic of family caregivers and wounded war veterans, and a prime time radio documentary.

As part of the multimedia effort readers

can visit *www.aarp.org/Iraqvets* for a complete multimedia presentation of this important story. The Web site features highlights of AARP The Magazine’s feature article in the July / August 2008 issue, exclusive videos that include footage and interviews of wounded soldiers, links to AARP TV programming, AARP Radio, online features, interactivity, outside resources, and actionable ways that readers can get involved and make a difference.

“THE STORY of parents and other family caregivers affected by this situation has never been covered in this capacity,” said Kevin Donnellan, EVP and Chief Communications Officer, AARP. “The focus has primarily been on the returning wounded soldiers but the fact that parents are severely unprepared to take on the role of long-term caregiver is a story AARP

feels compelled to tell and we’re pleased at the opportunity to use our multiple media platforms to increase awareness about this issue.”

The July / August issue of AARP The Magazine, the world’s largest-circulation magazine with more than 33 million readers, will feature “When Wounded Vets Come Home,” a story chronicling parents of wounded war veterans and the role of long-term caregiver they increasingly have to fill.

For more information, resources, and organizations that can help, please visit *www.aarp.org/Iraqvets*.

**About AARP**

*AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole.*

HAPPENINGS THIS MONTH

**July 1**  
*Gaylord* - 10 a.m. Free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

**July 2**  
*Gaylord* - 9:15 a.m. Free computer lessons by appointment; 10:30 a.m. Powerhouse - Young at Heart; 11 a.m. Blood pressure clinic; noon, Foot care clinic by appointment, volunteer shopping; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group

*Johannesburg* - 12:30 p.m. Play board games

*Vanderbilt* - 6 p.m. Smoke-free bingo

**July 3**  
*Gaylord* - 10 a.m. Catholic Communion; noon, Volunteer shopping; 1 p.m. Party bridge, Bible study/Pastor Joe; 2 p.m. Massages by appointment; 7 p.m. Square dancing

*Vanderbilt* - noon, Birthday celebration

**July 4**  
Happy Independence Day!

**July 5**

**July 6**  
*Gaylord* - 6 p.m. Chit chat group

**July 7**  
*Gaylord* - 9 a.m. Petoskey hearing; 9:30 a.m. Garden program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 1 p.m. Game day, Kitchen Band practice

*Johannesburg* - 12:30 p.m. Play board games

**July 8**  
*Gaylord* - 10 a.m. Free shopping Tuesday; 11 a.m. Burger Tuesday (by reservation); 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

**July 9**  
*Gaylord* - 9:15 a.m. Free computer lessons by appointment; 10:30 a.m. Powerhouse - Young at Heart; noon, Volunteer shopping; 12:45 p.m. Pinochle; 1 p.m. Commodities distribution; 6 p.m. Chit-chat group, smoke-free bingo

*Johannesburg* - 12:30 p.m. Play board games

*Vanderbilt* - 1 p.m. Commodities distribution; 6 p.m. Smoke-free bingo

**July 10**  
*Gaylord* - 9 a.m. Foot care clinic by appointment; 10 a.m. Catholic Communion; 1 p.m. Party bridge

**July 11**  
*Gaylord* - 8 a.m. University Center - Educational Breakfast Series, “Hearing Loss & Support”; 10:30 a.m. Reminiscence Group, “Favorite Recipes,” Powerhouse - Young at Heart; 12:45 p.m. Euchre; 6 p.m. Chit chat group; 7 p.m. Friday Night Concert Series trip

**July 12**  
*Gaylord* - 7 p.m. Square dancing

**July 13**  
*Gaylord* - 6 p.m. Knitting and crocheting

Activity sites

- Events listed as “**Gaylord**” begin at the Alten Zimmer, 120 Grandview Blvd.
- **Elmira** events are at the Elmira Township Hall, 1445 Mt. Jack Rd.
- **Johannesburg** events are at the Charlton Township Hall.
- **Vanderbilt** events take place at the Elkland Senior Center, 7910 Arthur St.
- **Powerhouse Gym** is at 1044 W. Main in Gaylord.
- The **University Center** is at 80 Livingston Blvd. in Gaylord.
- **Diocese of Gaylord** events are at 611 W. North St.
- **Otsego Haus** is at 95 Livingston Blvd., Gaylord

# Otsego County Commission on Aging

This monthly menu sponsored by:

We have so much to offer for those needing skilled services in our community

331 Meadows Drive, Grayling (989) 348-2801

Grayling Nursing and Rehabilitation Community

Professional Care, Personal Caring

Meals served at the location under the day and time stated.						
SUNDAY 1:00 p.m. Gaylord	MONDAY 12:00 p.m. Johannesburg Gaylord	TUESDAY 12:00 p.m. Elmira Vanderbilt	WEDNESDAY 12:00 p.m. Johannesburg Gaylord Vanderbilt	THURSDAY 12:00 p.m. Elmira Vanderbilt Gaylord	FRIDAY 12:00 p.m. Gaylord	SATURDAY
July		1 Stuffed peppers, mashed potatoes, California blend, fresh apple	2 Spaghetti & meatballs, green beans, salad, pine/a sauce	3 Turkey & stuffing, wax beans, carrots, fresh orange	4 Agency Closed	5
				Birthdays - Vanderbilt	Happy 4th of July	
6 Baked chicken, au gratin potatoes, peas, pineapple	7 Pepper steak, rice, sugar snap peas, cauliflower, fruit cocktail	8 Pepper steak, rice, sugar snap peas, cauliflower, fruit cocktail	9 Beef stew, salad, orange juice, applesauce, biscuit	10 Bratwurst, roasted red-skinned potatoes, grean beans, tropical fruit	11 Tilapia scampi, Yukon Golds, coleslaw, fresh orange	12
Reservations Needed						
13 Swedish meatballs, mashed potatoes, peas, pears	14 Chicken breast, sweet potato cubes, Caribbean blend, fresh orange	15 Chicken breast, sweet potato cubes, Caribbean blend, fresh orange	16 Pork chops, baked potato, Key West blend, salad, apricots	17 Chicken salad, cole-slaw, pickled beets, fresh apple	18 Taco salad, Mandarin oranges	19 Dance
Reservations Needed						
20 Baked chicken, mashed potatoes, carrots, pine/o sauce	21 Salisbury steak, mashed potatoes, cauliflower, fruit cocktail	22 Salisbury steak, mashed potatoes, cauliflower, fruit cocktail	23 Baked chicken, baked beans, salad, Mandarin oranges	24 - BBQ pork on open face whole wheat bun, baked potato, cucumber/tomato salad, pineapple	25 Tilapia, red-skinned potatoes, coleslaw, Mandarin oranges	26 Pizza
Reservations Needed				Birthdays - Gaylord		
27 Stuffed peppers, mashed potatoes, Key West blend, applesauce	28 Macaroni & cheese, stewed tomatoes, mixed vegetables, fresh orange	29 Macaroni & cheese, stewed tomatoes, mixed vegetables, fresh orange	30 Veal parmagian, rice, Sicilian blend, salad, pears	31 Chicken breast, mashed potatoes, corn, fresh apple, grape juice		
Reservations Needed	Birthdays - Joburg					



**July 14**

*Gaylord* - 9:30 a.m. Garden program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 11:30 a.m. Special music, Kitchen Band; 1 p.m. Game day  
*Johannesburg* - 12:30 p.m. Play board games

**July 15**

*Gaylord* - 10 a.m. Free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

**July 16**

*Gaylord* - 9:15 a.m. Free computer lessons by appointment; 10:30 a.m. Powerhouse - Young at Heart; noon, Volunteer shopping; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group

*Johannesburg* - 12:30 p.m. Play board games

*Vanderbilt* - 6 p.m. Smoke-free bingo

**July 17**

*Gaylord* - 10 a.m. Catholic Communion; 1 p.m. Party bridge, Bible study/Pastor Joe; 2 p.m. Massage by appointment; 6 p.m. Square dance lessons

**July 18**

*Gaylord* - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Euchre; 6 p.m. Chit chat group

**July 19**

*Gaylord* - 10 a.m. Caregiver support group, University Center; noon, Alpenfest Parade; 7 p.m. Dance, "Dancing With the Stars"

**July 20**

*Gaylord* - 6 p.m. Chit-chat group

**July 21**

*Gaylord* - 9 a.m. AARP driver safety class; 9:30 a.m. Garden program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 11:30 a.m. Special music - Dulcimer group; 1 p.m. Game day

*Johannesburg* - 11:30 a.m.

Gaylord Eye Care; 12:30 p.m. Play board games

**July 22**

*Gaylord* - 9 a.m. AARP driver safety class, foot care clinic by appointment; 10 a.m. Fishing program, free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

*Elmira* - 10 a.m. Cards; 11:30 a.m. Gaylord Eye Care; noon, Monthly birthday celebration

**July 23**

*Gaylord* - 9:15 a.m. Free computer lessons by appointment; 10:30 a.m. Powerhouse - Young at Heart; 11:30 a.m. Gaylord Eye Care; noon, Volunteer shopping; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group; 7:30 p.m. Community Band night trip

*Johannesburg* - 12:30 p.m.

Play board games

*Vanderbilt* - 6 p.m. Smoke-free bingo

**July 24**

*Gaylord* - 10 a.m. Catholic Communion; noon, Birthday celebration; 1 p.m. Party bridge; 2:30 p.m. Parkinson's Support Group, University Center

*Elmira* - 10 a.m. Cards

*Vanderbilt* - 11:30 a.m.

Gaylord Eye Care

**July 25**

*Gaylord* - 10:30 a.m. Powerhouse - Young at Heart, Reminiscence Group, "Fantasy - What would you do with \$10 million"; 12:45 p.m. Euchre; 1:30 p.m. Gaylord Eye Care; 6 p.m. Chit chat group;

**July 26**

*Gaylord* - noon, Pizza Saturday; 12:30 p.m. Grocery bingo; 7 p.m. Square dance

**July 27**

*Gaylord* - 6 p.m. Chit chat group

**July 28**

*Gaylord* - 9:30 a.m. Garden program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 1 p.m. Game day  
*Johannesburg* - noon, Monthly birthday celebration; 12:30 p.m. Play board games

**July 29**

*Gaylord* - 10 a.m. Free shopping Tuesday; 11 a.m. Summer picnic by reservation; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

**July 30**

*Gaylord* - 9:15 a.m. Free computer lessons by appointment; 10:30 a.m. Powerhouse - Young at Heart; noon, Volunteer shopping; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group

*Johannesburg* - 12:30 p.m.

Play board games

*Vanderbilt* - 6 p.m. Smoke-free bingo

**July 31**

*Gaylord* - 10 a.m. Catholic communion; 1 p.m. Party bridge; 7 p.m. Square dancing



Robert L. Halter, D.O.



Louis Habryl, D.O.



Angus Goetz, D.O.\*\*



Gilbert A. Noirot, M.D.



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# Aspen Ridge Retirement Village

*I just wanted to say thanks* from the bottom of my heart for providing a place for Marion to take sanctuary. The reception that all of your employees gave us was overwhelming and so touching to us. Dad has not experienced such compassion toward Mom since she was put in a nursing home. He was amazed at how many people walked up to her, knelt down at her eye level and spoke softly and lovingly to her. For the first time in thirteen years, Dad has been able to have peace of mind without the burden of caring for Mom himself. He can leave Mom after visiting and know that she is in good hands. It is obvious that the staff at Aspen Ridge is sincerely interested in providing the best quality of care attainable.

**Stephanie Wolfgang - Daughter-In-Law of Marion Wolfgang**

*I want to commend you* on a wonderful staff at Aspen Ridge. They are constantly tending to the residents. I never see them sitting idle and they offer true compassion not only to the residents, but to us family members as well! On one of my recent trips to visit my mom, I noticed a staff member had taken the time to give her a beautiful manicure! That seems above and beyond the call of duty and is truly appreciated. The staff behaves as if they really are caring for their own family members. Having a family member with Alzheimer's disease is very difficult. Aspen Ridge makes it bearable!

**Pam Lynch - Daughter of Viola Moore**

*What can we say to thank you* for all that you did for Mom? Each and every one of you is truly a very special person. The love and caring you gave our mom will always be stamped on our hearts. We would have never made it through her last week without your love and hugs. There is no way we will be able to thank you for all that you did. May the good Lord bless each and every one of you.

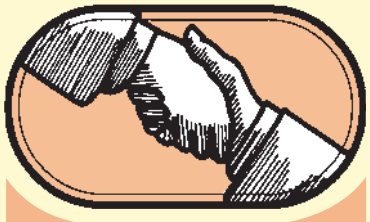
**Joyce Butcher, Barb Brown, Kathy Baalurd  
 - Daughters of Sylvia Johnson**



*Nestled in the heart of the Alpine Village, Aspen Ridge is an assisted living facility that also offers Alzheimer's and dementia care. Please call Beth Konieczny at 989-705-2500 for more information or availability.*

**"Aspen Ridge...where your family becomes our family."**  
**1261 Village Parkway • Gaylord • (989) 705-2500**





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#### MMAP

#### Otsego Haus

#### Parkinson Support Group

#### Prime Times

#### Special Events

#### Volunteer Program

# OCCOA

## OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd., Gaylord, Michigan 49735



**Eileen Godek**  
**RESEARCH &  
VOLUNTEER  
COORDINATOR**

### Congregate Meal Program meets nutritional and social needs!

Since its establishment in 1979, the Otsego County Commission on Aging (OCCOA) has been providing a host of programs, services, and activities, targeted at promoting the independence and well-being of older adults in Otsego County. One program that has been around since the agency's inception is its meal program. Today, it consists of two components: a Home-Delivered Meal Program and a Congregate Meal Program. This article will focus on the agency's Congregate Meal Program.

The Congregate Meal Program offers group meals, nutritional education, and socialization at three different meal sites in the county several days a week: the Gaylord Senior Center, the Elkland Senior Center in Vanderbilt, and the Johannesburg Senior Center. Additionally, the program provides meals for the participants at its adult-day services program, the Otsego Haus.

### Millage helps support older adult services!

In its infancy, the Congregate Meal Program was mostly funded by Older American Act grant dollars and participant donations. Over the years, as costs grew and grant dollars declined, OCCOA management realized the agency would need the help of county taxpayers to ensure the future continuation of its programs. In 1989, county taxpayers voted in a millage that has helped support older adult services in Otsego County, including its meal program, to this day.

Today, half of Congregate Meal Program funding comes from local millage dollars (52%). Older American Act grant dollars (26%) and participant donations (22%) provide the remaining funding. Last year, the Congregate Meal Program served an average of 2,167 meals per month to a total of 610 individuals at its Gaylord, Vanderbilt and Johannesburg Senior Centers. These numbers are only expected to grow as the county's Baby Boomers enter their retirement years. The agency is appreciative of the commitment of our local citizens in providing funding that supports the Congregate Meal Program, as well as other agency programs.

### The meal program offers nutritional and social benefits!

The nutritional and social benefits of the Congregate Meal Program cannot be underscored enough. OCCOA Meal Program Coordinator Suzanne Bannister observed, "Our program is governed by Operating Standards set forth by the Michigan Office of Services to the Aging. They ensure that our participants receive nutritionally-balanced meals and educational information to help them establish and maintain healthy eating habits. Most would not prepare a balanced meal if they were making it themselves and would, therefore, be at nutritional risk." She added, "This program also offers socialization for those who might otherwise eat alone. Some tell me that they only started attending the program when a neighbor or friend invited them to join them." In addition to sharing a meal, participants can enjoy socialization through the many activities that are wrapped around the meals.



**CONGREGATE MEAL  
PARTICIPANT WALT HARVEY**

Twelve-year meal participant Walt Harvey shared, "I come mainly because I enjoy the camaraderie." He laughed as he added, "And while I'm here, I might as well eat!" He also observed, "What I would make for myself would be with the help of a can opener and a microwave! Thanks to the meal program, I am eating more fruit and vegetables than I otherwise would if I were preparing a meal for myself."

### Caring staff and volunteers make it all possible!

Helping Bannister bring the meal program to participants like Walt are agency Meal Program Assistants Jean Hague, Sharon Grenke, and Wanda Cherwinski. There are also over fifty RSVP and OCCOA volunteers who help transport prepared congregate meals to the meal sites, help with the participant sign-in tables, and assist with meal preparations, table setup, cleanup, and serving.

In the spirit of helping and caring for the older adults of Otsego County, together they generate nearly 50,000 meals a year for the Congregate and Home-Delivered Meal Programs and support the food service needs of special events, activities, and educational opportunities offered by the agency. Bannister shared, "We provide service for special events like our annual Mother-Daughter Banquet and St. Patrick's Day lunch, our holiday parties, and summer picnic." She added, "We also provide assistance with trips, meetings, and the Educational Breakfast Series." She concluded, "In all we do, we try to bring quality, variety, and fun!"

**To learn more about the agency's meal program (meal days, times, site locations, and menus) and the special events and activities it supports, please call 732-1122, or log on to the agency's website, [OtsegoCountyCOA.org](http://OtsegoCountyCOA.org).**



**OCCOA ANNUAL SUMMER PICNIC  
IS A POPULAR SOCIAL EVENT**



**OCCOA KITCHEN STAFF FROM LEFT: JEAN HAGUE, SUZANNE BANNISTER (MEAL PROGRAM COORDINATOR), WANDA CHERWINSKI, AND SHARON GRENKE**

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**Fax: 989-731-2739 • [occoa@occoaonline.org](mailto:occoa@occoaonline.org) • Weekdays 8:00 am to Noon and 12:30 to 4:00 pm**

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