

# THE TATTLER



## THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

September 9, 2025

### CLARE COUNTY SENIOR SERVICES

#### *Congregate Dining & Activity Center*

The Clare County Senior Services department operates two senior dining centers throughout the county. Our centers provide seniors with fun, food, friendship and an opportunity to remain connected to the greater community. The program provides nutritious meals to persons 60 years and older. Each meal provides one-third of the daily recommended allowance.

The two dining centers provide a hot meal *five days a week* dining in. Please make a reservation at least one day in advance.

#### **Lake George: Lincoln Township Hall**

175 Lake George  
989.588.9841  
Manager: Deb Trim

#### **Hours:**

Monday-Friday: 9:30 am – 1:30 pm

#### **Harrison: Harrison Palace Senior Center**

212 Broad Street  
989.539.6515  
Manager: Amanda Blalock

#### **Hours:**

Monday-Friday: 8:00 am – 2:00 pm

### TOO MANY TREATS?

If your pooch is putting on pounds, the problem might not be what's in their food bowl, according to Lesley Kovar of Bothel, Washington, a veterinarian for more than 30 years. "You have to consider what else you are giving your pet daily, including all the treats," she says.

Daily calories from treats should equal no more than 10 percent of the food total. "If people do the math, they're feeding more like twice the recommended amount or more in treats."

Robin Roenker  
*AARP Magazine*  
June/July 2025

Roses are red,  
Violets are blue;  
My dog is my favorite,  
But you're okay too.



## I CANNOT SHOP AT COSTCO ANYMORE



Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco the Wonder Dog, who weighs 191 lbs. I was in the check-out line when a woman behind me asked if I had a dog. What did she think, I had an elephant? So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog; I was starting the Purina Diet again. I added that I probably shouldn't because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrificed, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore.

Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

*Truthbook*  
truthbook.com  
25 August 2025

## FIVE WAYS TO THWART A TEXT SCAM



Amy Nofziger, director of the AARP Fraud Watch Network Helpline, says, "There isn't an hour that goes by we don't hear from another text scam victim."

Here's her advice on how you can avoid getting scammed.

- ▶ Filter unknown numbers. Set up your phone to filter texts from numbers not in your contacts list. Block suspicious ones.
- ▶ Read carefully and slowly. If a text urges quick action, it's likely a scam.
- ▶ Don't respond. Ignore texts from unknown numbers. Legitimate senders will find other ways to reach you.
- ▶ Verify numbers. If a text asks you to call a bank or other company, look up the number. If you use the phone number in a scam text, you could be dialing straight into the scammer's call center.
- ▶ Beware of red flags. Do they want you to call a number or click on a link, or are they saying you owe money? Those are all huge signs of a scam. And if the word "crypto" is mentioned, delete and block!

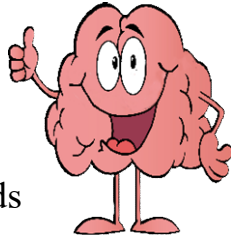
*AARP Bulletin*  
July/August 2025

## HOW THE AGING BRAIN AFFECTS THINKING

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- ❖ Be slower to find words and recall names
- ❖ Have problems with multitasking
- ❖ Experience mild decreases in the ability to pay attention



Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have larger vocabularies and greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from their many years of accumulated knowledge and experiences. Whether and how older adults apply this knowledge, and how the brain changes as a result, is an area that researchers are actively exploring.

Despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still:

- ❖ Learn new skills
- ❖ Form new memories
- ❖ Improve vocabulary and language skills

### *How the brain changes as people age*

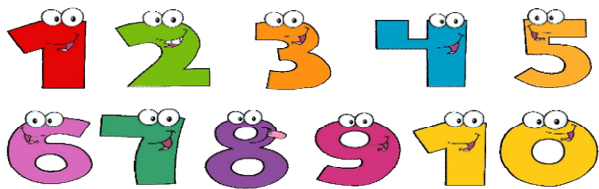
As a person gets older, changes occur in all parts of the body, including the brain.

Certain parts of the brain shrink, including those important to learning and other complex mental activities. In certain brain regions, communication between neurons may be less effective. Blood flow in the brain may decrease. Inflammation, which occurs when the body responds to an injury or disease, may increase.

These changes in the brain can affect mental function, even in healthy older people. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as people age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

Talk with your doctor if you're concerned about changes in your thinking and memory. They can help you determine whether those changes are normal or whether it could be something else.

*National Institute on Aging*  
[www.nia.nih.gov](http://www.nia.nih.gov)  
Content reviewed: 27 June 2023



## TAKE A NUMBER

### *The Surprising Complexity of Numbering All Working Americans*

Coming up with a way of identifying millions of American workers at the dawn of Social Security in the 1930s proved a daunting challenge.

The task fell to a consultant named Harry Hoff. After much trial and error, Hoff submitted the system behind most people's numbers. Here's how it worked:

- The first three digits indicated where the Social Security card was issued, though that's no longer the case.
- The next two digits were the "group number," which ran from 01 through 99 within each geographic area.
- Within each group, people were given "serial numbers" ranging from 0001 through 9999.
- Over one billion permutations of this nine-digit Social Security number exist.
- About half that many have been assigned, the Social Security Administration says.

Jon Marcus  
*AARP Bulletin*  
July/August 2025

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

-Mark Twain

*It's an excellent reminder that you shouldn't take retirement too seriously. Yes, you have a lot of free time now, but it's just a new chapter in your new adventure with many more memories and experiences in store for you.*

Headway  
makeheadway.com  
14 July 2025



"JUST THINK OF IT AS IF YOU'RE READING A LONG TEXT-MESSAGE."

**What goes up and never comes down?**

Answer: Your age

**What has a bottom at the top?**

Answer: Your legs

**What's red and smells like blue paint?**

Answer: Red paint

