



*District Health
Department No. 2*



Adult Speaker Series

For adults 55 and Older

**Most Mondays June 1st—
September 28th, 2026**

10:30am– 2pm

Skidway Lake Library

2196 E. Greenwood Rd. Prescott 48756

Lunch and Drinks Provided

**Registration Required:
by May 30th for June Dates**

**In person by the event or
signupolds@gmail.com**

Funding Provided by:



Dates and topics
are subject to
Change!





June 1, 2026- Advance Care Planning– Your Health, Your Wishes

Family, medical professionals etc. can't honor your wishes if they don't know what they are. It can be uncomfortable to think about unforeseen illness or However , advanced planning and communication can ensure that your wishes are respected, even in a catatonic medical crisis.es are respected.

Kelly Perry– MyMichigan Health

Activity: Bingo with prizes



June 8, 2026- Hospice 101

Did you know that hospice services support family and caregivers as well as the patient? Learn more about Hospice services, and resources provided under the Medicare Benefits.



Nicole Heubecker (RN Area Market Executive)

Compassus Northern MI Hospice

Activity: Gnomes



June 15, 2026- Senior Scam Awareness

Every day, people are coming up with new ways of scamming your personal information from you. This workshop will help you understand what scams are and how to deal with issues if you are scammed.

State Trooper Shane Noble—Community Service Trooper—
Prevention Services

Activity: Michigan Rummy with prizes



September 28, 2026- Understanding Simple Estate Planning, Wills, Power of Attorney and other topics

Courtney will answer your general questions regarding legal issues that concern our senior population. He can not provide legal advice about specific situations.

Speaker: Courtney Cadotte Legal Services of Northern Michigan, Inc.

Activity: Fall Wreath



Photos of activities are only an idea of what is being made, projects will vary in design and end results.

Be Sure to Thank Our Presenters!





August 31, 2026- How to Find Local Resources

Sydney will share with you different programs that offer assistance programs for needs in our community. She will cover Financial resources, referrals to medical professionals, Social Worker and more.

Sydney Funnell, LLMSW Region 9 Area Agency on Aging

Activity Yahtzee with prizes



September 14, 2026- Understanding Medicare

Open enrollment is right around the corner and April will explain the changes to Medicare for 2027. She will also talk about the difference in the parts that are needed for your health insurance needs.

April Zettel– Special Program Coordinator Ogemaw Commission on Aging



Activity Stepping Stones



September 21, 2026- Adaptive Techniques for Everyday Living

Annet will explain and demonstrate way to simplify your everyday living as we grow older. She will teach the person and their caregiver (as needed) safe ways to accomplish life skills. She will also discuss the importance of self care through massage.

Annet Culbertson, Occupational Therapist / Massage Therapist

Activity: Bingo

with prizes



June 22, 2026– Dementia Information for Everyone

Sydney will discuss dementia and help understand the stages, in a love one along with strategies to help with coping an adapting.

Sydney Funnell, LLMSW Region 9 Area Agency on Aging
Activity: Clay Pot Light House



June 29, 2026- Understanding Income Taxes

Debbi will help you understand your taxes, answer your tax question, and teach you which forms to fill out as an older adult.

Debbi Thomas– Debbi’s Tax service

Activity: Yahtzee with prizes



July 13, 2026 Healthy Recipes

Amy will discuss special nutritional needs for seniors. She will share delicious and heart-healthy recipes and demonstrate how to prepare one.

Amy Clayton RN -Public Health Coordinator District Health Department No. 2
Activity: Painted Glass





July 20, 2026- Discover Your Digital Library Branch

Discovering and using digital e-library apps. These apps will unlock books, audio books, magazines and movies to your device. PLEASE BRING THE DEVICE YOU WANT THE APPS DOWNLOADED ON



Kate VanAvken-Director White Pine Library Cooperative

Activity: Painted Rocks



July 27, 2026- Budgeting Strategies for Seniors on a Fixed Income

Learn the 9 steps to taking control of your finances with a budget for those on a fixed income.

Theresa Snider, Branch Manager, Wolverine State Credit Union, West Branch

Activity: Yahtzee with prizes



August 3, 2026- How to Prepare before you need to call 911

Calling 911 can be a scary situation for both the patient and their family. This workshop will discuss ways to help the first responders when they come into your home to assist their patient. This will specific preparation for both the patient and the person who might be placing that 911 call.

Sean Bowers– Deputy Director- Ogemaw County EMS Authority



Activity: Insect Watering Stations



August 10, 2026- Technology Help for Seniors

You will learn how to create an email account and send an email with an attachment to a friend. This will be a hands-on class, so please bring your phone or tablet.

Jenny Luzar—Adult Literacy Coordinator– IRESA & NEM Reads

Activity: Bingo with prizes



August 17, 2026- Next Chapter Careers and How to Navigate the Process

Learn some tricks and tips on how to locate and apply for your next career. Learn what you will need to bring with you and how to fill out applications online and in person.

Penny Peyea & Lori Friend, Michigan Works

Activity: Fairy Garden Planter



August 24, 2026- End of Life Planning

TBA– We are waiting on a confirmation

Activity: Michigan Rummy with prizes

