

Crawford County Senior Gazette

April 2016

**Save
a lot**
food stores
2333 S. I-75
Business Loop
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Featured Article

Judy Fuller

Ageless

It is not uncommon for a woman to hesitate before declaring her age when asked. For some the question is off-putting; for others, downright insulting. Of course there are some who have no qualms about divulging the number of years they've been alive; usually the older a woman is the more likely she is to tell. And then there is Judy Fuller.

Judy, while neither put-off nor insulted when asked, will tell you that she is ageless. "I say I am ageless because if you tell your age, people start to pigeon-hole you. They want to decide for you what you should or should not be doing 'at your age.'" And that would be unacceptable for Judy, who is the owner and operator of North Branch Outing Club in Lovells.

Judy and her late husband Daryl purchased the T.E. Douglas property in 1996; 20 acres more or less, with 400' of frontage on the north branch of the AuSable River, and including the turn of the 20th-century hotel and fly shop.

Judy was born in Jackson, MI and met Darrell at MSU, where they both earned their degrees. He was in the military, which took the couple around the world; broadening Judy's appetite for art and the way culture shapes and colors it, and after they both went through grad school they lived and had careers in southern Michigan. She was a teacher, and Darrell was an industrial engineer with Clark Equipment in Niles until the two retired from traditional jobs and followed their bent toward an entrepreneurial and artistic life.

For 15 years he hand-carved ducks, and she, an artist to the core, painted



them. "We had a good business, a good income from that," she said. But his family's vacation cottage near Lewiston, which they'd had since the 1940's, lured them north for vacations. And their route wound its way through Lovells, right past The Douglas House.

"I loved coming up for vacations," Judy told me, "but I also thought 'Who'd want to live here?'" And then in 1996, on their way to Lewiston to open the cottage on Memorial Day weekend, they saw the sign. "Douglas Hotel For Sale" it read. Darrell's eyes lit up. He was a fisherman. Judy recalls, "He looked at me

and said, 'You always wanted a big house. I'm going to buy that for you.' We kind of pulled into the driveway then pulled back out and went on."

"But," she continued, "our daughter also saw the sign on her way up. She, being younger and not as conventional, pulled in, got out of her car and peered in the windows. When she got to the cottage, she said, 'You and Dad need to buy it!'"

The Fullers decided to think about it. They decided to wait and see if it was still for sale on the July 4th weekend. It was, and they contacted the real estate agency that had the listing. "There were about 10 of us who piled in for the tour," Judy laughed. "The agent had a terrible time keeping us all together. There was a lot to see and we kept scattering." At the time, The Douglas House had been closed and vacant for 40 years. "It was not move-in ready."

They waited. In August, they looked again and learned that the little house next door to the lodge was part of the deal. In September, they, and Tom Douglas, grandson of the man who built it, agreed on a price and the work began to restore one of Crawford County's historical gems.

Cont. Pg 5



**Logging in
Northern Michigan**
See pg 4



The Banjo Picker
See pg 5

Find us by
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County Commission
on Aging & Senior
Center**

HOURS OF OPERATION

**Monday - Wednesday
8:30am to 6pm**

**Thursday
8:30am to 7pm**

**Friday
8:30am to 5pm**

**308 Lawndale St
Grayling, MI 49738**

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Advance Medical Directives Presentation Monday, April 11th at 11am

"It Always Seems Too Early, Until It's Too Late."

National Healthcare Decisions Day is April 16th. What if it happens to you...

Imagine your loved one was in a terrible accident or suffered a massive stroke, would you know what to do or what they would want if you were placed in a position to decide for them?

The most common mistake made is to assume your loved ones know what your wishes are, but if you haven't told them, how can they honor them?

After all, it's your life, you should decide. Make your decisions known and take the guessing out. Creating an advance directive and, more importantly, talking about the kind of care you want or don't want, will ease the minds of those who love you. Don't wait for a crisis start the conversation now. Loved ones are often asked to make medical decisions in a loud, fast paced hospital room not designed for conversations. Timing is everything. As an ICU nurse at Munson Medical Center for the past 10 years, Stephanie VanSlyke has seen

the tears, the anger, the guilt, the fears and the burdens patients and families cope with when there has never been a conversation. The most common mistake made is to assume your loved ones know what your wishes are, but if you haven't told them, how can they honor them?

Stephanie VanSlyke, RN from Munson Healthcare Advance Care Planning department will be at the Crawford County Commission on Aging and Senior Center, at 11 am on Monday April 11, 2016 to discuss Advance Medical Directives and honoring your wishes.

She will discuss what everyone needs to plan for now, five years from now, and when nearing the end of life. She will talk about the importance of having an advanced medical directive and why we all need one.

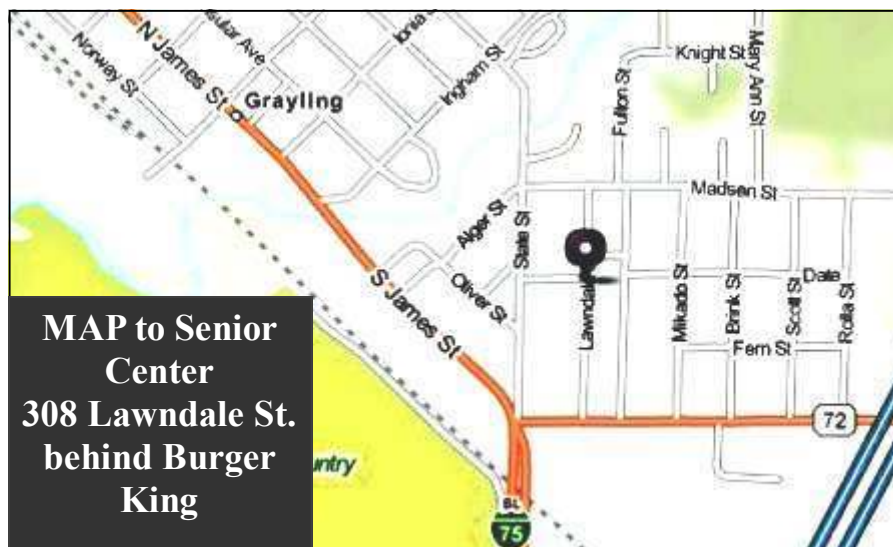
You will learn how to choose a healthcare advocate and how to start the conversation with loved ones about your medical wishes.

She will go through an advance medical directive page by page to help you understand how to complete one and answer any questions you may have.

This is a free public service. Plan to stay for lunch after the presentation!

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The Crawford County
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Aging & Senior Center
now accepts and welcomes
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Our Mission...

The mission of the Commission on Aging is to advocate and promote the well-being and independence of all older adults of Crawford County.

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community.

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Please make check to COA
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- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about planned gifts.
- ☐ I would like to volunteer for the Commission on Aging & Senior Center.

*****All Gifts are Tax Deductible*****

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Volunteers and Contributions received after March 11th will be acknowledged in the next edition of the Senior Gazette.

Donations & Payments of \$50.00 or more...



Thank You to our Volunteers

Kelsey Andrus	Ann Mitchell
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Tina Foster	Rosemary Patrick
Pat Fowler	Andrew Pepsin
Mary Jo Gingerick	Sharen Perkins
Sharron Hagerman	Carol Peterson
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George Mascarello	Cheryl Starr
Sharlene Mascarello	Jason Thompson
Fleda McWatters	Harry Wojcik

Volunteer Spotlight Sharron Hagerman



Our volunteer spotlight this month is on Sharron Blaine Hagerman. Sharron was born July 1942 in Grayling. She graduated from Grayling High School in 1961.

During high school Sharron worked at Day's Drive Inn and the Grayling Restaurant. That is where she met her husband, Jack. They were married in June 1962. The marriage last for 49 years.

They moved to Lansing for Jack to attend college. Later they moved to Alma, Michigan in 1966. Jack took a job with the State of Michigan. Sharron has three children (one son and two daughters). She was able to stay home while raising her children. That's when she got into volunteering. She did volunteering at Alma Schools in the Reading Program, Library and the Swim Team.

They ended up moving back to Grayling in 1977 into their cabin on the Manistee River. Sharron continued volunteering with the reading program in the Grayling Schools. She was asked to come to a Grayling High School Alumni meeting. That night she became the treasurer (and for the next 20 years!). She said, "It kept me in the know." In 1995-1996 she and Jack built a storage business (Stuff yr' Stuff) on M-72 West. Sharron still runs the business.

Sharron came to the Senior Center after her 60th birthday. She was asked to join the Line Dancing. "I love dancing, Wii bowling, clogging, Zumba, helping with

special dinners and any other little things I can help with", states Sharron. The Senior Center is a very special place for her. She said she has made many wonderful friends there.

Sharron enjoys spending time with her 11 grandchildren and 10 great grandchildren. She said, "I'm Blessed!"



Remember the days!

A presentation on
"Logging in Northern Michigan"
Thursday, April 7th at 5:45pm

The Commission on Aging & Senior Center will welcome Mr. Wendell L. Hoover. He served as an interpreter for Hartwick Pines for 29 years. He will share his knowledge and experiences about the history of logging during 1860-1900's. He will talk about the background of logging and who did what and why. Mr. Hoover has presented 4712 programs since 1965. Come, listen and share in our history. There is no charge and everyone is invited.



Spring
Fling

Hat Fashion Show

Start thinking about Spring and what hat you are going to wear to the Spring Fling Dinner on **Thursday, April 14th**. We are going to have a hat contest. Prizes will be given to the best looking hat and the silliest hat.

April Birthdays

Ron Rysso 4/6

Jesse Potts 4/7

Darlene Brantley 4/10

Dorothy McLaughlin 4/10

Vivian Powers 4/29

Roy Bryant 4/30

If you would like your birthday published in the Gazette please stop by or call the Senior Center and ask for a form.



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Spring Sounds



**Thursday,
April 21st
at 6:00pm
Barry VanGuilder
The Banjo Picker**

Commission on Aging & Senior Center invites you to come and enjoy The Banjo Picker. This concert is a happy, clean, and high-spirited Bluegrass, old country, folk and western swing. Barry has performed all over Michigan, at the Ohio National Bluegrass Festival, the Bean Blossom Bluegrass Festival in Indiana and the Nashville Bluegrass Festival. He has performed in various musical groups, playing a variety of instruments and styles. He has written or recorded nearly 50 songs and instrumentals.

Please join us at the Commission on Aging & Senior Center for this event at 6:00pm. This event is free of charge and open to the community. Donations will be accepted and appreciated. Join us beforehand where we will be serving Stuffed Peppers, Prince Charles Veggie Blend and Apricots. The cost of the dinner is \$5.00 for anyone under 60 years of age and a suggested donation of \$3.00 for anyone over 60 years of age.

Donated Netbooks to the COA

The Crawford-AuSable School District has donated HP Netbooks with a Linux operating system to the COA for older adults who would like them. They are basically small laptops with a keyboard. They will most likely only be able to be used for accessing the internet in a WiFi environment. You could use email (*Gmail, Yahoo, Hotmail, etc.*), Facebook, internet games, shopping and browsing. If you are not familiar with computers, training will be available. Please contact Helen Nolan at 348-7123 if you are interested in obtaining a Netbook.



"We moved up north in fall of '97, and I'll tell you, it didn't take long for the rose-colored glasses to fall off. It took 2 years to restore the main rooms and the kitchen. We opened in '99 with three bedrooms. In 2000 three more rooms became available for lodgers, followed by three more yet in 2001, and "then the rest", for 14 guest rooms in all. Judy and Darrell's daughter, Kimberly, is an interior designer and



helped a lot with getting the décor "right". Their son, Todd, moved north in 2000 to run the fly shop.

"This was really Darrell's dream. It was his passion." Judy smiled and laughed a little. "He was the dreamer, and I was the doer. He was the accelerator, and I was the brake. But you know, if you have a passion for something, that passion feeds your ambition."

The decision to restore, not renovate, was an easy one. "We tried to replicate what it was like in the 1920's when it was very 'modern' for the time. It always had indoor plumbing and electricity. But there are no TVs in the rooms; we didn't put in phones, and most of the rooms share baths. Aside from WiFi, the lodge is not modern by today's standards, but it is Vintage." Steeped in history, The Douglas House always catered to fly fishermen. Ernest Hemingway was a guest here, as well as Henry and Edsel Ford, The Dodge brothers, Thomas Edison, and Harvey Firestone, to name a few. These days, guests tend to return year after year, and greet Judy with the words, "I'm home!" and they tend to keep the same room from year to year. "They're like family," Judy said.



"The atmosphere is one of Home. It is a place to rest, relax, fish, and eat a good breakfast."

When Darrell died in 2009, Judy and Todd kept the Lodge together. But when Todd married and moved to Florida the next year, Judy was left with a decision to make. "I could sell it, or run it. There were those who told me I couldn't do it by myself, but here I am. I'm still here."

Now known as North Branch Outing Club, the lodge is open mid-April – November 1st as a Bed and Breakfast, plus the fly shop is open. "I cater mostly to my guests in the shop. It's hard to compete with the 'big boys'. In the lodge, I serve a full, hot breakfast for my guests, at a single sitting. I've been known to pack a sack lunch for guests who plan to spend the day on the river, but most times breakfast is late enough, and big enough, to carry them through."

Carrying through is something Judy knows about. "I think back to when I wondered who would ever want to live here, and all the work we did...all the work I do...I love it here. I love my house." Judy lives in the renovated 1896 structure that was the original home of T.E. Douglas's parents. "It is a perfect life for me. Six months of the year I am "on site" running things. The other six months, I am retired. I travel, and I pursue my own passion; art."

Judy's home is a riot of color. Handmade quilts, beadwork, and collected things from around the world are proof that age is just a number. Like the North Branch Outing Club; like a river that is ever-changing yet somehow the same; like the feeling you get when you return to a place that feels like home; some things are, like Judy Fuller, Ageless.



Dave Lovely 989-619-2926

1346 Clearwater Trail
Grayling, MI 49738



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Think About How You Prepare Foods

Gretchen Stelter, MSU Extension

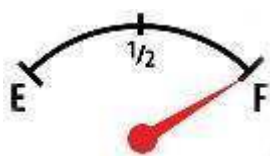


There is a reason we eat: To fuel our bodies with nourishment. The amount of calories consumed depends on our activity and how much we weigh. A rule of thumb is we burn up about 100 calories walking one mile. You can see it takes a

lot of mileage to burn up a high caloric meal that has little nutritional value in it.

Many people are curious how much exercise is needed to lose weight. The amount varies with each individual. A Calorie Balance is the balance between the calories (energy) we eat and those we burn up by being active. When we eat food we take in calories. The amount of calories in a food is determined by how it is prepared and the amount of fat, carbohydrates and protein in the food. For every gram of food there are 9 calories in fat, 4 calories in carbohydrates, and 4 calories in protein. Therefore, if we eat a food very high in fat content such as a large bowl of rich ice cream, we will have a tremendous amount of calories: over twice as much as in a food high in protein.

Calories also measure energy in food. Our bodies will use the calories in everything we do such as moving, breathing and sleeping. Generally, the harder we work (exercise) the more calories we burn up. We will burn more calories dancing than we will burn watching TV.



We need to fuel our bodies, much the same way gas fuels a car, but we must know that we do

not need super-size meals or a great deal of what one would call empty calories. Empty calories are the calories in foods that have little or no nutritional value. For example, baked goods are very high in calories, but little

nutritional value. Therefore the process on how we prepare the food can be harmful to us. We may serve broccoli as a side on a dinner plate, which is very healthy to eat. If it is prepared with a very thick heavy cheese sauce and lots of salt, the once healthy food will not be as healthy if eating large portion sizes. Apple sauce is delicious, but if you prepare it with sugar it becomes less healthy.

The amount of fat, carbohydrates, protein in a food, along with the amount of sugar and sodium will determine how healthy that food is for us. Some suggestions on balancing our calories are:

- Keep your protein to about 3 ounces
- Eat slowly
- Drink water before your meal
- Move more during the day
- Snack of veggies instead of cookies
- Use a mixture of spices instead of salt
- Skip fries and choose a salad
- Read the label to find the hidden fats, carbohydrates and sodium in food.

For more tips on health and nutrition visit Michigan State University Extension at http://msue.anr.msu.edu/topic/info/chronic_disease

Foster Grandparents

Share Today. Shape Tomorrow.

Foster Grandparents Needed!

NEMCSA's Foster Grandparent Program is looking to add new seniors to the program and could use your help.

Foster Grandparents work with children to provide special attention and academic support in classrooms. They work in Head Start centers, schools and other supervised settings.

Volunteers are needed now in Crawford County. Volunteers must be age 55 or older, meet income guidelines, be willing to maintain an average of 20 hours of service per week, pass a criminal history check and physical. They receive a \$2.65 an hour non-taxable stipend, mileage to and from school, in-service trainings with lunch included an annual physical and recognition for their service. For more information, call 989.358.4639 or 877.222.9043.



Skywarn Spotter Training

Skywarn Spotter Training classes are about ready to begin across Northern Michigan.

SKYWARN is the volunteer program of storm spotters that relay real-time weather information to the National Weather Service.

Why does the NWS need storm spotters? The National Weather Service is responsible for issuing severe weather warnings that alert people when a potential threat will affect their area. To do this, we study the environment leading up to a severe weather event in great detail and monitor technologically advanced Doppler Radar data. This technology does have limitations though. By adding in real-time reports from what the storm is actually doing

makes our warnings that much more accurate, credible, and timely. We also use spotter reports to help verify if severe weather is or did occur during the official warning. The NWS will ALWAYS need storm spotters.

If you have an interest in learning more about severe weather, you are encouraged to attend a class. The classes are free and open to everyone. There is no need to pre-register, just show up.

Spring Skywarn Training Class
Thursday, April 14th
7pm-8:30pm
Frederic Township Hall

If you have questions about any upcoming event or the spotter program, contact NWS Gaylord Warning Coordination Meteorologist Jim Keysor at james.keysor@noaa.gov.



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Penny Bingo, Thurs @1pm

Bridge
Mondays, 1pm

Card Golf
Fridays, 9am

Clogging, Regular
Mondays, 1:30pm

Crafting
Thursdays, 10am

Dinner
Monday-Thursday, 5pm
\$3.00 age 60+ \$5.00 under 60
Birthday Dinner once a month
on a Wednesday

Dulcimer Group
1st & 3rd Wednesdays
9:00-10:30am

Euchre
Tuesdays, 1pm

Exercise
Thursday, 11am
Friday, 10am

Karaoke
Will resume Friday, May 6th
at 3:30pm

Legal Assistance
4th Wednesdays, 1-4pm

Line Dancing
Wednesdays, 10am

Lunch
Monday-Friday, 12 noon
\$3.00 age 60+ \$5.00 under 60
Frederic Satellite 2nd Fri.
Lovells Satellite 3rd Fri.

Mahjong
Wednesdays, 1pm

Pickleball
Mondays, 3:30pm
Grayling Elementary School
Wednesdays 10:00am
Frederic Township Hall

Pokeno
Thursdays, 10am

Pool
Ball-in-Hand, Wednesdays,
1pm Nine Ball, Fridays, 1pm

Soup (2 choices per meal)
Lunch Monday-Friday starting
at 11:30am. Dinner Monday-
Thursday starting at 4:30pm.
\$1.00 per bowl
Also available to go

Trips
Special trips for seniors are
planned May through October
to a variety of instate locations,
all priced under \$100 to include
meals and transportation.

Unlucky 7's
Wednesdays, 2:30pm

Wii Bowling
Wednesdays, 1pm

Zumba Gold
Tuesdays, 10am

Support Groups

Alzheimer's Support Group

3rd Wednesday 11am-Noon
The Brook of Grayling; 503 Rose St.
For more info call Lindsey at the
Senior Center, 348-7123

Healthy Relationships for Women

Call 348-3169 for times and locations.
One-on-one assistance available.

TOPS Weight Loss Class

Thursdays 4:30 - 6pm
St. John Lutheran Church, Grayling
Call Mary Kay for more info
at 348-1398

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday - 12:00pm
Sunday, Tuesday, Friday - 8pm,
St. Francis Church, Grayling
Thursdays - 8pm,
Women's Meeting, Thursdays - 6pm
Crawford Center
Behind Munson Hospital
Saturdays - 12:00pm
Grayling Township Hall
For more info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am & Tuesdays 8pm
St. Francis Episcopal Church, Grayling
Thursdays 8pm Behind Munson Hospital
Grayling, Education Center, AuSable Rm
For more info call Greg at 348-1382

Narcotics Anonymous

Tuesdays 6:30pm Roscommon at the
Free Methodist Church on M-18
Sundays 6:30 pm
Houghton Lake Alano Club,
2410 N. Markey Rd.
Thursdays 6:30pm
United Methodist Church on M-55
For more info call Ted 989-429-8100

Diabetes Support Group

4th Tuesday 4:30pm - 5:30pm
Huron Pines Rm at Munson Hospital
Grayling. For more info call 344-5857

Healing Together

Community Grief Support Program
3rd Thursday 4:00pm
The Brook of Grayling; 503 Rose St.
For more info call 1-989-343-2470

Winners at the Valentine's Day Dinner - 50/50 of \$116.50 went to
Mel Moore and the door prize of handmade cross stitched pillow shams donated
by Mary Jo Gingerick went to Ron Gribb.

Spring Fling Dinner

Thursday, April 14th



Pork Loin
Twice Baked Potatoes
Nantucket Blend
Vegetable
Spiced Apple Rings
Pie

Serving Dinner
4-6pm
No
Reservations
Required!

Suggested Donation for 60+ \$3.00. Under 60 \$5.00

Commission on Aging & Senior Center; 308 Lawndale St. Grayling
Join us for our Mother's Day Dinner Thursday, May 12th

Senior Center Meal Program

Mon - Fri. Lunch served at 12pm
Mon - Thurs. Dinner served at 5pm

Lunch and Dinner suggested
donation of \$3.00.
Under 60 cost \$5.00.

2 Choices of Soups served daily

<u>Bowl of Soup</u> \$1.00 per bowl	Milk 30¢ with a bowl of soup
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Soup is available starting 11:30/4:30
To go soup is available

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div>Crawford County Commission on Aging & Senior Center April 2016 At-A-Glance Meal & Activities Calendar</div>		<div>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling Located Behind Burger King Must be a first time meal.</div>		<div>1 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball</div>	2
3	4 <div>12pm Lunch – Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</div>	5 <div>10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 1-3pm Neck Msg Appt.Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce</div>	6 <div>9am Dulcimer Group 9:30am Commodities @ St Mary's 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums</div>	7 <div>9am Munson Free Breakfast Pres. 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries 5:45pm Logging in Northern Mi. Pres.</div>	8 <div>9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball</div>	9
10	11 <div>11am Advance Medical Directives 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</div>	12 <div>10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Pear</div>	13 <div>10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</div>	14 <div>10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Chicken & Mushroom Orechiette, Broccoli, Mixed Vegetables, Red Grapes Wii Bowling w/Kalkaska 1pm Penny Bingo 4-6pm Spring Fling Dinner Pork Loin, Twice Baked Potatoes, Nantucket Blend Vegetable, Spiced Apple Rings, Pie</div>	15 <div>9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Hilltop Manor Pantry Bingo 1pm Pool – 9 Ball</div>	16
17	18 <div>12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</div>	19 <div>10am Bible Study 10am Zumba Gold 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Pear 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt.Req'd 5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 6pm COA Board Mtg @ Center</div>	20 <div>9am Dulcimer Group 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Mahjong 1pm Wii Bowling 1pm Pool- Ball in Hand 2:30pm Unlucky 7's 5pm Birthday Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries, Cake & Ice Cream</div>	21 <div>10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots 6pm The Banjo Picker</div>	22 <div>9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball</div>	23
24	25 <div>12pm Lunch - Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</div>	26 <div>10am Bible Study 10am Zumba Gold 12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad w/Tomato, Winter Blend Vegetable, Red Grapes</div>	27 <div>10am Line Dancing 10am Pickleball @ Frederic Twp Hall 11am Seniors Against Cancer Mtg. 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1-4pm Legal Assist.–Appt. Required 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast in Gravy, Green Beans, Apple Slices</div>	28 <div>10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, broccoli, Strawberries Wii Bowling w/Bellaire 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches</div>	29 <div>9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm InTelliCare Pantry Bingo 1pm Pool-9 Ball</div>	30 Neighborhood Connection Yard Sale, 10-2p at the Eagles

Assistance to Help You Maintain Your Independence

SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure

& Blood Sugar Checks

by *Munson Home Health Care*

Tuesdays, 4-5pm

By *InTeleCare* - Friday, 11am

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

2nd Tuesday, 11:30-5:30pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are often available at no cost.

Medical Equipment Loan Closet

Many items are available to be borrowed at no cost.

Nutrition Services

Boost Plus

Discounted cost for liquid nutrition with a prescription from your doctor.

Commodities Food Distribution

Monthly, 9:30-10:30am @ St. Mary's

Community Garden

Cooperative community garden space available free of charge.

Congregate Meal Program

Lunch is provided Monday-Friday at 12 noon and Dinner is provided at 5pm Monday - Thursday. Suggested donation for seniors 60+ is \$3.00 and for those under 60, \$5.00 cost.

Home Delivered Meals

(Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh

Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. *Also available to go.*

T.E.F.A.P. Food Distribution

Quarterly, 1st Monday, 1-3pm

@ American Legion Hall

Resources

Computers

Internet computers are available at the Senior Center for your use, Mon - Wed 8:30-6pm, Thurs 8:30-7pm, and Fri. 8:30-5pm

Information and Assistance

Our staff are ready to assist you in finding answers to your questions or to assist in finding available resources.

Medicaid/Medicare Assistance Program (MMAP)

Trained counselors help seniors in deciding which health insurance options are best for them.

Medical Transportation

We can assist in arranging transportation for seniors who have no other means.

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

A monthly Senior Gazette which is full of information for seniors and their caregivers.

SHARP

Senior Home Assistance & Repair Program is designed to provide assistance to low income seniors who are in need of services such as Yard Work, Snow Removal and Minor Home Repairs and Modifications.

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered twice each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

Stress Less with Mindfulness

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression and anxiety.

Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



Listen
for our Calendar
of Events every
morning at

7:40am on Q100.3, WQON courtesy of
the Grayling Chamber and Blarney Stone
Broadcasting.



How We Served You in February 2016! At the Senior Center

- We served **961** Congregate Meals
- We served **318** Soups
- Activities/Events Attendance **845**
- Average # of Daily Visitors **69**

In-Home Services

- Delivered **2465** home delivered meals.
- Provided **169.50** hours of respite care.
- We provided **303.25** hours of homemaker services.
- We provided **76.25** hours of bathing assistance services.

Drop Off Your Old, Unused & Expired Medications

*All Prescription, Over-the-Counter & Pet Medications,
including Injectables, Patches, Inhalers & Powders*

Anytime at Crawford County Sheriff's Department
and Grayling City Hall. During business hours
at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!



Social Security Tips

From Bob Simpson,
Traverse City Social Security Office



Question & Answer Time

Question:

Someone stole my Social Security number, and it's being used repeatedly. Does Social Security issue new Social Security numbers to victims of repeated identity theft?



Answer:

Identity theft is one of the fastest growing crimes in America, so you aren't alone. If you've done all you can to identify and fix the problem, including contacting the Federal Trade Commission, but someone is still using your number, Social Security may assign you a new number. If you decide to apply for a new number, you'll need to prove your identity, age, and U.S. citizenship or immigration status. You'll also need to provide evidence you're having ongoing problems because of the misuse of your current Social Security number. You can read more about identity theft at www.socialsecurity.gov/pubs.

Question:

We've hired a housekeeper that comes once a week. Do we have to withhold Social Security taxes from our housekeeper's earnings?

Answer:

It depends on how much you're paying the housekeeper. If you pay a housekeeper or other household worker \$1,900 or more in cash wages throughout the year, you

must deduct Social Security and Medicare taxes. This holds true for a cleaning person, cook, gardener, babysitter, or anyone else who provides services for you. In addition, you must report these wages once a year. There are exceptions, for example, when you are hiring a company or independent contractor and paying them a fee for services instead of wages to an individual. You can learn more about household workers and tax deductions by reading our publication, *Household Workers*, at www.socialsecurity.gov/pubs.

Question:

Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

Answer:

Possibly. And, you can get Social Security retirement or survivors benefits and work at the same time. Each year, we review the records for all working Social Security recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and pay the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at www.socialsecurity.gov/pubs.



Senior Gazette



Reaching Seniors and Beyond!



MUNSON HEALTHCARE
Crawford Continuing
Care Center

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317

munsonhealthcare.org

Rewarding
Experiences.

Remarkable Care.



Supporting Crawford County's Senior Citizens

4786 North Down River Rd.

P.O. Box 668

Grayling, MI 49738

(989) 348-7321

800) 968-2722

Fax (989) 348-7698

Personal Action Toward
Health (PATH)
Self-management
Education Program



Be a LEADER on the PATH to a
healthier lifestyle!

2016 Chronic Disease, Diabetes & Pain PATH Leader Trainings

Learn how to facilitate the PATH Self-Management Program, a six-week course for individuals with chronic conditions. This National Evidence-Based, Disease Prevention Program was developed by Stanford University on the belief that individuals can manage their chronic health conditions and live a healthier lifestyle.

Training Topics Include:

- Managing symptoms
- Communicating with health care professionals
- Dealing with anger, fear, pain, frustration and depression
- Value of activity/movement
- Problem solving
- Relaxation and stress management techniques

Northern Michigan Leader Trainings 2016

Diabetes PATH Training

June 22, 23, 29 & 30

9:30am - 4:30 pm

Grayling MI Works! Office

Register by Contacting Alice Snyder at
989-348-7123.

Thank You
to All of Our
Faithful Meals on
Wheels Drivers!!
You make a
difference
every day.



Grayling **Save a lot**

Purchase of

1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Homo.

Valid Apr 1, 2016 thru Apr 30, 2016

2333 S. I-75 Business Loop

Look for printable coupons at www.Save-A-Lot.com

Limit 2 Please
with coupon

348-6690

Random Word Search Puzzle (bring in for a prize)

F B R L Q V L L D T T E T A T C R A O C M P O
X N D A Y Y G R A N O D I O R I T E P W Z V N
E M B A R K E H R Y P L J N B M M C V O O C K
F O M I W R G I N X R D H A B U T A E P H K S
Q X G A R Y N E L L E H N A Y R R E U Q E X N
S D A J D H P A R G O E M I M S G F Y B X F X
A D L R U H F P L A T I N O T R O N B R A E Q
E E L M N Y E S J I Y D E T H G I L E D N U U
R H E S K Z R J O H A N Q O T K L F M G Q U J
I Q V M P R E N E C E S S I T A T E D X N C W
F M I C R I T T M A N C U Q P E O L E G E H A
I G A N K Y W Q D F Z O Z D B Y F T E P K C W
C Z T B V F Q H D E E J P L X A C Z D M G F E
A D O E Q B E T L M T L G A I O J Q X F O I E
T Y R A T N E M U G E T B U S X I P E G O G T
I E L A T N E M U N O M E R P O N S U N W N U
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N K Z X B A N J Z H E O S Z X S M T Y T G L R
E C L H K Y H D R R V Y B W I R I I S A D L I
Q N O H M N N L T E U F X D T U C R E N E I H
E L I O F N I T R A F X D V Z D A H S E D W U
S O K V R B G T R S D B A L V M L P N T U N B
S T R R S B I J G Z G P N B Z Z N E A A R U A
E M U P I P H H O Z B X R Y M M E N D C T C T
N U O N P F S C R A P E V N A V M O E Y O L I
E D S L E E L A V Y E K F O N V O L R B R J G
L K E Y K R L Z W N W S T I U G W E T J P W E
B B L Y H J G M L P S R G T B P H Y N E N Y C
A K G F J Z B Y S E A G C A R I S P O Z U R R
I G G M Q Y F O N N R X Z Z I O A J C F L T D
L D I F I D K D S Q V M E I A O W F P P Y E M
E D X U H Z R V D J M P Q N L B I H H D Q M D
R U G R P A A M Y I F N M O N N B Z M E F O D
N A T U W L Z K J R I A C G D M E K R S B I B
U X S T U V N W B H A S O A M Q H R P H L H O
Q M U I J T I G S V H O L T H P O O K L Z C P
Y O N B N R M O H J N O L N K I Y E H H R E W
G G T O C O O D S T J W I A A T H E H W E O C
Y S Z R E W X L P U D A E S U B L U N A R T S
I O A A C G X L N G U X R E E V J A C I K S N
K A I K E U Z U N P X H Y P E R O P I A E O D
M D H T D M G B D G B K W S C V R E Y M Q S Z
N R S A D N E T I L A T N A T O R T T Y K X Z
F Y B K I P N H A U A T C I F P V O P I V Z U
X I T B X X N T H P P G E U K W V L P U W E K

- 1. embark
- 2. washwomen
- 3. sour
- 4. remonstrator
- 5. hyperopia
- 6. bing
- 7. bulldog
- 8. platinotron
- 9. mugwort
- 10. alleviator
- 11. outwardness
- 12. scrape
- 13. pre-necessitated
- 14. hirsute
- 15. premonumental
- 16. collier
- 17. subtegumentary
- 18. hegel
- 19. overtipple
- 20. pyelonephritis
- 21. equerry
- 22. tabu
- 23. coarctate
- 24. habutae
- 25. granodiorite
- 26. tinfoil
- 27. rittman
- 28. manubrial
- 29. catenating
- 30. dunk
- 31. aerification
- 32. shin
- 33. sublunar
- 34. yttrantalite
- 35. stoichiometry
- 36. mimeograph
- 37. contredanses
- 38. transvaluing
- 39. johan
- 40. unprotruded
- 41. antagonization
- 42. borak
- 43. inimical
- 44. undelighted
- 45. gary
- 46. unwilling
- 47. unreliableness
- 48. ref
- 49. brae
- 50. hellen

Cook's Corner
Classic White Bread

- 6-7 cups all purpose flour or bread flour
- 3 TBS. sugar
- 1 TBS. salt
- 2 TBS. shortening
- 2 packages regular or quick active dry yeast (4 1/2 teas.)
- 2 1/4 cups very warm water, (120 - 130) degrees
- 2 TBS. butter or margarine, melted, if desired



In large bowl stir 3 1/2 cups of the flour, the sugar, salt, shortening and yeast until well mixed.

Add warm water and beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.

Place dough on lightly floured surface. Knead about 10 minutes or until dough is smooth and springy. Grease large bowl with shortening. Place dough in bowl, turning dough to grease all sides. Cover Bowl loosely with plastic wrap and let rise in warm place 40-60 minutes or until dough has doubled in size. Dough is ready if indentation remains when touched.

Grease bottoms and sides of two 8x4" or 9x5" loaf pans with shortening or spray with cooking spray.

Gently push fist into dough to deflate. Divide dough in half. Flatten each half with hand or rolling pin into 18"x9" rectangle on lightly floured surface. Roll dough up tightly beginning at 9" side. Press with thumbs to seal after each turn. Pinch each end of roll to seal. Fold ends under loaf, and place seam side down in pan. Brush loaves lightly with butter. Cover loosely with plastic wrap or clean cotton towel and let rise in warm place 35 - 45 minutes or until doubled in size.

Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 400 degrees. Bake 25-30 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to wire rack, brush loaves with butter and cool.

Recipe submitted by Eileen Langhorne

Do you and your co-workers need a little something to warm you up at Lunch?

Featured Soups

- Monday - Corn Chowder
- Tuesday - Potato
- Wed- Cream of Mushroom
- Thursday - Bean and Ham
- Friday - Chili

Two soup choices daily!

Soup to Go



\$1.00

Now Available

Monday-Friday 11:30-12:30
Crawford County Commission
on Aging & Senior Center
308 Lawndale St.
Stop by or call ahead & Order
(989) 348-7123

Brain Health As You Age: You Can Make a Difference

Featuring Dr. Cornelius Robens, MD, Neurologist

Free Breakfast Presentation, Thursday, April 7th at 9am at the Commission on Aging & Senior Center

Brain Health As You Age: You Can Make a Difference!!

For the vast majority of adults, staying “mentally sharp” as they age is a high priority. People forget things—a name, where they put their keys, a phone number—and yet what is dismissed as a minor inconvenience at 25 years of age, can evolve into a momentary anxiety at 35, and a major source of personal worry at ages 55 or 60. Memory lapses may trigger fears of Alzheimer’s disease or other dementia-related diseases. Forgetfulness at older ages is often linked with a decline in cognition—a public health issue that goes beyond memory lapses and one that can have significant impacts on independent living and healthy aging.

Like other organs, the human brain changes with age in both its physical structures and its ability to carry out various functions. The brain is responsible for “cognition,” a term that covers many mental abilities and processes including memory, decision making, processing speed, attention, problem-solving, wisdom and learning. As a person ages, these functions may change – a process called “cognitive aging.”

Cognitive aging is not a disease. In fact, it is a process that occurs in every individual, beginning at birth and continuing throughout the life span. There is tremendous variability in how people’s cognition changes as they age. Some older

adults may experience very few effects from cognitive aging, while in others the effects may be more pronounced. Furthermore, an individual’s cognitive function may vary from one day to another.



Brain Health
You Can Make a Difference!

Aging can affect the cognitive abilities needed to perform daily tasks, such as paying bills, driving, following recipes, and sticking to medication schedules. It can challenge an older person’s ability to live independently, pursue favorite activities, and maintain a sense of identity. As a result, some older adults are reluctant to tell loved ones or care providers when they

experience change in their cognitive function. But there are actions individuals and their families can take to support and promote their cognitive health and to adapt to age-related cognitive changes. It is important to overcome stigma and misconceptions that might prevent older adults from seeking resources that can help promote their cognitive health and overall quality of life.



BOOST YOUR BRAIN HEALTH

At this point in time, when the older population is rapidly growing in the United States and across the globe, it is important to identify the positive steps that can be taken to promote brain health. Living a healthy life is important for better aging and reducing important risks to brain health. To learn more about what you can do to protect your brain health as you age, please join Dr. Cornelius Robens, MD, Neurologist, for a FREE breakfast

Breakfast Menu

**Amish Breakfast Casserole,
Fresh Fruit, Muffin,
Coffee & Juice**

and presentation at the Crawford County Commission on Aging and Senior Center, 9 a.m. on Thursday, April 7, 2016.

*Adapted from IOM and NIH -
Cognitive Aging*

Seniors Against Cancer



Seniors Against Cancer (SAC) Team is looking for more members. If you are interested in joining us, please let us know. There is not a charge to be on the team. The main goal is to raise funds for cancer research.

Everyone has been touched in some way with this awful disease. Everyone can do something to help. It’s not too early to get moving. The goal for Crawford County is \$30,000. Please plan to participate with SAC. Our next meeting will be:

Wednesday, April 27th at 11:00am
at the Senior Center. For further information please contact Linda Ahnert at 348-1606.

Let’s Play Pickleball!

Starting on April 6th, you can play Pickleball at the Frederic Township Hall on **Wednesday mornings from 10:00am to 12:00**. We will continue to play on Mondays at the Grayling Elementary School from 3:30 pm to 5:00pm. No experience needed. Come and have some fun while learning a new game. Pickleball is an active game with a mix of Ping-Pong, Tennis, Badminton and Volleyball.



Grayling Community Health Center now offers

Walk-In Care Services for Minor Injuries & Illnesses.

No appointment necessary. Open to the community Monday–Friday from 11:00am–7:00pm. Call 989-348-0550 or visit munsonhealthcare.org/graylinghospital to learn more.

1250 E. Michigan Avenue | Grayling, MI 49738 | 989-348-0550



MUNSON HEALTHCARE
Grayling Community Health Center

Credit Cards Accepted

Crawford County Commission on Aging & Senior Center is **NOW** accepting **Credit Cards!** Donations & payments of \$50.00 or more; including Visa, MasterCard, American Express & Discover Card can be used.





Grayling Farmers Market Delivery Service Proposal

The Grayling Farmers Market is looking at offering a free delivery service to the Crawford County Commission on Aging & Senior Center participants as well as those who receive Meals on Wheels.

This service would work somewhat like this:

- Shopping List would be composed of items vendors will be selling at the farm market on Friday.
- List would be dropped off at the Senior Center (or e-mailed to you if preferred) on Monday.
- Orders and payment would be collected at the Senior Center Reception window through Wednesday afternoon. EBT Bridge cards can be accepted for the Food Assistance Program (food stamps).
- Orders would be delivered to the Senior Center on Friday for disbursement. Purchases would be required to be picked up by the end of the business day on Friday.



Eating a diet with plenty of fruits and vegetables has been linked to improved health. Fruits

and vegetables are loaded with vitamins, minerals, fiber, and antioxidants, which have been shown to protect against chronic diseases such as heart disease and cancer. It is important that everyone has access to fresh produce. This program is targeted to help those individuals who, for whatever reason, are unable to visit the Farmers Market themselves.

At this time, we are trying to gather information to see how many people feel they would take advantage of this fresh produce project.

If you are interested please contact Therese at the City of Grayling at 989-348-2131 or by e-mail at frontdesk@cityofgrayling.org.

Neighborhood Connections Annual Community Yard Sale



To support the Neighborhood Connections event we are organizing the 2nd Annual Community Yard Sale. This sale will take place on:

**Saturday, April 30 from 10am-2pm
At The Eagles**

602 Huron St. Grayling

Our first yard sale was great fun, and we raised more than \$700 to support Neighborhood Connections. Our goal this year is to do the same. But we need your help! Please consider making a donation of gently used household goods, toys, clothing, books, sporting equipment, etc. We ask that items are small enough to be carried, and, please, no computers or televisions. Items may be dropped off at two locations:

Crawford County Christian Help Center

300 Huron St, Grayling, MI 49738
(989) 348-6046

Crawford County Transportation Authority
4276 W North Down River Rd,
Grayling, MI 49738
(989) 348-8215

Please contact Leilani Kitler at (231) 876-3280 or Leilani.kitler@nlcmh.org if you have questions about the Community Yard Sale or Neighborhood Connections. Thank you in advance for your generosity and support of Neighborhood Connections.

What a Great Idea!



Neighborhood Connections

The Crawford County Neighborhood Connections Planning Committee is asking for your support again this

year. We need household items, personal care items and school supplies to distribute at the Neighborhood Connections event in August 2016.

Please consider making a donation of a **bottle of laundry detergent, body wash, shampoo or deodorant** when you come to the Senior Center. We will be sure they get to the event. We ran out of school supplies very quickly last year. We appreciate **spiral bound**

notebooks, pencils, pens, crayons, binders, etc. Numerous families with school age children attend the event each year, and they can always use school supplies.

Thank you for all you do to support Neighborhood Connections!



MMR Plus \$49 Membership Program



Contact our Membership Specialists
866-781-3218 or visit www.mobilemedical.org

MMR Plus is an optional membership program designed to help provide relief from some out of pocket expenses for medically necessary ambulance transportation by MMR.

MMR will waive insurance copayments for patients who join our program. MMR Plus is an affordable family membership program.

Application form and more details available online!

ADVANTAGE AUDIOLOGY & HEARING CENTER

Ryan T. Hamilton, Au.D.
Audiologist & Director

rhamiltonaud@gmail.com
www.advantagehearingonline.com
Phone: (989) 745-6667
Fax: (989) 745-6668
2375 Business Loop I-75
Grayling, MI 49738

BECOME a VOLUNTEER WE WANT YOU!

Crawford County Commission on Aging & Senior Center

• Computer Assistance

Looking for someone with expertise in technology to assist seniors with questions about computers, tablets, iPad and other electronics. No degree necessary. If interested, call Helen at 989-348-7123.

- **Minor Home Repairs** – Help with minor home repairs. Examples include installing a handheld shower, building a ramp, widening a doorway, yard work, etc. We also need someone to help coordinate the program



- **Kitchen Helpers** - Do you like to work in the kitchen? We could use help making sandwiches, cupping fruit, packing bags, serving and doing dishes.

- **Medical Transporter**- Volunteer drivers are on an "as needed basis" when older adults have a medical appt. Mileage is reimbursed by the older adult. A criminal history background check is required, along with a valid driver's license and a clean reliable vehicle with current insurance coverage.



- **Meals on Wheels Program** - Enjoy driving? Drivers are needed to deliver meals on Mondays, Wednesdays and Fridays. Need to pass a criminal history background check, have a valid driver's license, a reliable vehicle with current insurance coverage and be able to lift heavy bags.

Nine Things to Collect that Make a Huge Difference

Grayling Elementary School collects: **Box Tops** for Education, **Campbell Soup Labels**, and **Aunt Millie's Bread UPC codes** for many things including field trips, special programs & assemblies and parent/child activity nights.

The American Legion collects:

Pop Tabs for a program called Tabs for Tots which goes to purchase pediatric equipment for Munson Hospital Grayling and the various EMS vehicles in the Legion's district.

The Lion's Club collects

used eyeglasses to be sent directly to those in need in countries abroad and **used hearing aids** to be refurbished by Munson Health System and distributed to people who are unable to afford them.

The COA and The Medicine Shoppe

have a **medical equipment** loan closet. If you have any that you are not using, we will be happy to pass them on to others who need them. See page 10 on how to properly dispose of used medications.

We also accept old **American flags** to be properly disposed of. You can deliver them all to the Commission on Aging & Senior Center and we'll get them to the right organization.

NEMCSA BOARD VACANCY NEMCSA NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY, INC.

The Northeast Michigan Community Service Agency currently has an opening on their Board of Directors representing Crawford County.

The mission at NEMCSA is to provide quality programs and services to strengthen and enhance the self-sufficiency of individuals, families and communities through the best use of human and financial resources, focusing on those who are experiencing an economic hardship.

We are seeking an individual who:

- Expressed interest in programs involving the low-income, elderly, persons with disabilities, or otherwise disadvantaged and the community.
- Wide based community involvement.
- Any special purposes which are in concert with the purposes and goals of the corporation; and/or
- any special educational or experience background that will assist the board in its mission.

If interested, please contact Alice Snyder at (989)-348-7123.

REGION 9 AREA AGENCY ON AGING

Community Based Care
In-Home Care Management
for the Elderly and Disabled

For more information and services available to seniors over the age of 60 please call the AAA or the In-Home Services Coordinator at the senior center nearest you.

1-877-345-1975

After 82 years, they still have a lot of living to do.



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

Brookretirement.com
or call **989-745-6500**

*We're pet
friendly!*



The Brook
Retirement Communities

Big Rapids • Boyne City • Cheboygan • Gaylord • Gladwin • Grayling
Houghton Lake • Newaygo • Roscommon • West Branch

McLEAN'S **ACE** HARDWARE The helpful place.

April 29th & 30th

Come join the community in celebrating the Grand Opening of the new McLean's Ace Repair Shop! Take advantage of some great specials, delicious food, and prize giveaways. Enjoy chain saw carvings, a live remote with Q100 & the Q-Crew and other demonstrations throughout this two day celebration!



McLEAN'S **ACE REPAIR SHOP**

Fix it and save a buck!

We sell Stihl, Husqvarna & Craftsman! Certified to repair Stihl & Husqvarna Equipment!

SHOP: 989-348-1003
Mcleansacehardware@hotmail.com



Smartphone Scan to
our Website

308 Lawndale St.
Grayling, MI 49738
989-348-7123 phone
989-348-8342 fax
director@crawfordcoa.org
RETURN SERVICE REQUESTED



YELLOW JUG OLD DRUGS DISPOSAL PROGRAM

By Michele Steffey, R.Ph.
The Medicine Shoppe Pharmacy

The Medicine Shoppe of Grayling is now one of the first pharmacies in the state to be licensed to collect unused, unwanted or expired controlled substance (Narcotic) prescriptions for proper disposal.

Yellow Jug Old Drugs is a program originally designed to collect and properly dispose of unused, unwanted or expired non-controlled (non-narcotic) medications instead of disposing of them down the sink or in our landfills. The program was developed in northeastern Michigan and is coordinated by the Great Lakes Clean Water Organization. The Medicine Shoppe of Grayling has been a participating pharmacy since its inception in 2009. The service is **FREE** to use as the cost is supported by your local pharmacy. <http://www.greatlakescleanwater.org/yellow-jug-old-drugs/>

We are truly blessed to live in such a beautiful area, having both the AuSable and Manistee Rivers in our community. According to the Environmental Protection Agency (EPA), studies throughout the US have revealed the presence of trace amounts of pharmaceutical compounds in surface and ground water. A *US Geological Survey study concluded that 80% of streams sampled contained detectable levels of compounds found in common medications.*

As of January 2016, the Yellow Jug program has disposed of 133 tons of raw RX-waste (not including bottles, labels or packaging). To date, the Medicine Shoppe of Grayling has collected and disposed of 1,282 pounds! We are very proud to have made such an impact in our local community.

Recent changes by the Drug Enforcement Administration (DEA) now allow pharmacies to become licensed to also take-back and properly dispose of controlled substance (Narcotic) prescription medications. Proper disposal of unused/unwanted prescription drugs with abuse potential is also a key

weapon in the fight against misuse of prescription drugs. The family's medicine cabinet is a significant source of the prescription drugs that end up in our schools and on the streets. The Medicine Shoppe of Grayling is the only pharmacy in Crawford County properly licensed by the DEA and partnering with the Yellow Jug program to take-back controlled substances.

Pharmacists, health professionals, waste management authorities, municipalities, and government agencies agree that action is needed NOW to stop the practice of flushing medications down the drain/ toilet or sending medications to the landfills. Check your medicine cabinets for all unused, unwanted or expired medications. Do your part to keep our waters clean and drug free. Bring in all medications that are no longer needed to The Medicine Shoppe Pharmacy, the Sheriff Office or Grayling City Police for proper disposal. All medications are accepted, including controlled and non-controlled substances, vitamins, over the counter meds and even your pet medications. The Yellow Jug Old Drug containers and their contents are picked up at the pharmacy and transported to a Waste-to-Energy facility for secure and assured destruction.

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE

Call Store For Details



Proudly Serving Our Community Since 1999

The Medicine Shoppe
500 N. James St. • Grayling
989-348-2000
Senior discount available daily.

BULK RATE
U.S. POSTAGE
PAID
Grayling, MI 49738
Permit No. 62



Do you have concerns about falling?



A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by a trained facilitator.

May 2, 4, 9, 11, 18, 23rd & 24th
9:30am to 11:30am
Frederic Township Hall
6470 Manistee, Frederic

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and
- Balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

For more information or to register please contact: Gretchen Stelter,
989-344-3264 ext. 1

MICHIGAN STATE UNIVERSITY Extension

NECK MASSAGE THERAPY



Neck Massage Appointments are available on the 1st Tuesday of the month from 1-3pm with Heidi Vogel and on the 3rd Tuesday of the month from 4:30-5:30pm with Cheryl Hopp. Both are licensed therapist.

There is not a charge for these massages, but you are required to have an appointment by calling 989-348-7123 to schedule your 10 minute session.