

Highlights:

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- Pg 2 Chronic Pain Path Class
- Pg 2 DHHS Specialist
- Pg 4 Volunteer Spotlight *Roy Bryant*
- Pg 4 COA Rummage Sale
- Pg 5 Smart Meters Pres.
- Pg 6 Senior Companions
- Pg 6 RSVP Project Director
- Pg 7 BBQ Pork Roast Dinner
- Pg 7 Ongoing Activities
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- Pg 11 Munson Hospice
- Pg 12 Word Search
- Pg 12 Cook's Corner
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- Pg 16 Neighborhood Connection

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- Pg 6 Save-A-Lot
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- Pg 12 Congregate Meal
- Pg 14 Millikin's

Featured Article

Judy Morford *I Hope You Dance*

Every child has a dream of what they'll be when they grow up. And yes, some see their dreams come true; whether to become a teacher, a dancer, a singer, or simply someone who inspires others. Judy Morford dreamt all of these, and has had the good fortune to realize every one of her aspirations. In fact, she got quite an early start.

Born in Detroit, Judy's family moved to North Branch when she was 7 years old. Within a year, she was taking dance lessons, and was soon performing. "The school band director took me around to events and I danced. And people watched, and pretty soon they were asking me to teach their kids to dance," Judy said. "The week before my 13th birthday, my parents surprised me by turning part of the kitchen in our house into a dance studio for me."

And then two rooms in the house became Judy's studio, and instead of babysitting like many other young ladies do to earn money, she taught dance after school every day until she left home to go to college. "I charged 75¢ an hour," she mused, "which I thought was kind of cheap, but my parents said it was enough for a kid my age to be earning to teach dance." She recalls how her three younger brothers often spied on her classes from around the corner of the room and often had crushes on her students.

It was mostly ballet and tap in those days, but toward the "end" of her young

career as a dance instructor, Judy taught acrobatics too; all the while continuing to learn other dance forms herself. In all, she has studied a dozen dance genres, and has taught ten of



them to others. But her teaching didn't stop at dance.

Judy earned a BS in education from CMU in 1962 and a MA from EMU in 1969 and spent thirty years teaching elementary school in Farmington, Utica, and finally, in Roscommon. Through those years she also directed church choirs,

including Michelson United Methodist in Grayling.

There is one dream Judy had as a young girl that never came true; she wanted to be one of the Rockettes. But, she said, "I wasn't tall enough. I wasn't good enough either, and I knew that. But it was easier to accept that, knowing that it wouldn't have mattered because of the height requirement." She did have the opportunity to visit Radio City Music Hall and get a tour of the Rockettes' dressing room. "That was great. I loved just being in the room where they get ready to perform."



When I caught up to her recently, she was leading a clogging class at the Crawford County Commission on

Aging and Senior Center, where about a dozen dancers (one with a cane!) aged from "about 60" to "I think 91" were dancing to tunes like 'Cotton Eyed Joe' and 'Sweet Georgia Brown'; the taps on their toes making a clickity clack sound as they followed Judy's lead and instructions.

Cont. Pg 5



See pg 4



Senior Project Fresh
See pg 13

Find us by
 searching for **Crawford
 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**

**Phone (989) 348-7123
 Fax (989) 348-8342**

**www.crawfordcoa.org
 Director
 @crawfordcoa.org**



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The Senior Gazette
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**Personal Action Toward
Health (PATH)
Self-management
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Chronic Pain PATH is a self-management workshop designed for people living with chronic conditions such as diabetes, heart disease, asthma, arthritis and chronic pain. Participants learn important skills such as goal-setting, dealing with pain and fatigue, communicating with health care professionals and managing medications. Topics discussed during this educational series better equip individuals to face daily challenges of living with chronic conditions.

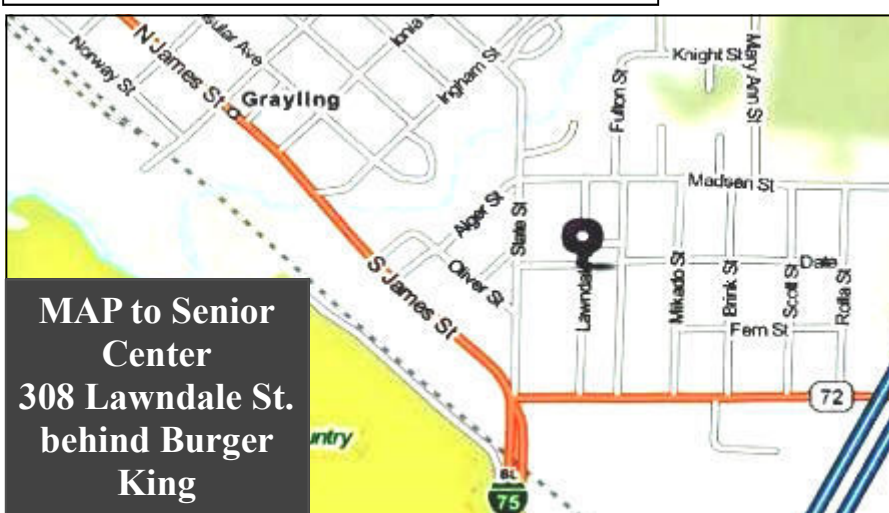
**Classes are: August 24th, 31st
September 7th, 14th, 21st, 28th
1:00pm - 3:30pm
Grayling City Hall
1020 City Blvd, Grayling, MI
Cost: FREE**

For more information or to register please contact: Gretchen Stelter, 989-344-3264 ext.1, stelter@anr.msu.edu



DHHS Assistance Program

Diane Howland, Eligibility Specialist from Crawford County Department of Health and Human Services (DHHS) will be here at the Crawford County Commission on Aging Senior Center on **Wednesday, August 17th, from 1pm to 4pm.** She will be available to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have regarding eligibility requirements, case specific questions, and also take applications for assistance. Half hour appointments are available by calling Lori Darga, Advocacy and Resource Coordinator, at 348-7123. Walk-in appointments may be available on a first come, first serve basis as time permits. This is a monthly opportunity.



**MAP to Senior
Center
308 Lawndale St.
behind Burger
King**

Yoga & Tai Chi



Every Thursday in August!
August 4th, 11th, 18th, 25th

Tai Chi: 4:00–5:00pm

Yoga (bring a mat or blanket): 5:00–6:00pm

Grayling Hospital
1100 E. Michigan Ave. Grayling, MI 49738

Employees and community members are invited to join us for Tai Chi and Yoga classes in the healing garden behind Crawford Continuing Care Center on Grayling Hospital's main campus, led by experienced instructor Kaye Thomas-Hogan.

Tai Chi is a series of slow, dance-like movements that strengthen the body and improve balance and coordination. The gentle movements release the muscles, calm the mind, and renew the spirit.

Hatha Yoga focuses posture and breathing techniques to stretch and energize the body, calm the mind, and center the spirit.

Register/Cost:

Please call Nancy Goodyear at 989-348-0368 to register for classes.

- 4 sessions of Tai Chi for \$20
Special pricing for employees: 4 sessions for \$10
- 4 sessions of Yoga for \$20
Special pricing for employees: 4 sessions for \$10
- **Combine and save!** 4 sessions of Tai Chi and Yoga for \$35. Employee price: \$15

Payment will be accepted at your first class. Classes will be held rain or shine so please dress for the weather.



**The Crawford
County
Commission on
Aging & Senior
Center accepts and
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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.

*Memorial Donation
made by:*

Nancy & Robert Anderson

**In Memory of
Jack Mahank**

Donate in Memory or Honor of Someone Special

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.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



**Make a Donation
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\$100 Donation**

Senior Center Wish List...

- Cans of Air Fresheners
- Pens
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper for Computers

Important Phone Numbers

Social Security
1-800-772-1213 or
1-866-739-4802

Medicare - 1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900



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The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

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Commission on Aging
& Senior Center**

***Make a Donation
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Please make check to COA
308 Lawndale St.
Grayling, MI 49738

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☐ \$250 to \$499 ☐ \$500 to \$999 ☐ \$1000+

Method of Payment: ☐ Cash ☐ Check **Gift Amount \$** _____

- ☐ 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.

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Home Phone () _____ Cell Phone () _____
E-Mail Address _____

***Volunteers and
Contributions
received after
July 8th will
be acknowledged in
the next edition of the
Senior Gazette.***

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





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| Mary Jo Gringerich | Rosemary Patrick |
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| Eva Hulbert | Roger Priest |
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| Kirsten Lietz | Pam Williams |
| George Mascarello | Harry Wojcik |
| Sharlene Mascarello | |

Volunteer Spotlight Roy Bryant



This month our choice for volunteer spotlight is Roy Bryant. Everyone knows Roy! Roy is at the senior center almost every day greeting people as they come in. He greets them with a smile, and a "how do you do" and makes them feel

welcomed. Roy enjoys visiting with all of the people. He is always doing odds and ends around the center. He especially likes to hand out flyers during the community dinners.

Roy was born in Nashville, Tennessee. He had one brother. They grew up on a dairy farm. He helped with the cattle, chickens, and hogs and grew produce. Roy said that he learned a lot during those years. He had a neighbor who was a General Contractor who took Roy under his wing and taught him about building and carpentry.

Later Roy moved to Ypsilanti, Michigan. There he went to work operating the heavy presses at Ford Motor Company.

Roy enjoyed all his trips to Grayling through the years that he decided this was where he wanted to retire. Roy says, "It is so friendly here." He likes volunteering here at the Senior Center. He is always happy to lend a hand or two. At home Roy spends time with his companion Olie, a ten pound gray and white tiger cat.



COMMISSION ON AGING & SENIOR CENTER ANNUAL RUMMAGE SALE

At the old Fred Bear Building
on M72 West

**FRIDAY & SATURDAY
AUGUST 26TH AND 27TH
9:00AM - 4:00PM**

If you'd like to donate items in clean, working order for the sale, please drop off items at the site on the following dates:

AUG 8TH & 15TH FROM 2 - 4PM

**AUG 22ND, 23RD & 24TH
FROM 10AM - 3PM**

If you have large items that would bring us a good price, but need help with delivery, please contact Helen Nolan at 348-7123.

If you are interested in helping, we are in need of Volunteers to assist with set up, organizing, pricing, etc. We are also looking for Volunteers with a truck and strong back that can lift & haul heavy items. *Can you help?*

Please do not drop off items at the Senior Center. No books, clothing, old TVs, or computers will be accepted. All proceeds benefit the Crawford County Commission on Aging & Senior Center.

AUGUST Birthdays

- Leona Tubbs 8/4
Linda Mae Decker 8/5
Imilda Stahl 8/5
Cynthia Haynes 8/9
Barbara Crampton 8/11
Marion Warner 8/14
Laurine Kraus 8/15
Lois Davis 8/19
Jack Woodward 8/28
Jean Guyett 8/30
Lois Stradling 8/31

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

pageborders.org

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For more information, Photos, Menus, Activities Calendars and Monthly Newsletters, visit our website:

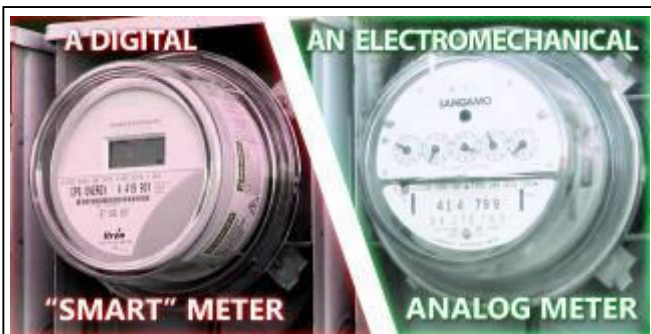
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Smart Meters Are Coming!

**Smart Meter Presentation
Thursday, August 25th
at 6:00pm**

The current electrical grid we use was built nearly 100 years ago, when energy needs were simple and homes had small energy demands. With today's energy demands being more complex, Consumers Energy is upgrading their systems to improve customer service and provide new tools and information.

Starting in September, people in Crawford County will be receiving upgraded "smart" meters that will provide increased meter read accuracy, which means no estimated bills. You will be able to better understand your energy usage via the new Smart Energy web portal that will be available.

Kathryn Burkholder, the outreach coordinator for the Smart Energy program, will be here at the Commission on Aging Senior Center at 6:00 p.m. on Thursday, August 25th to explain the program and answer any questions you may have. Please join us for a Beef Stew dinner at 5:00pm. The cost is a suggested \$3.00 donation for those 60 and over and a \$5.00 charge for those under 60.

Judy Morford

Written by **Ann Rowland**, Photos by **Ken Wright**, Main Branch Gallery

"We are the Still Kicking Cloggers," Judy said. "I have been teaching clogging here at the center since June of 2013. We meet on Mondays, and I'll be starting a new Beginners class the week after Labor Day, at 12:30. You don't have to have any kind of dance



experience to come, or tap shoes. Just come give it a try and see if you like it! I also lead Zumba Gold classes on Tuesday mornings at 10. That's lots of fun too, and anybody can come. We even have one man in the group!"

She pointed out that the goal of the classes is to have fun and get some exercise. "We don't care about perfection!"



At 76, Judy said, "I'm older than I feel." I suppose she owes that, at least in part, to the years of dancing. "It's hard sometimes, due to arthritis," she admitted, "but I keep moving. I love it."

Judy also loves her family; her husband, Jerry, and their 7 children; their 9 grandchildren, and 5 great-grandchildren. She also enjoys

needlework, gardening, reading, and "just plain being lazy and doing nothing!"

I don't imagine she does much lazing around.

Her volunteerism also includes the "Foot Pillow Project", which she began in 2013. "I started making these crazy foot-shaped



pillows for my children in the 70's. I've been making them ever since, giving them away at Christmas." The project now involves other volunteers who sew several hundred of the big, cushy pillows

from donated materials for distribution by the Christian Help Center each year.

"I feel guilty when people talk about my volunteer work. I don't think I do anything very important. My Cloggers and Zumba gals are always thanking me for what I do, but I think they give more to me. It doesn't feel like work because it's just so much fun to dance. But as a volunteer, it's not like I am out changing the world," Judy said. I have a feeling that Judy has changed the world in ways she cannot imagine, simply by encouraging others to pursue their own dreams through music and dance.



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On June 21st, Northeast Michigan Community Services Agency (NEMCSA) held their annual Senior Companion Volunteer Program (SCP) recognition event at Alpena's Sanctuary Inn where Crawford County resident Clara Gibbs, a SCP volunteer since 2005, was provided a certificate of appreciation for her 11 years of service. Clara provides companionship and socialization to the elderly and homebound in the area through her volunteer service. "Clara is very caring toward her clients and always has the clients best interest at heart. A wonderful volunteer" says Crawford County Commission on Aging assistant director Melanie Conway, "She's greatly appreciated".



Crawford County COA's Clara Gibbs (left) was honored for her eleven (11) years of volunteer service with a certificate of appreciation presented to her by Senior Companion Project Director Heidi Powers.

The luncheon honored each SCP volunteer for their years of service with the program and was attended by SCP volunteers from the 12 county region, NEMCSA staff and board members, community partners from the nursing home facilities and senior centers, staff from the Aging & Adult Services division of the MDHHS, and Legislative representatives from the offices of Congressman Dan Benishek, Senator Jim Stamas, and Representative Triston Cole.

The Senior Companion program provides volunteer opportunities for those age 55 and better, to assist other senior adults and help them remain independent in their homes instead of having to move to more costly institutional care. Senior Companions give

families or professional caregivers a much needed time off from their duties, run errands, and often provide friendship for their clients.

NEMCSA is currently seeking income eligible people, age 55 and better, who can commit to a schedule of 20 hours per week for the Senior Companion and Foster Grandparent Volunteer Programs. Volunteers receive a \$2.65 hourly stipend, mileage reimbursement to and from service, In-service educational programs, supplemental liability insurance during service and annual community recognition. Please call 1(877) 222-9043 to request an application.



We are in desperate need of Meals on Wheels Drivers

Enjoy driving? Can you give 2-3 hours per week? Volunteer Drivers are needed to assist with the delivery of meals to seniors on Mondays, Wednesdays and Fridays. Volunteers are required 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. If interested or know someone who might be interested, please contact Helen Nolan at 989-348-7123 or stop by the senior center.

Help with Rummage Sale August 26th & 27th

We are in need of someone with a truck or trailer for moving large items. We are asking for volunteers who will help sort, organize & price items. Please contact Helen Nolan at 348-7123.



Introducing Amy Fuller as RSVP Project Director

We are pleased to introduce Amy Fuller as the newly appointed Retired and Senior Volunteer Program (RSVP) Project Director for Crawford & Roscommon Counties. Amy was born and raised in Northern Michigan and is a graduate of Gaylord High School. She has a bachelor's degree in Political Science from Saginaw Valley State University. After college, Amy spent a year volunteering with the AmeriCorps program and went on to work with the American Red Cross. These experiences gave her a passion for volunteer work and for making a difference. What excites Amy most about RSVP is getting to work with volunteers, "volunteers are the greatest people, I love to hear their stories and see the impact they make on their community".

Amy and her husband have recently moved back to Northern Michigan from Beaufort, SC, and are excited to raise their one-year old daughter close to family and friends. "I will miss the warm weather but being near family is more important," she states. When she is not busy chasing a toddler around, Amy is usually working in her garden or reading a good book.

For more information about RSVP or if you would like to become a RSVP volunteer, please contact Amy at fullera@nemcsa.org or (989) 348-8709 Ext 5126.

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Pantry Bingo, Fridays 1pm
Penny Bingo, Thurs @1pm

Bridge
Mondays, 1pm

Card Golf
Fridays, 9am

Clogging, Regular
Will resume Fall 2016

Computer Club
Mondays, 2:30am

Color Craze
Thursdays, 10am

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
Will resume Fall 2016

Euchre
Tuesdays, 1pm

Exercise
Thursday, 11am
Friday, 10am

Karaoke
Will resume Fall 2016

Legal Assistance
4th Wednesdays, 1-4pm

Line Dancing
Will resume Fall 2016

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, 11:00am
Tuesdays, 9:00am
Wednesdays 9:00am

All at Frederic Township Hall
Mondays, 3:30pm *GHC Court*

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 Lori 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 - Noon
At St. Francis Church, Grayling
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 Father's Day Dinner - The Door Prize of handmade
pillow cases made and donated by Delores Papendick went to Peggy Poynter. A
throw pillow donated by Bev Wilcox went to Don Mason, and the 50/50 drawing
of \$81.50 went to Barb Wotring.

BBQ Pork Roast Dinner

Thursday, August 11th

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

Commission on
Aging & Senior
Center is located
308 Lawndale St.
Grayling



Serving Dinner
4-6pm

No
Reservations
Required!

Join us for
Grandparents
Day Dinner
Thursday,
September 8th

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
--------------------------------------------------	------------------------------------

Soup is available starting 11:30/4:30
To go soup is available

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

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 June 2016! At the Senior Center

- We served **1122** Congregate Meals
- We served **280** Soups
- Activities/Events Attendance **1106**
- Average # of Daily Visitors **76**

In-Home Services

- Delivered **2412** home delivered meals.
- Provided **181.25** hours of respite care.
- We provided **348.75** hours of homemaker services.
- We provided **72.50** 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!



Department of
Environmental Quality



Crawford County Commission on Aging

Operating Millage Election

Tuesday, August 2nd, 2016



25th Annual Lovells Bridge Walk Saturday, August 20th

Lovells Township Hall & Park
8405 Twin Bridge Road

Activities Include:

Fireman's Pancake Breakfast

8:00-11:00AM

With a 50/50 drawing

**Parade and Bridge Walk 11:30am
Community Lunch**

After Bridge Walk

Please bring a dessert to pass

50/50 drawing

Sponsored by

Dead Bear Brewery

Cheerful Givers Bake Sale

Historical Society Log Drive



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

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

What Exactly Am I Voting For?

#1: A renewal of what is currently received 0.7185 mills for operations, programs and services.

#2: A separate question asking for an increase of 0.2815 mills for operations, programs and services. This would bring the total millage for the COA to 1 full mill for 8 years.

Millage Supported COA Programs

100% of the millage money goes to support the programs and services of the Commission on Aging and Senior Center in Crawford County. Millage is 56% of revenue. Last year we served 37% of Crawford County's 60+ senior population.

Census Data

Year	Number of older adults	% of County Population
1990	2,506	20%
2010	4,021	29%
2014	4,437	32%



If
Your Home's
Market Value Is.
Your Annual Cost to the
COA with both proposals is:
Market Value / Annual Cost
\$30,000 / \$15.00
\$50,000 / \$25.00
\$100,000 / \$50.00

First and foremost the Commission on Aging & Senior Center is a place which takes care of older adults in need, but it's also a place that provides social interaction for older adults through recreational opportunities.

Senior Center & Meals on Wheels...

Over 38,000 nutritious meals were provided to over 1,000 older adults last year.

Recreational Opportunities...

Over 35 different social activities providing more than 12,000 hours...

Advocacy...

Providing compassionate and confidential assistance to older adults and their caregivers with issues related to Medicare, Medicaid, Food Stamps and similar assistance programs...



In-Home Services...

Over 6000 hours of homemaking, personal and respite care services provided last year.

Contact us at 348-7123 for more information on these and other services or visit our website at www.crawfordcoa.org

Munson Hospice Grayling: *The Gift of Time*

Please join us for our inaugural fundraising breakfast to benefit Munson Hospice Grayling on **Wednesday, August 24, 2016 from 9-10am**

Munson Hospice Grayling offers help and support to the patient and family while caring for the person, not just the disease.

We invite you to join us for a special opportunity to support and learn more about hospice services. Breakfast will be served while Valda Byrd, MD provides a special presentation. The breakfast will conclude with an opportunity to support Munson Hospice Grayling work.

Seating is very limited.

Please RSVP to Mary Bickel at 989-348-0433 or mbickel2@mhc.net.

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**



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

Random Word Search Puzzle

(bring in for a prize)

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

1. hausfraus
2. unsensitised
3. impertinency
4. semiangle
5. mollet
6. parsec
7. fenestrate
8. cloudage
9. interagglutinating
10. unconsumable
11. demythologising
12. unhammered
13. redatte
14. cavil
15. typhoeus
16. regarnish
17. maduro
18. subway
19. swanherd
20. surrebuttal
21. luau
22. babite
23. abstraction
24. stoutly
25. superdesirous
26. nonillionth
27. arezzo
28. quack
29. overconstant
30. minima
31. descriptively
32. hardhack
33. untherapeutic
34. johnsonburg
35. rookiest
36. dinoceras
37. raptor
38. semiexclusive
39. coper
40. elect
41. epineurium
42. nondecorative
43. pearlised
44. hyperactivity
45. gromyko
46. peerie
47. hoo
48. decadency
49. washout
50. unduteous

Cook's Corner

Cookies:
Joe Froggers Granny

- 7 cups flour
1 cup shortening
1 tablespoon salt
2 cups sugar
1 tablespoon
ginger
1 cup water
1 teaspoon cloves
2 teaspoons baking soda
1 teaspoon nutmeg
2 cups dark molasses
½ teaspoon allspice



1. Sift dry ingredients,
2. cream shortening and sugar, and mix water, baking soda and molasses in separate bowls.
3. Add dry ingredients and molasses mixture in 2 parts to creamed shortening blending well after each addition.
4. Chill dough.
5. Roll to ¼ inch thickness on a floured board. Cut with a 4 inch cutter and bake on a greased cookie sheet in a pre-heated 375 degree oven for 10-12 minutes.
6. Let stand before removing from the pan and store in covered cookie jar.

Submitted by Virgilene Goodrich.

Note: These are very large cookies that were made for the lumber jacks by her great grandpa.

Volunteers Needed
for Senior Home
Assistance &
Repair Program



Summer is here and the Commission on Aging & Senior Center needs your help! We are receiving requests from older adults in need of yard cleanup. There is also a need for continued mowing of those yards during the summer. This would be a great opportunity for you (or a group you belong to) to volunteer to assist those older adults who cannot afford to pay for yard services and/or are physically unable to do the work themselves. Volunteers for the COA must meet certain conditions. If this kind of volunteer service interests you, please contact Lori Darga at the Commission on Aging & Senior Center, 348-7123.



Craig B. Denholm, DC

6838 M-93 Highway
Just South of M-72 West
Grayling, MI 49738

989-348-6600

www.denholmfamilychiropractic.com

Free Congregate Meal
For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind
Burger King

Must be a
first time meal.



My Community Dental Centers: Changing Lives One Smile at a Time!

Featuring Kim Singh, MCDC

Munson Free Breakfast Presentation, Tuesday, August 30th at 9am



Good oral health is an essential part of staying healthy. Good oral health allows a person to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions.

Oral diseases ranging from dental caries (cavities) to oral cancers cause pain and disability for millions of Americans. The impact of these diseases does not stop at the mouth and teeth. A growing body of evidence has linked oral health, particularly periodontal (gum) disease, to several chronic diseases, including diabetes, heart disease, and stroke. In pregnant women, poor oral health has also been associated with premature births and low birth weight. These conditions may be prevented in part with regular visits to the dentist.

Breakfast Menu

**Ham & Cheese Omelette,
Fresh Fruit, Muffin,
Coffee & Juice**



Mid-Michigan Community Health Services is pleased to announce the opening of a new dental center co-located with their medical facility at 135 Lake St. in Roscommon. My Community Dental Centers (MCDC) who currently operates 28 public dental centers throughout the state will operate the center. MCDC is a non-profit 501(c) corporation, established in 2006, dedicated to providing dental services to Medicaid enrollees including

Delta Healthy Kids, MiChild, Healthy Michigan Plan and the low-income uninsured, although the center will also serve those with private insurance. The organization is focused on quality care that is patient centered and patient friendly, and it is their mission to create and expand access to ever-improving, quality dental care. MCDC looks forward to providing a dental home for residents of Roscommon and neighboring counties who have previously been unable to find a dentist. The center will provide comprehensive dental services such as exams, cleanings, fillings, extractions, and dentures, customized to meet the appropriate individuals needs of each patient, and offered in a patient-centered atmosphere with exceptional customer service. MCDC offers a sliding fee schedule based on household income. The state of the art facility will open in late August or early September. To learn more about the new dental clinic and the services it will be offering, please join Kim Singh, MCDC Director for Community and Governmental Affairs, for a free seminar at the Crawford County Commission on Aging and Senior Center at 9 a.m. on Tuesday August 30, 2016. Breakfast will be provided.

If you are interested in registering and scheduling an appointment please call 877-313-6232. For more information, please visit the MCDC website at www.mydental.org.

Walk-In Care Services for Minor Injuries & Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care services will have you feeling better faster than ever.



GRAYLING

Open Monday - Friday from 11 am - 7 pm

NEW HOURS! SATURDAYS 8 AM - 12 PM FROM JULY 2 TO SEP. 3
1250 E. Michigan Ave., Grayling, MI 49738 || 989-348-0550

ROSCOMMON

Open Monday - Thursday from 9 am - 12 pm & 1 pm - 3 pm
234 Lake Street, Roscommon, MI 48653 || 989-275-1200

PRUDENVILLE

Open Saturday from 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 || 989-366-2900

SENIOR Project FRESH

MSU Extension and the Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program. This year's program is funded by the Crawford County United Way and sponsored by the Ramada Hotel and Conference Center. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. Nutrition class/coupon distribution will take place on a first-come, first-served basis. If you

feel you qualify and would like to participate in the program, please attend one of the classes. Coupons will be distributed at the class. There will be no registration for these classes. The classes will be held at the Ramada Hotel and Conference Center located at 2650 S. I-75 Business Loop in Grayling. Enter the building on the north side.

If someone else does your shopping, you will need a proxy form completed before coming to the class. This can be picked up at the Senior Center or you can call and we can mail you the forms. You will need to fill out your application and who your proxy will be and sign the forms. These forms can then be brought to the class by your proxy. The same process applies to spouses unless both of you are coming to the class. If only one of you is coming to the class, you will have to call/come

in ahead of time to get a proxy and application.

Qualifications

Must be 60 years old or older

Crawford County Resident

Household size of 1 = below \$1,832/mth

Household size of 2 = below \$2,470/mth

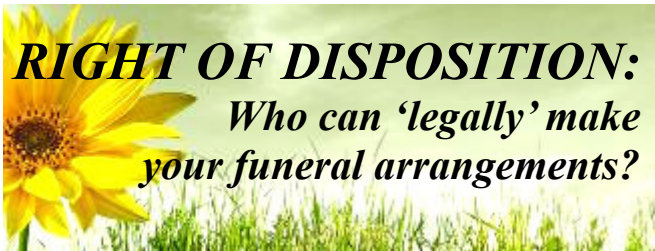
Classes

Tuesday, August 9th at 10am

Wednesday, August 24th at 2pm

If you are unable to attend either class, please contact Lynn Cheney at the Crawford





RIGHT OF DISPOSITION: *Who can 'legally' make your funeral arrangements?*

When it comes to making funeral arrangements for a loved one, it seems assumable that a family member would take care of this. In the majority of cases, that is true. As a funeral director it is true that not everyone has a family that can or will take care of their final arrangements. Final disposition after death needs to be addressed in a timely manner after a person dies. Cremation is increasing as the preferred method of final disposition. Bearing in mind that cremation is not reversible, the legal next of kin should be the one(s) signing the authorization for this to take place.

Under the old law (prior to 6/27/2016), the order of priority was the surviving spouse, adult children, parents, siblings, and nieces/nephews, etc. until someone acted.

Funeral directors are seeing cases with increased frequency, where locating family to make final arrangements present a challenge. For a variety of reasons, there are strained and non-existent relationships with family members. Sometimes a man and woman may have lived together many years without marrying. The list could go on, but, the point is, Michigan Funeral Directors Association worked very close last year with legislature to help people that find themselves without a 'family' member to oversee funeral

arrangements. Under the old law, there were provisions for those who did not have family, to oversee the final arrangements after death. For those without a Designated Funeral Representative, the old law will remain as the directive, which could include Probate Court, Medical Examiner intervention, or delayed disposition.

Public Act 57 of 2016 went into effect June 27, 2016. This bill has the potential to change who has the Right of Disposition to make funeral arrangements. The new law will allow a



person to appoint someone to be a Designated Funeral Representative to have the right and power to make decisions about funeral arrangements and the handling, disposition, signing the authorization for cremation, and the

right to possess and carry through on disposition of cremated remains.

The designation must be made in writing, dated, signed by you, and carried out prior to death to be valid. It is suggested that there be two witnesses or a notary public to sign the document. It is also suggested to have a second designated person in the event your first choice is unable to act. This document should be available at the time of death when attempting to make funeral arrangements for

Sorenson Lockwood Funeral Home Inc.
Terrie L. Lockwood, Manager/Owner

- Pre-Planned Funerals • Markers
- Cremation Services • Monuments

Phone: (989) 348-2951
Fax: (989) 348-4968
1108 North Down River Rd, Grayling MI 49738

Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

all parties to be covered. The Designated Funeral Representative will need to accept the designation in writing. In the case that you may be the Designated Funeral Representative, it is a good idea to know the wishes of the deceased. This can be done by having a prepaid funeral plan or knowing that funds are available to pay for the services. Written documentation of a person's wishes are the best guideline for the Designated Funeral Representative to oversee arrangements and increases the likelihood that your final wishes will be carried out.

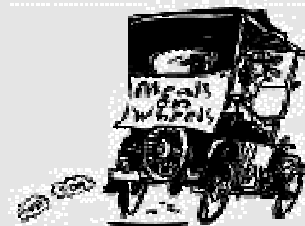
Consult your funeral director or legal counsel to ask further questions or designate your wishes in writing. This is not the complete Public Act 57 of 2016 and you may review much more detail of Public Act 57 of 2016 by researching it personally.

Submitted by Terrie Lockwood, owner of Sorenson-Lockwood Funeral Home in Grayling, Michigan and District 9 Director of Michigan Funeral Directors Association.



Over 100+ booths!

Save the Date
Boomers & Seniors Expo
Otsego County Sportsplex, Gaylord
Wednesday, September 7th, 2016
Hours are from 2 - 6pm
Admission is FREE!



HELP NEEDED!

Volunteer to be a Meals on Wheels Driver! All it takes is a Friendly Smile and to pass a background check! Call 348-7123

Grayling Generating Station
Renewable Energy Power Plant

Celebrating **"15 Years"** as a

**Michigan Clean
Corporation Citizen**

\$15.00

Senior
Discount
on
Septic Tank
Cleaning

\$15.00

Jack Millikin, Inc.
4680 North Down River Rd.
Grayling, MI 49838



Call us
today at
989-348-8411
to make
an
Appointment!

Expires 12/31/16

\$15.00

Senior
Discount
on
Septic Tank
Cleaning

\$15.00

PRESCRIPTION for HEALTH



Prescription for Health offers Nutrition Education and Access to Fresh Produce for Crawford County Residents

The Community Foundation of Northeastern Michigan is supporting "Prescription for Health" (PFH), a 2-year program that will improve access to fresh produce among residents of northeastern Michigan. The focus of this new health and wellness program is to improve food choices, diet, and nutrition of the communities served, by bridging the gap between medical advice and financial ability to purchase fresh produce. Partners in this grant include the providers at Munson Healthcare Community Health Centers, District Health Departments #2 and 10, and MSU Extension. The grant serves residents in Alcona, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda and Presque Isle Counties.

The program is intended to help Crawford County residents who are in need of nutrition education, who have difficulty accessing fruits and vegetables, and are motivated to work toward behavior changes to improve their health. There is no age restriction.

Health care providers will refer their patients to this program. Once enrolled in the program,

participants will attend six nutrition education sessions taught by MSU Extension. The classes will provide information on how to save money when purchasing fresh seasonal produce and also provide tips on the best way to select seasonal fresh produce and the most nutritious ways to cook, freeze or can them. The participants will receive a \$10 voucher each week they attend the class for a total of \$60. These vouchers are strictly redeemable for fresh fruits and vegetables at the Crawford County Farmers Market and the Grayling Save A Lot grocery store.

If you are interested in participating in the "Prescription for Health" program talk with your health care provider to see if a referral to the program is right for you.



Social Security Tips

*From Bob Simpson,
Traverse City Social Security Office*

How To Apply



www.socialsecurity.gov/medicareonly



Great Lakes Energy Grant Received!

We are pleased to announce a \$3,000 grant award from the Great Lakes Energy People Fund. This grant money will be used to purchase a new commercial refrigerator for the kitchen at the Senior Center. The existing equipment is 26 years old!



The investment was made possible through the voluntary contributions of Great Lakes Energy consumers who "round up" their monthly bill with the extra cents going toward the People Fund. In recent years, the participation in this program has been declining. Agencies like ours depend on these grant monies to help fund items which cannot be covered in the normal operating budget.

If you are a Great Lakes Energy customer, we encourage you to sign up and participate. Forms are available at the Senior Center or you can sign up by calling 888-485-2537 or online at www.gtlakes.com.

www.socialsecurity.gov/pubs

Beginning Clogging Classes



Are you interested in learning something new? The Commission on Aging & Senior Center is sponsoring clogging classes for beginners starting on **September 12th at 12:30pm** for one hour. There is a class minimum of four. There is not a charge for these classes. Please call the senior center to preregister for these classes at 989-348-7123.



Ralph Oppermann, D.D.S., F.A.G.D.
Diana J. Whittaker, D.D.S.

800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629



**Rewarding
Experiences.
Remarkable Care.**

MUNSON HEALTHCARE
Crawford Continuing
Care Center

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317
munsonhealthcare.org



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

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



Crawford County Commission On Aging Senior Center Raffle

Sponsored by Feeny Ford of Grayling & Napa-Moore's Automotive

Thursday, September 8th from 4-6pm
Join us for Grandparent's Day Dinner

1st Prize - \$250 Cash Prize 2nd Prize - \$175 Cash Prize 3rd Prize - \$75 Cash Prize

Raffle & Dinner Open to the Public ~ Tickets \$1.00 Each or \$5.00 for 6 Tickets

Drawing immediately following the dinner at 6pm. Need not be present to win.
The Commission on Aging & Senior Center is located at 308 Lawndale St., Grayling
Proceeds benefit Activities & Programs at the Commission on Aging & Senior Center

DRIVER SAFETY

AARP Real Possibilities

SHOULD YOU TAKE THE AARP SMART DRIVER COURSE?

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.



The AARP Smart Driver Course, offered by AARP Driver Safety, is the

nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

AARP Smart Driver Course

Tuesday, August 16th
1:00 p.m. – 5:00 p.m.
and

Wednesday, August 17th
9:00 a.m. – 1:00 p.m.

At the Grayling Nature Center

The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling the Commission on Aging at (989) 348-7123.



NEW TIME: 1:00 - 4:00 p.m.

Neighborhood Connections 2016

Grayling High School Cafeteria
August 18, 2016
1:00 - 4:00 p.m.

EVERYONE!

Seniors, Teens, Families, Children, Young Adults...

- Need heat assistance?
- Want nutrition advice?
- Seeking mental health care?
- Need a resume?
- Need help finding affordable housing?
- Confused about health care?



- Learn about services and programs in our community
- Giveaway items — household supplies, school supplies, food distribution
- Car seat safety inspections
- Back to school hair cuts for students
- Kid activities on site
- ... and much more!

****Call Crawford Dial-A-Ride by August 17 for a free ride to and from the event! Call 989-348-5409**

Neighborhood Connections is sponsored by Crawford County Collaborative Body Questions? Contact Leilani Kitler at (231) 876-3280



Beach Bums trip

Join the Commission on Aging and Senior Center for
1 more trip to see the Traverse City Beach Bums!

August 5th - Sign-up TODAY!!

The CCTA Bus (Dial-A-Ride) will leave the Senior Center at 5:15pm to Traverse City for the Beach Bums games. The cost of each trip is \$35.00 which includes transportation, game, food voucher and fireworks. For more information call Helen Nolan at 989-348-7123. Limited seating so sign up fast!!!