

Highlights:

Pg 2 Christmas Letters
Pg 4 Drivers Needed
Pg 4 Volunteer Spotlight
Andrew Pepsin

Pg 4 Pillow Project
Pg 5 Bible Study
Pg 5 Toys for Tots

Pg 6 Social Security Tips
Pg 6 Holiday Time
Pg 6 Open Enrollment

Pg 7 Christmas Dinner
Pg 7 Ongoing Activities
*Our regular activities
in alphabetical order*

Pg 7 Support Groups

Pg 8-9 December Calendar
of Activities & Menu

Pg 10 Services, Classes &
Resources

Pg 11 Prescription for
Health

Pg 11 DHHS Assistance

Pg 12 Word Search

Pg 12 Cook's Corner

Pg 13 Munson Free
Breakfast Health
Information

Pg 13 Chair Volleyball

Pg 14 Let's Talk Turkey

Pg 14 Pet Project

Pg 14 Sing-A-Long

Pg 15 COA Wii Bowlers

Pg 16 TrueNorth Pres.

Pg 16 Crisis Prevention
Program

Money Saving Coupons

Pg 8 Congregate Meal
Pg 15 Save-A-Lot



Featured Article

Building Community a Christmas Tree at a Time

Kirk Wakefield

Hollywood has done a pretty good job of creating stereotypes for sheriffs.

One version is the "old west" Sheriff; a slow-talking, slow-walking, hat-tipping gunslinger with a star on his chest who runs the bad guys out of town. The other version is a tobacco-spitting, big-bellied, loudmouth redneck who doesn't care for long-haired hippy types. Of course, we all know that neither is accurate; that's all TV stuff.

Crawford County knows what a real Sheriff is. It's Kirk Wakefield; a smiling, community-minded man who has been in law enforcement since 1979 when he first worked for the Howell Police Department. Sure, he can be the tough guy when he has to be, but that's not how he sees his job.

"The Sheriff's Department is what I think of as 'the people's police,'" he said. "We provide law-enforcement, do road patrol, operate the jail, protect the court, serve civil process. Those are important functions, but I see our role as to serve people."

Serving the community is Sheriff Wakefield's speciality. What is perhaps his favorite annual event is the Christmas Tree fundraiser that provides an opportunity for underprivileged kids in Crawford County to have a nice holiday. "We raise somewhere between \$2000 – 3000 every year with the tree sale," Wakefield said. "It's fantastic."

"It's a whole-community effort," he



explained. "It's been going since about the early 90's. I'm not sure exactly what year, but I was a deputy then. And I'll tell you, it's the deputies who make this thing go. It's not me. They'll put in a 12-hour shift of corrections or road patrol, get off at maybe midnight... go

home and sleep for a few hours, come down to the K-Mart parking lot and sell trees, then go back to work."

But it's not only the Deputies who volunteer for the event, Wakefield said. "We get our trees from a local grower who gives us a big discount. We worked out a deal with Glacier ice, where

they take a semi and a couple of officers, and go get the trees. They donate that. K-Mart allows us to use their parking lot to sell the trees, and they also give us a big discount on everything so when we take the kids shopping, they can get more for the money. K-Mart has been very generous."

Usually, the Department sells "a couple hundred trees", priced from \$20 – 45. "It depends on the kind of tree, how much it is. We have Scotch Pine, Douglas Fir, Blue Spruce...all sizes." Sheriff Wakefield said that during the tree sale, it's not just the money raised that amazes him, but the number of people who volunteer their time and energy to make it happen. "And there are people too who don't want or need a tree, but they make a donation anyway. People come out of the woodwork to support the program. It's all about the kids."

He explained that the school liaison counselor helps choose 15 – 25 kids

During
the Holidays
"Meals-on-Wheels"
Delivery Schedule
is as follows:

DECEMBER

Mon. 19th

Wed. 21st

Thurs. 22nd

Tues. 27th

Wed 28th

Thurs. 29th

The Office will be
CLOSED

Dec 23rd, 26th,
30th, & Jan 2nd

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

Senior Gazette Staff

Alice Snyder
Editor

Christine Sayad
Creative Director

Lynn Cheney
Advertising Manager

Ann Rowland
Cheryl Melroy
Contributing Writers

Ken Wright
Contributing Photographer

The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging. The publication is distributed free to Crawford County residents by direct mail and at local businesses.

"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

For advertising or addition to the mailing list, contact us at (989) 348-7123 or director@crowfordcoa.org

Commission on Aging Board Members:

Matt LeBlanc, Chairman
Karl Schreiner, Vice Chair
Jamie McClain, Commissioner/Secretary
Rev. Elizabeth Chace, Member
Cheryl Hopp, Member
Lorelei King, Member
Jason Thompson, Member

Commission on Aging Staff:

Alice Snyder, Director
Melanie Conway, Assistant Director
Lynn Cheney, Admin. Asst.
Helen Nolan, Activities/Volunteer Coordinator
Christine Sayad, PR Coordinator
Denise Conte, Cook
Erika Mudry, Homemaker
Kathy Jacobs, Homemaker
Ann Bilyeu, Homemaker
Sarah Pollock, Homemaker
Cathy Beutler, On-Call Homemaker
Janelle Buchinger, On-Call Cook
Laurie Harteau, On-Call Cook

Christmas Letters - Erma Bombeck and Martha Stewart

Erma Bombeck's Christmas letter to Martha Stewart:

Dear Martha,

I'm writing this on the back of an old shopping list, pay no attention to the coffee and jelly stains. I'm 20 minutes late getting my daughter up for school, packing a lunch with one hand, on the phone with the dog pound, seems old Ruff needs bailing out, again.

Burnt my arm on the curling iron when I was trying to make those cute curly fries, how DO they do that?

Still can't find the scissors to cut out some snowflakes, tried using an old disposable razor ... trashed the tablecloth. Tried that cranberry thing, frozen cranberries mushed up after I defrosted them in the microwave.

Oh, and don't use Fruity Pebbles as a substitute in that Rice Krispies snowball recipe, unless you happen to like a disgusting shade that resembles puke!

The smoke alarm is going off, talk to ya later.

Love, Erma

Martha Stewart's Christmas letter to Erma Bombeck:

Hi Erma,

This perfectly delightful note is being sent on paper I made myself to tell you what I have been up to.

Since it snowed last night, I got up early and made a sled with old barn wood and a glue gun. I hand painted it in gold leaf, got out my loom, and made a blanket in peaches and mauves. Then to make the sled complete, I made a white horse to pull it, from DNA that I had just sitting around in my craft room.

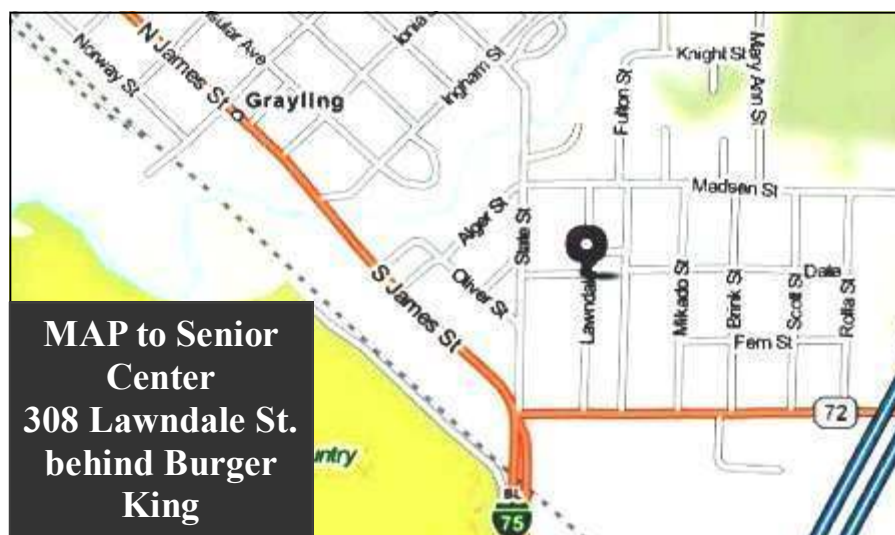
By then, it was time to start making the place mats and napkins for my 20 breakfast guests. I'm serving the old standard Stewart twelve-course breakfast, but I'll let you in on a little secret: I didn't have time to make the tables and chairs this morning, so I used the ones I had on hand. Before I moved the table into the dining room, I decided to add just a touch of the holidays. So I repainted the room in pinks and stenciled gold stars on the ceiling. Then, while the homemade bread was rising, I took antique candle molds and made the dishes (exactly the same shade of pink) to use for breakfast. These were made from Hungarian clay, which you can get at almost any Hungarian craft store.

Well, I must run. I need to finish the buttonholes on the dress I'm wearing for breakfast. I'll get out the sled and drive this note to the post office as soon as the glue dries on the envelope I'll be making. Hope my breakfast guests don't stay too long, I have 40,000 cranberries to string with bay leaves before my speaking engagement at noon. It's a good thing.

Love, Martha Stewart

P.S. When I made the ribbon for this typewriter, I used 1/8-inch gold gauze. I soaked the gauze in a mixture of white grapes and blackberries, which I grew, picked, and crushed last week just for fun

Taken from: <http://www.tedpack.org/xmasnews.html>



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.

When someone you love becomes a **MEMORY**, that memory becomes a *Treasure*

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.



2x4 Actual Size
\$50 Donation

1x5 Actual Size
\$25 Donation

2x5 Actual Size
\$100 Donation

Make a Donation today by talking to a Commission on Aging staff member!

Only Available in Black with Gold Lettering

- 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



Our Sponsors

- Blood Pressure Checks by InTeliCare Health Services, LLC**
- Blood Pressure/Sugar Checks by Munson Home Health Care**
- Birthday Dinner Flowers Donated by Family Fare**
- Bingo Coupons Donated by The Medicine Shoppe**
- Hearing Clinic Offered by Advantage Audiology**
- Foot Clinic Offered by Comfort Keepers**
- Legal Aid Offered by Jason R. Thompson Law Office PLC PLLC and Adam T. Vernon, PLLC**
- Pantry Bingo Sponsored by: Hospice of Michigan, The Lighthouse, InTeliCare, Heartland Homecare**
- Zumba Sponsored by: Grayling Nursing & Rehabilitation Community**

Donations

- Nova Anderson
- AuSable In-Home Care
- June Barber
- Carol Batway
- Shirley Bordeaux
- Gloria Buskirk
- James Duncan
- Ferbe Farber
- Bob & Pate Gallagher
- Sally Hartig
- Helen Hatfield
- Joan Kaiser
- Sandy Lakanen
- Judi Liberty
- The Lighthouse
- Dean & Barb McCray
- Robert McIntosh
- Jacky McKerchie
- Judy Morford
- David Morgan
- Joseph Motyka
- Erika Mudry
- Ward & Mary Parker
- Rosemary Patrick
- Dorothy Peacor
- Carol Peterson
- Deb & Tom Rawlings
- Tad Randolph
- Donna Richmond
- Pat Sanders
- Joyce Sorenson
- Grace Seperic
- Norma Werda
- Janet Wood
- Jack Woodward
- Ron & Margaret Yon

Sponsoring Agencies

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.

Volunteers and Contributions received after November 4th will be acknowledged in the next edition of the Senior Gazette.

Crawford County Commission on Aging & Senior Center

Make a Donation Today & Create Golden Opportunities for a Lifetime!

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$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.
- ***All Gifts are Tax Deductible*****

Name _____
Mailing Address _____
City/State/Zip _____
Home Phone () _____ Cell Phone () _____
E-Mail Address _____

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

WE ACCEPT

Thank you! to our COA Volunteers

- | | |
|--------------------------|---------------------|
| Sheryl Biggs | Sharlene Mascarello |
| DJ Brown | Barb McCray |
| Roy Bryant | Dean McCray |
| Nadine Debolt-Holzbaauer | Fleda McWatters |
| Marc Dedenbach | Mel Moore |
| Dick Dodge | Judy Morford |
| Lyn Dodge | Marcus Niedzielski |
| Diana Doremire | Dee Niedzielski |
| Ann Doty | Dolores Norton |
| James Duncan | Bill Nuckolls |
| Kathy Ellison | Tina Parcell |
| Tina Foster | Mary Parker |
| Pat Fowler | Ward Parker |
| Mary Garcia | Sandy Parks |
| Mary Jo Gingerick | Rosemary Patrick |
| Tracy Henning | Andrew Pepsin |
| Susan Hensler | Sharen Perkins |
| Bill Hollenbeck | Carol Peterson |
| Vickie Howden | Dave Pratt |
| Eva Hulbert | Deb Rawlings |
| Francis Hummel | Tom Rawlings |
| Mark Jurkivich | Jack Richards |
| Ron Kemerer | Orvetta Roggow |
| Dennis Kemerer | Donna Schnoor |
| Glenn King | Karl Schreiner |
| Lorelei King | Connie Sedgwick |
| Edna Kitchen | Kathy Shepherd |
| Sandy Lakanen | Betty Shurkey |
| Eileen Langhorne | Nancy Smith |
| Abby LeClair | Joyce Sorenson |
| Kirstin Lietz | Cheryl Starr |
| Nancy MacDonald | Kevin Torrey |
| George Mascarello | Mary Trombley |
| | Harry Wojcik |

Volunteer Spotlight Andrew Pepsin



Our Spotlight for December is on Andrew Pepsin. Andrew was born in Gaylord. He attended Crawford County Schools and graduated from Grayling High School in 2001. He has one son.

Andrew likes to go hiking and hunting in his spare time. Andrew started cooking when he was 13 years of age. During high school and continuing after graduation, he worked at the Big Boy Restaurant as a cook. He continued his cooking experiences while living in the state of Virginia. Later he moved back home to Grayling where his son was born. He is currently looking for employment.

Asked why he volunteers he stated, "It makes me feel good to give back to the community. It's great! More people should do it." Andrew has also volunteered at the Forest of Fear in Grayling. He currently volunteers at the Commission on Aging in the kitchen.

We are very grateful for our many volunteers. If you are interested in volunteering, come and see us at the Senior Center. There are many areas for you depending on your interests.



Finish those Big Foot Pillows

Deadline is December 8th

We have cut, sewn, and stuffed. Let's finish strong with this year's pillow project!!!

This is one of our most appreciated projects and we have all been busy working hard to make this year a big success. The pillows will soon be picked up by the Christian Help Center and then distributed to children in the area.

It would be wonderful if we could surpass our previous totals and make about 250-300 pillows this year. So finish up and bring those pillows in before December 8th! Please call Helen Nolan if you have any questions.

Delivering Dignity...



Meals on Wheels Volunteers Urgently Needed!

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 please contact Helen Nolan at 989-348-7123 or stop by the senior center.

December Birthdays

- Donna Burke 12/2
- Orthella Proctor 12/2
- Roberta Corlew 12/3
- Clara Gibbs 12/3
- Ann Dumas 12/6
- Roxie Chumack 12/9
- Lois Jean Miller 12/10
- Jackie Farmer 12/16
- Betty Hawley 12/16
- Ruby Huffman 12/16
- Loren Crampton 12/21
- Marilyn Hawkins 12/26



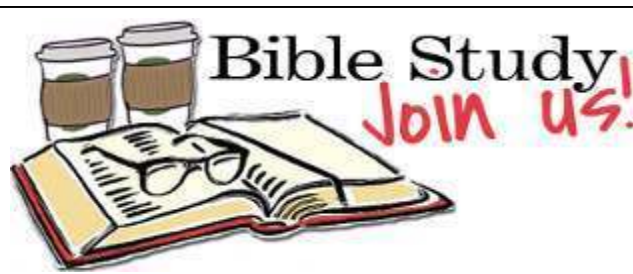
Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake! Please call us at 348-7123 before the meal to let us know you're coming. **Invite up to 8 people and dessert is on us!**



We need your new and unwrapped toy!

Deadline is December 9th

Please help and support your local Toys for Tots campaign. We are expecting a large number of children that will need our support this year. A toy may seem unimportant to some people, but to a child, at Christmas, it is the most important thing in the world. A shiny new toy sends a message to a needy child that someone cares. If you would like to help provide a toy for a needy child, you may drop it off in the toy collection box located at the Senior Center or at the Crawford County Christian Help Center. REMINDER: The toy must be new and unwrapped.



Looking for something old and different vs something new and different? **Candle sticks, lambs, angles & bowls.** Come join us for an in-depth open forum study in the often puzzling book of Revelation.

This Bible Study is open to the public. Men and women of all ages are welcome to attend and participate. Refreshments will be available. There is no charge for this activity. The Bible Study meets every **Thursday from 12:30-2:30pm** at the Commission on Aging & Senior Center 308 Lawndale Street in Grayling.

Grayling Generating Station
Renewable Energy Power Plant
Celebrating **"15 Years"** as a
Michigan Clean Corporation Citizen

who are in need. On the appointed day, Dial-A-Ride picks the kids up (at no cost) and delivers them to K-Mart where each one gets to "shop with a cop".



was drafted and served in Vietnam from 1970 – 71. After that, he worked at the GM Proving Grounds. He studied law enforcement at Lansing Community

College, and the Flint Police Academy. He moved to Grayling in 1983 and eventually worked his way up through the ranks. When Dave Lovely retired, Kirk was elected to fill the office of Sheriff, and has "been honored to serve in that office for 14 years now."

"I kind of consider myself a 'dad' in the office. The deputies are all grown men, and they are the ones who do all the work. My job is to keep an eye out and support them... watch over the house."

When the shopping is completed, the kids are taken to the Eagles Hall, where they get



pizza and pop (also donated) and where their parents come to pick them up. The ladies of the Fraternal Order of Eagles purchase groceries for each of the families and give them

Wakefield is also the President of the Michigan Sheriff's Association, which he considers a great privilege.

a Christmas Dinner Box at that time.

When he's not at work, Kirk Wakefield enjoys being in the woods. "I'm not a hunter, but I like fishing and just being out in nature. Fall is my favorite season, although I like all four. I love Michigan, and will never leave to live somewhere else. Michigan has so much history and beautiful scenery."

"Crawford County is, economically, a poor community. But it's also a community where everybody comes together to support each other. That's what I'm all about," Wakefield said. "It's not about me. It's about the community."

He enjoys Sunday drives with his wife, Dawn, and spending time with his family.



The Crawford County Sheriff's Department funds many other programs that benefit kids, too: D.A.R.E., safety patrol, field trips, S.T.O.P., and the Deputy Association Scholarships, among others. "Again, it is the generosity of the community and the hard work of the deputies that make all these things happen here in Crawford County," he said. "The county doesn't fund any of these. It is ALL donations."

He said that for him, life is about respect. "Be respectful of other people's property, and their opinions. Be courteous. Sometimes as an officer that's hard when you're dealing with knuckleheads. But it's something my folks taught me: Remember the old values and always think about the future."

Wakefield was born in Milford, MI, graduated from high school in 1969 and worked at his uncle's Sunoco station until he

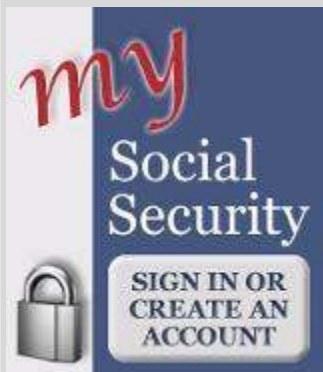
AuSable Family Dental, P.C.
Ralph Oppermann, D.D.S., F.A.G.D.
Diana J. Whittaker, D.D.S.
800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629

McLEAN'S ACE HARDWARE
The helpful place.
For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.
STORE HOURS: Mon-Fri 7:30-6/Sat 8-5:30/Sun 10-3
Phone: 989-348-2931
Fix it and save a buck!
Conveniently located next door!
McLEAN'S ACE REPAIR SHOP
REPAIR SHOP HOURS:
Mon-Fri 8-5:30/Sat 8-5/Sun 10-3
Phone: 989-348-1003

Social Security Tips

From Bob Simpson,
Traverse City Social Security Office

Social Security 's On-Line Replacement Card



Applying online is an easy, convenient, and secure way to request a replacement social security card.

To request a replacement card online, you must:

- Have or create a my Social Security account;
- Have a valid driver's license in a participating state or the District of Columbia (or a state-issued identification card in some states);
- Be age 18 or older and a United States citizen with a domestic U.S. mailing address (this includes APO, FPO, and DPO addresses); and
- Not be requesting a name change or any other changes to your card.

No matter what state you live in, with a secure my Social Security account, you also can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits, if you are still working;
- Get a letter with proof of your benefits, if you currently receive them; and

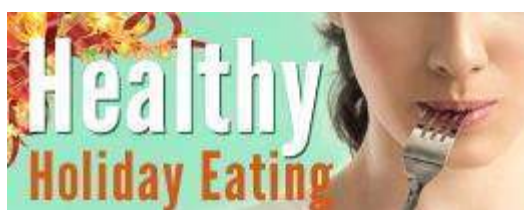
Manage your benefits:

- Change your address;
- Start or change your direct deposit;
- Get a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

In order to secure your future, you need the best tools and information available. Our online services provide superior support and offer knowledge you won't get anywhere else. Visit my Social Security to empower yourself today at www.socialsecurity.gov/myaccount.

Holiday Time

By Gretchen Stelter, Michigan State University Extension



No matter what our nationalities or religions are, most of us associate December with the Holidays: delicious food and wonderful goodies, family and friends. There is no doubt that we enjoy this festive season with our friends, family and food. Most of us would agree, we never can

get too much of family and friends, but with the love of cooking and baking, we have the tendency to overindulge during this Season. With that comes too many sugars and fats for our system which can effect our mental and physical wellbeing.

Chronic Disease such as arthritis, Parkinson disease, Diabetes and obesity can be somewhat controlled by our portions, servings and food choices. Even heart disease and cancer patients do benefit when they make healthy choices.

Below is a guide to Ingredient Substitutes from **the Mayo Clinic**. The suggested list below has just a few of the ingredients we often use during the Festive Season!

<u>If your Recipe call for this Ingredient:</u>	<u>Try Substituting this Ingredient:</u>
<u>White Bread</u>	<u>Whole Grain Breads</u>
<u>Bread Crumbs, Dry</u>	<u>Rolled Oats or Crushed bran Cereal</u>
<u>Butter, Margarine, Shortening</u>	<u>Applesauce or Prune Puree</u>
<u>Cream</u>	<u>Fat Free Half and Half</u>
<u>Cream Cheese</u>	<u>Fat Free Neufchatel</u>
<u>Eggs</u>	<u>Two Egg Whites for One Egg</u>
<u>Flour, All Purpose</u>	<u>Whole Wheat Flour for Half the Flour</u>
<u>Ground Beef</u>	<u>Ground Chicken or Turkey Breast</u>
<u>Mayonnaise</u>	<u>Reduced Fat Mayonnaise</u>
<u>Meat as the Main Ingredient</u>	<u>Three Times Vegetables in a Casserole</u>
<u>Pasta and Rice</u>	<u>Whole Wheat Pasta and Brown Rice</u>
<u>Table Salt</u>	<u>Use Salt Free Seasonings on Table</u>
<u>Sugar</u>	<u>Half The Sugar in Baked Goods</u>
<u>Syrup</u>	<u>Puréd Fruit such as Applesauce</u>

To find more substitutes go to: www.mayoclinic.org. Please contact your local **Michigan State University Extension office** for classes on healthy lifestyles, food preparation and food safety.

OPEN ENROLLMENT ENDS Dec. 7th! 2016

Prescription Drug plans and Medicare Advantage plans change every year.

The change can be as simple as a change in the premium amount or be as extensive as having not as many covered medications.

Some plans could even terminate. It is important for every Medicare recipient to review his/her coverage and be certain that the plan you will have for 2017 is the best plan for you.

Call the Commission on Aging & Senior Center to make an appointment with one of our trained counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year.

You can also do this review yourself by going online to the Medicare website. If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show you or talk you through it over the telephone.

Crawford County residents can Call 989-348-7123 for further questions.



Add Years to Your Life & Life to Your Years

ONGOING ACTIVITIES

Bible Study
Tuesdays, 10am
Thursdays, 12:30pm

Bingo
Medicine Shoppe Bingo
once a month on "Thurs"
Penny Bingo, Thurs @1pm
Pantry Bingo, Fridays 1pm

Bridge
Mondays, 1pm

Card Golf
Fridays, 9am

Clogging, Beginning
Monday, 12:30pm

Clogging, Regular
Monday, 1:30pm

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

Euchre
Tuesdays, 1pm

Exercise
Thursday, 10am
Friday, 10am

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
At the *Grayling Elementary*
Wednesdays, 10am
At the *Frederic Township Hall*

Pinochle
Fridays, 10am

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 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
Milltown Rm at Munson Hospital
Grayling. For more info call 348-0455

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 Harvest Dinner** - Barb McCray won the Candle & Holder  
 donated by Carol Conklin and Cynthia Haynes won the Hooded Crochet Shawl  
 donated by Thelma McConnell. The 50/50 drawing of \$92.00 went to Pat Sanders.  
 ~~~~~

Christmas Dinner

Thursday, December 8th

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

No Reservations
Required!

MENU
Roast Beef w/Gravy
Roasted Redskins
Midori Blend
Mixed Fruit
Minted Brownies

Serving from
4 - 6 pm
At the
Commission
on Aging
& Senior Center
308 Lawndale St.
Grayling

Join us for our Winter Picnic Thursday, January 19th

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

Bowl of Soup \$1.00 per bowl	Milk 30¢ with a bowl of soup
---	------------------------------------

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

Satellite Meals
Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg
 Please call the Senior Center at 348-7123
 to make a reservation for a Satellite Meal.

CONVERSATION STYLE



PERSONALIZED SLEEP



RICH RETREAT







Art Van Furniture

Spruce up your home for the HOLIDAYS with great financing options.

Give yourself a gift this year with new furniture from your **GAYLORD Art Van Furniture!**

2090 M-32 West / Gaylord, MI / (989)-448-2228
 Facebook.com/Gaylord-Art-Van

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><i>Must be a first time meal.</i></p> 	<p><i>Crawford County Commission on Aging & Senior Center</i></p> <p>December 2016</p> <p>At-A-Glance Meal & Activities Calendar</p>		<p>1 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Pork Chop Supreme, Red Skin Potato, Brussel Sprouts, Tossed Salad w/Tomato, Applesauce 5:45pm Let's Talk Turkey Pres.</p>	<p>2 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball</p>	3
4	5 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums 5:30pm TrueNorth Home Energy Efficiency Problems	6 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	7 9:30am Commodities @ St Mary's 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange, 1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	8 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 12:30pm Bible Study 1pm Penny Bingo 4-6pm Christmas Dinner -Roast Beef w/Gravy, Roasted Redskins, Midori Blend, Mixed Fruit, Minted Brownies	9 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool-9 Ball	10
11	12 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	13 9am Munson Free Breakfast Pres 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 - - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	14 10am Pickleball @ Frederic Twp Hall 10am Line Dancing @ The Brook 12pm Lunch - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm-4pm DHHS Eligibility Specialist 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear, Cake & Ice Cream	15 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricot 5:45pm Christmas Carol Sing-A-Long	16 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	17
18	19 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	20 10am Bible Study 10am Zumba Gold 12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 6pm COA Board Mtg @ Center	21 10am Line Dancing @ Northern Pines 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner -Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail,	22 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	23 <p style="text-align: center;">OFFICE CLOSED</p>  <p style="text-align: center;">MERRY CHRISTMAS</p>	24
25	26 <p style="text-align: center;">OFFICE CLOSED</p> 	27 10am Bible Study 12pm Lunch - Breaded Cod, Baked Potato, Prince Charles Veggie Blend, Apple Slices 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad w/Tomato, Winter Blend Vegetable, Red Grapes	28 10am Pickleball @ Frederic Twp Hall 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, Boiled Potato, Green Beans, Apple Slices,	29 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches	30 <p style="text-align: center;">OFFICE CLOSED</p>  <p style="text-align: center;">HAPPY NEW YEAR</p>	

Assistance to Help You Maintain Your Independence
SERVICES, CLASSES & RESOURCES

Health Services

- Blood Pressure & Sugar Checks**
by Munson Home Health Care
Tuesdays, 4-5pm
By InTeliCare - Friday, 11am
- Foot Care Clinic - by appointment**
\$25 per visit - by Comfort Keepers
2nd Tuesday, 11:30-6pm
- 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.
- Neck Massage** offered at no cost
1st Tuesday 1-3pm
3rd Tuesday 4:30-5:30

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 @ American Legion Hall
1-2:30pm

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 once 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 October 2016! At the Senior Center**

- We served **1119** Congregate Meals
- We served **318** Soups
- Activities/Events Attendance **1095**
- Average # of Daily Visitors **77**

In-Home Services

- Delivered **3619** home delivered meals.
- Provided **244.75** hours of respite care.
- We provided **353.25** hours of homemaker services.
- We provided **56.25** 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!



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.



DHHS Assistance Appointments Available Wednesday, December 14th from 1pm to 4pm

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 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 the Commission on Aging at 348-7123.

Walk-in appointments may be available on a first come, first serve basis as time permits. This is a monthly opportunity.



Were You Married in the 1940's?

Or do you know of anyone who has been married for 70 years or more? If you do, please call the Crawford County Commission on Aging at 348-7123. We are looking for couples to be featured in our February Gazette issue!



A special thank you to all the staff and young men at Camp Shawono!

Everyone enjoyed the delicious dinner, playing bingo, and visiting with the all the young men. We appreciate all of you!

Sincerely, the Commission on Aging and Senior Center.

The Freedom

The Value

The Brook



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
989-745-6500

We're pet friendly!



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

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.

Random Word Search Puzzle

(bring in for a prize)

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

1. hemacytometer
2. facilitation
3. snag
4. fructificative
5. unamputated
6. mahogany
7. viator
8. sigismund
9. italia
10. gwendolen
11. preconnubial
12. unmeaningfulness
13. unanatomised
14. demoniacally
15. unresponsibleness
16. rostella
17. generalisation
18. irenicon
19. impurity
20. cressie
21. snapline
22. soppiest
23. overbrilliant
24. rollo
25. incorporeally
26. unulcerous
27. lamech
28. nonerotically
29. executively
30. liberator
31. nonrepresentative
32. waldstein
33. unrepudiable
34. thaumaturgy
35. henze
36. tombigbee
37. uninnocuous
38. juniority
39. desmolase
40. graphitise
41. swinishness
42. gorillalike
43. unpiled
44. spasmophile
45. conversion
46. boer
47. chillum
48. putrefy
49. decarboniser
50. stereoisomeric

Cook's Corner

Better than Sex Cake

Beat until fluffy.

- 2 8oz cream cheese
- 1 cup powder sugar
- 1 ½ cup cool whip

Using an 8x9 pan (or two 8 inch pie crust), put in a layer of graham cracker crumbs for the crust.



Add the mixture on top of the crust. Then take 2 large instant pudding (any flavor), using only 5 ½ cups of milk instead of 6 cups. Add pudding to other mixture on the crust, follow by a layer of cool whip. Enjoy!

Submitted by Mary Jo Gingerick

If you would like to submit a recipe call Helen Nolan at 348-7123.

iCanConnect

Hearing & Vision Resource

Did you know? Adults of all ages with both hearing and vision disabilities can qualify for the iCanConnect program, an FCC initiative providing free equipment and training. People with household incomes at or below 400% of the federal poverty level can qualify. For one person, this amount is \$47,520 in 2016, and a couple can have up to \$64,080. Services in Michigan are provided by the Perkins School for the Blind working with Deaf C.A.N.! For more information, contact Marcia Brooks at Marcia.brooks@perkins.org or call 617-972-7724.

Winter is Here! Warm up with a soup to go at the Senior Center
Between 11:30am-12:30pm Mon-Fri or 4:30pm-5:30pm Mon-Thur.

Featured Soups

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

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

Credit Cards Accepted



Donations
& payments
of \$50.00
or more

It Takes My Breath Away - Living with COPD

Featuring Mary Hoppe, Coordinator of Respiratory Care at Munson Healthcare Grayling Hospital

Munson Free Breakfast Presentation, Tuesday, December 13th at 9am at the Crawford County Commission on Aging & Senior Center

Chronic Obstructive Pulmonary Disease (COPD) is used to describe lung diseases that include emphysema, chronic bronchitis, and non-reversible asthma. People experience increased difficulty breathing with these diseases.

Many people wrongly believe that increased shortness of breath and coughing is a normal part of aging. When COPD is in its early stages, you may not have any symptoms. COPD can develop for years without a person noticing shortness of breath. As the disease gets worse or progresses, a person may begin to see more symptoms, which include:

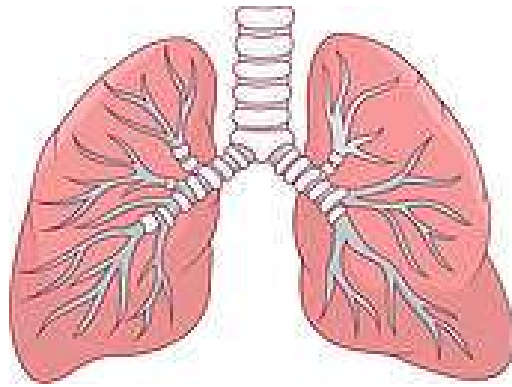
- Increased shortness of breath
- Frequent coughing
- Wheezing
- Tightness in the chest

It is important to talk to your primary care provider as soon as you notice any of these symptoms.

COPD affects nearly 24 million people in the US, and over half of them have symptoms of COPD and do not know it. Like many other diseases, early screening can identify COPD before a major loss of lung function occurs causing a change in your health and ability to do activities you enjoy.

What are the risk factors and common causes of COPD?

Most cases of COPD occur in people who are 40 years of age or older who have a history of smoking. They may be current or former smokers.



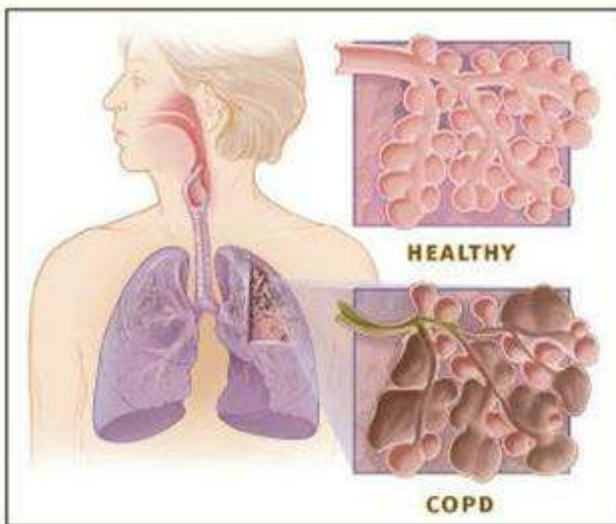
About 90 % of the people who have COPD have smoked. Second hand smoke or other lung irritants in the home, and environmental factors like harmful chemicals, dust or fumes in the workplace, as well as

genetic factors can also lead development of COPD.

Coping with COPD

Many people feel stunned or frightened when they first learn they have COPD. Others feel relief to finally know what has been causing them to lose their breath.

Whatever the case, many different emotions may be experienced. Everyone will agree – it's frightening to lose your breath, and it's difficult to accept that you are not able to do things you once were able to do. You are not alone... and there is help. Two important



things you can do to take charge when living with COPD is to learn about COPD and treatment options so can help control your breathing instead of letting it control you, and to quit smoking. The most important thing you can do to slow the

Breakfast Menu

Farmers Omelet, Fresh Fruit, Muffins, Juice & Coffee

worsening of your COPD is to quit smoking.

To learn more about programs offered by Munson Healthcare Grayling Hospital and our community partners for those diagnosed with COPD, including options to help you quit smoking, and tips to stay healthy while living with COPD, please join Mary Hoppe, Coordinator of Respiratory Care at Munson Healthcare Grayling Hospital, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday December 13, 2016.

Adapted from COPD Foundation

Chair Volleyball

A great Winter Activity! Come and play Chair Volleyball ! A easy yet spirited game played with 6 players seated in chairs (or wheelchair) on each side of the net. It is played with a beach ball. It is an activity which improves cardiovascular fitness, increases joint flexibility, enhances or maintains muscle tone and endurance, reduces stress and many other benefits including



lots of fun! If interested please contact Helen Nolan at 348-7123.

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 Gazette



Reaching Seniors and Beyond!

**MEALS ON WHEELS
LOVES PETS**



There is Help for You and your Pet!

Crawford County Commission on Aging is continuing to help those older adults who may need assistance with pet food or vet assistance. The grant given from Meals On Wheels America has helped over 39 seniors with 78 pets and 992.7 lbs. of food for low-income Crawford County older adults so far.

To be eligible for this assistance, a person must be a resident of Crawford County, age 60 or older, and have income at or below \$1,471 per month for an individual

(\$1,991 for two people). In addition, a person will also qualify if they are on



Food Stamps, SSI or Medicaid. This program is designed to supplement, not replace, a person's pet food or veterinary spending. A person may receive up to 1 bag of pet food quarterly and one time assistance with a vet bill up to \$75.

People who believe they may qualify for this assistance should call the Commission on Aging at 348-7123 to be screened for eligibility.

NOTE:

The next food distribution will be this month in December.



**Thursday, December 15th
At 5:45pm**

The community is invited to the Commission on Aging & Senior Center at for a Christmas Carol Sing-A-Long. The choir from Mt. Hope Lutheran Church will be present to lead the Christmas Caroling. They will be bringing joyous music of the season for your pleasure. We encourage you to come and lift your voices with joy of the season. There is not a charge for this event. Everyone is welcome to come for dinner beforehand. Cost of the dinner for those persons under 60 is \$5.00 and over 60 is a donation of \$3.00. The event is being held at 308 Lawndale Street in Grayling.



Grayling Vikings Senior Free Athletic Pass

Get into any Grayling Vikings home game for free. To be eligible for the free Senior Pass you must be 62 years of age or older... that is all! It is good for all home events and it is a lifetime pass. Passes are available at the Grayling High School Office between 7:30am-3:30pm Monday thru Friday.

advance care planning ...explained

Let's Talk Turkey

Start the Conversation

**Thursday December 1st
at 5:45 pm**

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?

Stephanie VanSlyke, RN has been an ICU Nurse for 12 years and she will share her experiences during these difficult times and how these stories can change your future.

Let us help you "Talk Turkey" to your loved ones:

- 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.
- We will go through the Advance Care Planning booklet page by page and answer any questions you may have.

After all, it's your life. You should decide. Make your decisions known and take the guessing out. Give loved ones the gift of knowing your decisions, not the burden of being asked to decide for you.

Start the Conversation

Please join us at the Crawford County Commission on Aging and Senior Center on **Thursday December 1, at 5:45 pm**

This is a free public service of Munson Healthcare Grayling Hospital.

Great Michigan Made Products



Come in & customize your "Holiday Gift Basket" for everyone on your list!

204 Michigan Ave, Grayling, MI (989) 745-4571



MUNSON HEALTHCARE Grayling Community Health Center

Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738

(989) 348-0314

munsonhealthcare.org/graylinghospital

DENHOLM FAMILY



Craig B. Denholm, DC


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

989-348-6600

www.denholmfamilychiropractic.com

Volunteer Opportunities at the Crawford County Commission on Aging & Senior Center



- 
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.

- 
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.



The Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.



Rewarding Experiences.
Remarkable Care.

MUNSON HEALTHCARE
Crawford Continuing Care Center

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317
munsonhealthcare.org

Congratulations to Another Successful Year! COA Wii Bowlers Take 1st Place in Year-End Tournament!



Grayling's COA Wii Bowlers Traveling Team

L-R Front: *Jeannette Bolam, Phyllis Leeson, Joyce Sorenson, Bev Wilcox, Cerial VandeCastele* L-R Back: *Lisa Munof, Sharron Hagerman, Barb McCray, Karen Gribb, Carolyn Osborne, Judy Johnson*

The Commission on Aging and Senior Center is proud to announce another successful year with their Senior Wii Bowling Traveling Team. This year the team lost only one game and ended the season with a 67-1 record. The team placed 2nd in the Cheboygan Tournament held in September with special thanks going to the *Seniors Helping Seniors* who sponsored them.

The annual year-end Wii Tournament was held here at the Commission on Aging and Senior Center in Grayling where Wii Bowlers from 5 other Senior Centers came and competed. Grayling concluded their winning streak with a 1st place win. Congratulations to all our Senior Bowlers for another great season!



Stay in the Know!

Sign up for **FREE** e-mail news about the Senior Center activities

Receive the latest information about the Senior Center activities, delivered directly to your home via e-mail.

Signing up is easy; just send an email to director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patrons e-mail list.



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

Lynn Richmond

(989) 344-0601
(989) 390-8632
(231) 229-4672

- ◆ Individual & Family Health Insurance Plans
- ◆ Supplemental Health Insurance
- ◆ Senior Health Insurance
- ◆ Life Insurance
- ◆ Fixed Annuities
- ◆ Budget Planning

lynnarolrichmond@yahoo.com

Grayling Save a Lot

Purchase of
1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Homo.

Valid Dec. 1, 2016 thru Dec 31, 2016

2333 S. I-75 Business Loop

Limit 2 Please
with coupon

348-6690

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

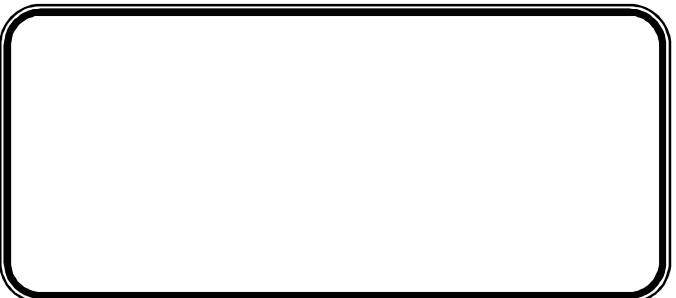


Smartphone Scan to
our Website

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

RETURN SERVICE REQUESTED

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



**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.

TrueNorth Presentation
Know the Signs: Home Energy Efficiency Problems
December 5th at 5:30 pm
 Recognize the warning signs that a home has energy efficiency
 problems. Common problems that indicate needless energy use and
 solutions will be briefly discussed by Gary Lamberg from TrueNorth
 Community Services, along with drawings for energy-savings devices. Come for a delicious dinner
 at 5:00pm and then stay for this presentation on December 5th at 5:30 pm at the Commission on
 Aging & Senior Center 308 Lawndale, Grayling.



CRISIS PREVENTION PROGRAM

PROPANE FUEL OIL FIREWOOD

ELECTRIC NATURAL GAS

FOR INCOME ELIGIBLE HOUSEHOLDS
OCTOBER 1, 2016 THROUGH SEPTEMBER 30, 2017
 (OR UNTIL FUNDS ARE EXPENDED)

SERVING

Alcona Alpena Arenac Cheboygan Crawford
 Iosco Montmorency Ogemaw Oscoda Otsego Presque Isle

Household Size	150% of 2016 Poverty Guidelines
1	1,485
2	2,003
3	2,520
4	3,038
5	3,555
6	4,073
7	4,591
8	5,111
9	5,631
10	6,151

ELECTRICITY / NATURAL GAS
 Applicant must have past-due bill, shut-off notice or
 disconnection in their name at their current address.

PROPANE / FUEL OIL
 Residential tank must be at 25% or below.

FIREWOOD
 Current supply must be at two cords or less.

Applicants Must Call (989) 358-4713 or toll-free 1-866-484-7077, Ext. 313

Applicants must meet all eligibility requirements. If eligible, an application will be mailed. Applications will be processed on a first come first served basis within 10 days of receipt of application. Determination is dependent on receipt of all required documentation.

NEWCSA does not discriminate based on religion, race, color, national origin, age, sex, marital status, sexual orientation, familial status, or disability.