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Featured Article

Leonard and Elsa Knutson Est. 1941

On February 17, 1941, in the town of Chaska, Minnesota, on a day when the thermometer said it was -40°, and against the wishes of her brother, Elsa Diedrick said "I do" and promised "for better or worse 'til death do us part" to a farmer named Leonard Knutson. He promised the same, and almost 76 years later, they both still do.



"My brother didn't want me to marry a Swede," Elsa shrugged, smiling across the room at her still-handsome husband. "But," she paused and held up her left hand, "my uncle didn't want me to be left-handed, either. He said I was the devil because I was left-handed. The teacher at the country school tried to beat it out of me, and she didn't use the flat side of the ruler to smack my hand; she used the edge. I still have scars from that. She was the meanest old b---- ever." Elsa, outspoken and straightforward, still writes with her left hand, and her German is still very good.

Elsa's parents both died young, leaving Elsa an orphan when she was about 15 years old. Before that, she was "always dirty. I'd be out with the geese, or with the pigs. One time there was a litter of little pink piglets and it was so cold outside that we brought them inside and put them in a box on the oven

door of the wood cook-stove to keep warm." She started milking cows when she was 7, and remembers how she'd "take hold of a teat, clean it off and..." she makes

a gesture like she's milking a cow and opens her mouth wide... "duk, duk, duk. Straight in!" When she left the farm, she was milking 25 cows a day, by hand.

Leonard, the third of four boys, who celebrated his 99th birthday in January,

was 14 or 15 years old when his family moved from Wisconsin to Carver, Minnesota, not far from where Elsa lived. A quiet man, nearly a stereotype of a Norwegian farmer, he enjoyed hunting; especially prairie chickens. "We hunted partridge in Wisconsin, but it was prairie chickens in Minnesota. I enjoyed that.

It was almost two years later when the two met at a house party. "Loretta Johnson was having a dance. We danced all of the dances; waltzes and schottisches, mazurkas. And we always danced, didn't we?" Leonard nodded in agreement. They courted for a couple of years, and were finally wed on that cold, February day. Elsa spent all the money she had; \$300 from the farm, to pay for the wedding. "It was a beautiful day. Bright, clear, and there was lots of snow on the ground."

Their honeymoon was also their move to Michigan. "There was a



Tax Appointments See pg 2



Barry Van Guilder, the Banjo Picker See pg 6

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
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It's Tax Season: Appointments Available

Tax and Home Heating Credit Appointments Available

Volunteers are available this year to assist with filing taxes and home heating credits. To qualify for an appointment, your income cannot be over \$40,000.

Only three days are available for Home Heating Credit Appointments – **February 2nd, 7th and 9th**. Tax appointments are available starting February 2nd every Tuesday & Thursday up thru April 13th.

You must bring your social security cards and picture ID for yourself and each person you are claiming on your tax return. No social security card and/or ID = no appointment. When coming to your appointment, you will need to bring the following:

- Picture ID(s); Driver's License for everyone
- Social Security Card(s) For Your Spouse And Dependents
- Birthdates For Spouses And Dependents
- If One Of Your Dependents Is In School, Bring A Report Card Or Some Document Showing They Are Attending School
- Copy Of Last Year's Tax Return
- Any Income, W2's, Tips, Gambling



Winnings, Your Social Security Statement SSA-1099, Railroad Retirement RRB-1099, Interest 1099-INT, Dividends 1099-DIV, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-MISC, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement

- Daycare Total Amount Paid, Providers Id Number or SS Number

- Mortgage Interest Statement
- Your Property Tax Bills For Last Year: Summer And Winter Tax
- (Renters May Qualify If A Portion Of Their Rent Is For Taxes)
- Your Heating Costs From November 1, 2015 Thru October 31, 2016

- (Renters May Qualify Even If Heat Is Included In Rent)
 - For Direct Deposit: Bank Routing And Account Number or Bring A Blank Check
- To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

PLEASE NOTE: Appointments are available on a first come, first serve basis until full.

UPCOMING CONCERTS



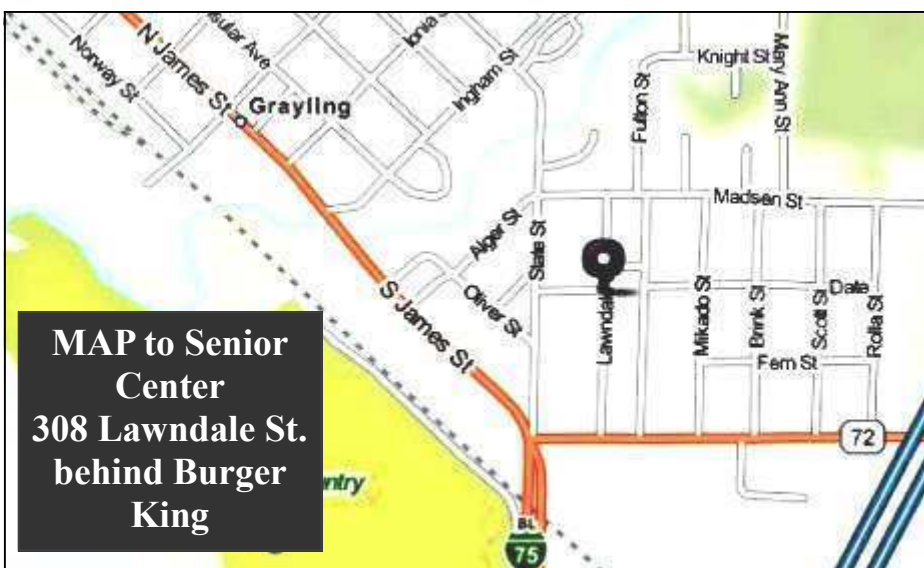
Coming in March

Great Lakes Graham & the Fiddle Man is a bluegrass and folk duo from Marquette

MI consisting of Troy Graham and Allen Dupras. **Thursday, March 16th at 5:45pm.**

Coming in April

Brian Ashton, a local businessman and musician will be returning for your listening pleasure on **Thursday, April 6th at 5:45pm** at the Senior Center.



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:
 Charles & Linda Mires
 Sandra Moore
 Bonnie & Dale Cherven
 In Memory of
Joanne Hazel Mitchell

Memorial Donation made by:
 Robin Kalnins
 In Memory of
Fred Shippy

Memorial Donation made by:
 Jack & Phyllis Richards
 In Memory of
Helen & Arthur Kerle

Memorial Donation made by:
 Jessie Potts
 In Memory of
Bessie Potts



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
Adam T Vernon, PLLC
- Pantry Bingo Sponsored by:
InTeliCare
Heartland Homecare
- Zumba Sponsored by:
Grayling Nursing & Rehabilitation
Community

Donations

- Paula Barton
- Juanita Bilinski
- Shirley Bordeaux
- Michael & Dianne Branch
- Elizabeth Chace
- Joe Ellison
- Bob & Pat Gallagher
- Jerry St. Germain
- Donald & Janet Gooch
- Diane Gregorich
- Helen Hatfield
- Florence Hough
- Thomas Jarosz
- Ron & Dennis Kemerer
- Michael Matuzak
- John Meyers
- Joann Michal
- Kris Morse
- Rick Mrazik
- Wayne & Rosemary Nelson
- Sandy Parks
- Pat Russell
- Karl & Marjorie Schreiner
- Connie Sedgwick
- Grace Seperic
- Cheryl Starr
- Earl Taylor
- June Tobey
- John Wilcox
- Bev Wilcox
- David & Pat Wiltse

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 today by talking to a Commission on Aging staff member.

Only Available in Black with Gold Lettering

- 2x4 Actual Size \$50 Donation**
- 1x5 Actual Size \$25 Donation**
- 2x5 Actual Size \$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

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.

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 _____

Volunteers and Contributions received after January 13th will be acknowledged in the next edition of the Senior Gazette.

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

WE ACCEPT

Thank You to our COA Volunteers

- | | |
|-------------------------|------------------------------|
| Ashlee Beaulieu | Kirsten Lietz |
| Edna Bendig | George & Sharlene Mascarello |
| Sheryl Biggs | Fleda McWatters |
| Sandra Brody-Sparks | Ann Mitchell |
| Roy Bryant | Mel Moore |
| Nadine Debolt-Holzbauer | Marcus Niedzielski |
| Dick Dodge | Dee Niedzielski |
| Lyn Dodge | Bill Nuckolls |
| Diana Doremire | Tina Parcell |
| James Duncan | Mary Parker |
| Kathy Ellison | Ward Parker |
| Joe Ellison | Sandy Parks |
| Tina Foster | Rosemary Patrick |
| Pat Fowler | Andrew Pepsin |
| Mary Garcia | Sharen Perkins |
| Mary Jo Gingerick | Carol Peterson |
| Sharron Hagerman | Karen Poll |
| Susan Hensler | Dave Pratt |
| Bill Hollenbeck | Deb Rawlings |
| Vicki Howden | Tom Rawlings |
| Eva Hulbert | Jack Richards |
| Francis Hummel | Orvetta Roggow |
| Ron Kemerer | Theresa Ryba |
| Dennis Kemerer | Donna Schnoor |
| Glenn Lorelei | Karl Schreiner |
| Glenn King | Connie Sedgwick |
| Sandy Lakanen | Betty Shurkey |
| Eileen Langhorne | Joyce Sorenson |
| Abby LeClair | Cheryl Starr |
| Alice Lee | Kevin Torrey |
| Dick Lee | Harry Wojcik |
| Cathy Lester | |

Volunteer Spotlight Mary Garcia



Mary Garcia is our shining star volunteer for the month of February. Mary was born in Salt Lake City, Utah. Since a little toddler she was raised in Detroit, Michigan. She is the mother of two

daughters and grandmother of eight grandchildren. Mary has lived here since 1988. She has worked a wide range jobs from gas station attendant to hotel chain General Manager. Mary loves to cook and bake and then give it away. She even contributes recipes for the Cooks Corner in the Senior Gazette. Mary wears many hats. You can usually find Mary in the Dining Room calling the bingo numbers. On occasion she gets to play while someone else takes a turn calling numbers. It doesn't matter if it is Penny Bingo, Medicine Shoppe Bingo or Pantry Bingo, she enjoys all of them. Mary also volunteers with the Retired Senior Volunteer Program (RSVP) and with Munson Hospital Grayling. Mary

loves to read, walk and of course enjoys spending time with her family along with her constant companion Belle. She enjoys life. Mary said, "I love to laugh and joke with people because life is way too short to take too seriously."



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Computer Club Update

The Computer Club which meets on Mondays at 2:30pm at the Commission on Aging & Senior Center will not meet until further notice. The computers are still available for your use during business hours.

If you need assistance with your computer, laptop, i-pad, i-pod or tablet, notify Helen Nolan at 989-348-7123 for an appointment with our Computer Club Volunteer.

MASSAGE THERAPY PROGRAM UPDATE

There will not be neck massages on the 3rd Tuesday of February or March. Heidi will continue as usual on the 1st Tuesday of the month from 1-3pm.



Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use

their hands and fingers for massage. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

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

February Birthdays

- Barbara McCray 2/3
Otto Brantley 2/4
Pete Cheney 2/5
Pat McLaughlin 2/5
Alice Ray 2/9
Robert Weiman 2/17
Richard Sobieralski 2/19
Donald Germain 2/21
Janet Gildner 2/21
Delores Kinnison 2/23
Raymond Beckett 2/28

To get your birthday published in the Gazette stop by or call the Senior Center & ask for a form!



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!

**MEDICARE ADVANTAGE
DISENROLLMENT PERIOD
New Year...**



People on Medicare who have Prescription Drug Plans or Medicare Advantage Plans with prescription drug coverage are familiar with the Open Enrollment period. This period extends from October 15th to December 7th each year. People have the option of changing plans during this period. There is, however, another period for people with Medicare Advantage plans to disenroll from those plans and return to original Medicare. This period starts on **January 1st and extends until February 14th**. During this time, the person may leave a Medicare Advantage plan and return to Original Medicare. The person may also, during this time, join a Medicare Prescription Drug Plan. The new plan coverage will begin on the first day of the month after the plan gets your enrollment request. During this special period you can't:

- 1) switch from Original Medicare to a Medicare Advantage Plan,
- 2) switch from one Medicare Advantage Plan to another,
- 3) switch from one Medicare Prescription drug plan to another or,
- 4) join, switch, or drop a Medicare Medical Savings Account Plan.

There are a few other circumstances in which a person may be able to join, switch, or drop a Medicare Advantage Plan. These would be:

- 1) moving out of your plan's service area,
- 2) if you have Medicaid,
- 3) if you qualify for Extra Help or,
- 4) if you live in an institution (such as a nursing home).

There is one other circumstance which may be available. All Medicare Advantage plans are rated from 1 to 5 stars with 5 being an excellent rating. A person can switch to a Medicare Advantage Plan from December 8, 2016 through November 30, 2017 provided that there is a 5-star Medicare Advantage Plan in your area. You can only switch once during the Special Enrollment Period.

Leonard & Elsa Knutson

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

war on, you know. And my sister lived in Plymouth," Elsa explained. "So we (Elsa, Leonard, her sister and their little dog) made the trip up to Michigan. We wanted to be closer to her.



crocheted lace table cloths, and perfected her Hungarian coffee cakes. "I used to bake a lot. But we had three boys, and they ate a lot!"

They don't remember when they moved to Grayling. "It was quite

"We had a little car trouble on the way," Leonard said. "A spark plug gave out somewhere in Iowa, but it only cost \$7 to get that fixed and we were back in business."

a long time ago," Leonard said. "We like it." Although he doesn't hunt anymore, he used to enjoy deer hunting even though Elsa doesn't like venison. "I liked being out there."



At first, Leonard worked on a farm, earning \$15 a week in the winter, and \$30 a week in the summer. Elsa worked for AC Sparkplugs.

Later, they both took factory jobs in Fenton, where they stayed for 20 years, and then retired. "We both have back troubles now," said Elsa. "You run a 10 ton press all day for 20 years, that'll happen."

Now, the couple enjoys watching deer in their back yard, though there aren't as many as there used to be. "We used to feed them some, and the birds too, but it is too hard to get out there in the winter, you know," Elsa said.

Both Leonard and Elsa still drive, but "not very far, or often". They have nine grandchildren, three great-grandchildren, and two great-great-grandchildren. And they still have each other.

"We learned how to argue and fight," said Elsa, "and how to make up! You have to learn to let things go, if you want to make a marriage work. If you can't agree, just let it go."



In the meantime, they "had a little comer" and then two more sons after him. When Elsa's sister passed away from a brain tumor, the couple adopted her little girl.

After retiring early, Leonard and Elsa pursued other interests. He "did some carpentry work. I build three homes in Linden. That's near Fenton." She made intricately decorated wedding cakes,

"That's the secret," Leonard said with a smile. "We made a vow."

"And we've been happy, haven't we," said Elsa. Leonard just smiled.



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

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**Free Concert
Thursday,
February 2nd
at 5:45pm**

Returning live in concert at the Crawford County Commission on

Aging & Senior Center will be...

**Barry Van Guilder,
the Banjo Picker**

This concert is a happy, clean, high-spirited bluegrass, old country, folk and western swing. Barry along with his daughter and son has performed all over Michigan, at the Ohio National Bluegrass Festival, the Bean Blossom Bluegrass Festival in Indiana and the Nashville Bluegrass Festival. They have performed in various musical groups, playing a variety of instruments and styles. They have written or recorded nearly 50 songs and instrumentals. There is no charge for this concert which is open to the public. Donations will be accepted and appreciated.

Let's Get a Good Night's Sleep

By Gretchen Stelter, Michigan State University Extension

As we age we still need the same amount of sleep as we did when we were working adults:

seven to nine hours. Unfortunately due to pain, or prescription medicine keeping us awake or just worry about loved ones, many of us do not get enough sleep. If this is the case then you may find the next day is very frustrating.

You may become:

- Irritable
- Forgetful
- Depressed
- Have falls or accidents

There are many things that will help you get a good night sleep:

- Follow a sleep schedule: go to bed and get up the same time each day: even on weekends
- Avoid eating heavy foods or large meals: close to the time you go to bed you do not want food laying in your stomach
- Don't use technology in bedroom: The light from televisions, computers, cell phones and tablets make it difficult to fall asleep.
- Control the temperature: don't make your bedroom too warm or too cold.

- Stay away from caffeine: because it is a stimulant and may keep you awake

- Exercise everyday: and this should be the same time every day but not within three hours of your bedtime.
- Avoid napping: during the late afternoon because naps can keep you awake at night
- Develop a bedtime routine: by taking time

to relax by reading a book, taking a warm bath or listening to music.



Always have a safe place to sleep.

- Check your smoke alarms every six months to assure they are working properly.
- Always have a list of emergency numbers by your bed along with a phone,
- Remove area rugs so you don't trip when getting up
- Have a glass of water by your bed in case you get thirsty in the night.

For many more tips on sleeping better go to the National Institute on Health at: www.nia.nih.gov/health Many of the above suggestions are from the above website.

NEW DATE!!!!

**Dial Down/Bundle Up
TrueNorth Presentation**

February 1st, 12:30 pm

**Commission on Aging & Senior Center
308 Lawndale, Grayling**



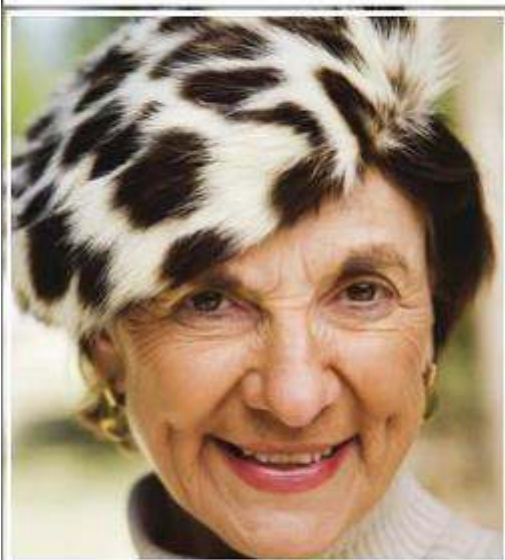
This month's TrueNorth presentation will continue with

MORE quick tips to save even MORE money on your energy costs during the winter months by turning your thermostat down and bundling up. Gary Lamberg, from TrueNorth Community Services, will offer a brief presentation that will include how to be more comfortable in the home while conserving energy. US Government energy ratings (Energy Star) will also be discussed. Join us for lunch beforehand at 12:00pm. Cost for lunch is a suggest \$3.00 donation for 60 and over and \$5.00 for those under 60.

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!



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Houghton Lake • Newaygo • Roscommon • West Branch**

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

Chair Volleyball
 Mondays, 10:00am

Clogging, Beginning
 Mondays, 12:30pm

Clogging, Regular
 Mondays, 1:30pm

Computer Club
 Assistance by Appointment

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

Flower Arranging
 Monday, 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*

Pickleball
 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.
 All priced under \$100.

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
 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 344-4826

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 Christmas Dinner - Christmas Stockings made by Nancy MacDonald
 went to Kevin D. Miller & Mary Thornsberry. Christmas apron donated by Eileen Langhorne
 went to Peggy Poynter. Cookbooks donated by Carol Conklin went to Hazel Nowlin & Roy
 Beckett. Wall hangings donated by Helen Hatfield went to Alice Maxwell & Rose Mary
 Nelson. The 50/50 drawings of \$77.00 went to Greg Whitney.

Valentine's Dinner
 Thursday, February 9th, 4-6pm

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

No Reservations Required!

Prime Rib
Sweet Scalloped Potatoes
Fresh Green Bean Blend
Mandarin Oranges
Brownies

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

Join us for our St. Patrick's Day Dinner March 9th

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.

WE LOVE OUR... SENIOR SAVINGS

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 12:30pm TrueNorth Dial Down/Bundle Up 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.	2 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches 5:45pm Barry Van Guilder Concert	3 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	4
5	6 10am Flower Arrangement Class 10am Chair Volleyball 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1-2:30 pm TEFAP @ American Legion 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	7 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 1-3pm Neck Msg Appt. Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	8 9:30am Commodities @ St Mary's 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	9 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 4-6pm Valentine's Dinner - Prime Rib, Sweet Scalloped Potatoes, Fresh Green Bean Blend, Mandarin Oranges, Brownies	10 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball	11
12	13 10am Flower Arrangement Class 10am Chair Volleyball 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	14 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 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	15 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange, 1pm-4pm DHHS Eligibility Specialist 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear, Cake & Ice Cream	16 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 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums	17 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool-9 Ball	18
19	20 10am Flower Arrangement Class 10am Chair Volleyball 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1-4pm Hearing Clinic-Appt. Req'd 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	21 10am Bible Study 10am Zumba Gold 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 - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries 6pm COA Board Mtg @ Center	22 10am Pickleball @ Frederic Twp Hall 10am Line Dancing @ The Brook 12pm Lunch - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	23 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 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricot 5:45pm Love Songs Sing-A-Long	24 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	25
26	27 10am Flower Arrangement Class 10am Chair Volleyball 12pm Lunch - Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	28 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	<div style="border: 1px dashed black; padding: 10px;"> <p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p>Must be a first time meal.</p>  </div>		<div style="border: 1px dotted black; padding: 10px;"> <p>Winter is Here! Warm up with a SOUP-to-GO at the Senior Center!</p> <p>Two soup choices daily!</p> <p>Featured Soups Mon - Cream of Broccoli Tuesday - Potato Wed- Cream of Mushroom Thurs - Bean and Ham Friday - Chili</p> <p>Now Available Monday-Friday 11:30am-12:30pm Monday-Thur. 4:30-5:30pm 308 Lawndale St. Crawford County Commission on Aging & Senior Center</p> <p>Stop by or call ahead & Order (989) 348-7123</p> <p>Soup to Go  Only \$1.00</p> </div>	

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 8:30am - 8:40am on Q100.3, WQON courtesy of the Grayling Chamber and Blarney Stone Broadcasting.



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

- We served **814** Congregate Meals
- We served **282** Soups
- Activities/Events Attendance **805**
- Average # of Daily Visitors **61**

In-Home Services

- Delivered **2593** home delivered meals.
- Provided **164** hours of respite care.
- We provided **313.25** hours of homemaker services.
- We provided **51.25** hours of bathing assistance services.

Drop Off Your Old, Unused & Expired Medications

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

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

Help Us Protect our Rivers & Lakes!





Social Security Tips

Social Security Survivor's Benefits

When you die, certain members of your family may be eligible for survivors benefits. These include widows, widowers (and divorced widows and widowers), children and dependent parents.

Who can get survivors benefits based on your work? Your widow or widower may be able to get full benefits at full retirement age. The full retirement age for survivors is age 66 for people born in 1945-1956. And the full retirement age will gradually increase to age 67 for people born in 1962 or later. Your widow or widower can get reduced benefits as early as age 60. If your surviving spouse is disabled, benefits can begin as early as age 50.



Benefits for surviving divorced spouses If you've been divorced, your former wife or husband, age 60 or older (50-59 if disabled) can get benefits, if your marriage lasted at least 10 years. Your former spouse, however, doesn't have to meet the age or length-of-marriage rule if they take care of your child who is younger than age 16 or disabled, and entitled on your record. The child must be your former spouse's natural or legally adopted child. Benefits paid to you as a surviving divorced spouse won't affect the benefit rates for other survivors getting benefits on the worker's record. If you're the surviving divorced mother or father, with the worker's child under age 16 or disabled in your care, your benefit can affect the benefits of others on the record.

One-time death payment We make a one-time payment of \$255 when you die, if you've worked long enough. We can only pay this benefit to your spouse or child if they meet certain requirements. Survivors must apply for this payment within two years of the date of death.

How do I apply for benefits? If you're already getting benefits as a wife or husband based on your spouse's work,

we'll change your payments to survivors benefits when you report the death to us. If we need more information, we'll contact you. If you're getting benefits based on your own work, call or visit us. We'll check to see if you can get more money as a widow or widower. If so, you'll get a combination of benefits that equals the higher amount. You must complete an application to switch to survivors benefits. We also need to see your spouse's death certificate.

How much will I receive? We base the benefit amount on the earnings of the person who died. The more the worker paid into Social Security, the greater your benefits will be. Social Security uses the deceased worker's basic benefit amount to calculate the percentage survivors can get. The percentage depends on the survivor's age and relationship to the worker. If the worker who died was

getting reduced benefits, we'll base your survivor's benefit on that amount. In most typical claims for benefits:

- A widow or widower, at full retirement age or older, generally gets 100 percent of the worker's basic benefit amount;
- A widow or widower, age 60 or older, but under full retirement age, gets about 71-99 percent of the worker's basic benefit amount.

What if I remarry? Usually, you can't get widow's or widower's benefits if you remarry before age 60. But remarriage after age 60 (or age 50 if you're disabled) won't prevent you from getting benefit payments based on your former spouse's work. And at age 62 or older, you can get benefits on your new spouse's work, if those benefits would be higher.

Adapted from Social Security's Survivors Benefits Brochure - SSA Publication No. 05-10084 - July 2016

YOU CAN MAKE A CHANGE FOR LIFE



Becoming more active and losing a moderate amount of weight can help you change your family history. The National Diabetes Prevention Program workshop will help you take steps to prevent diabetes.

- Move your muscles
- Control your portions
- Find your healthy weight
- Get support
- Talk back to negative thoughts
- Manage stress
- Stay motivated
- Jump start your routine

Join us for an informational session
Thursday, February 16
4:00 pm - 5:00 pm

Location: Munson Healthcare Grayling Hospital, Milltown Room
 1100 E. Michigan Ave,
 Grayling, MI 49738

Dates: Thursday, February 23, 2017, weekly for 16 weeks then monthly for 8 months

Time: 4:00 pm - 5:00 pm

To register or for more information contact: Gretchen Stelter, 501 Norway St, Suite #2, Grayling, MI 49738 989 344-3264, Ext. 1, stelter@anr.msu.edu



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 Fix it and save a buck!
 Conveniently located next door!
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 Phone: 989-348-1003

Grayling Save a Lot
 Purchase of
1/2 Gal. White Milk 99¢
 Skim, 1%, 2% or Whole
 Limit 2 Please with coupon
 Valid Feb 1, 2017 thru Feb 28, 2017
 2333 S. I-75 Business Loop 348-6690
 Look for printable coupons at www.Save-A-Lot.com

Random Word Search Puzzle

(bring in for a prize)

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

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4. carsickness
5. gauntleted
6. metonymically
7. mouldwarp
8. acrogenic
9. oblongata
10. semiprimitive
11. nonremunerative
12. cracked
13. conservational
14. resicken
15. worth
16. billowiest
17. mailability
18. barocyclonometer
19. hatcheck
20. slumberland
21. dialyzable
22. lokris
23. ooziest
24. gahnite
25. velsen
26. obscurantism
27. subtemperate
28. laking
29. seth
30. loader
31. rafferty
32. outsavor
33. beader
34. paroxysmal
35. seedlessness
36. amentiferous
37. inroad
38. uncharacteristically
39. palaeozoology
40. ghost
41. eyeletting
42. mediaevalist
43. equinoctial
44. zephyrean
45. outpopulate
46. abettal
47. gossaert
48. lyncean
49. centrifuging
50. fathomable

Cook's Corner

Stuffed Zucchini Boats

- 4 medium zucchini
- 2 tablespoons sour cream
- 2 tablespoons butter or margarine, melted
- ¼ cup cottage cheese
- Salt and pepper
- ¼ cup grated Parmesan cheese or shredded cheddar cheese
- 2 tablespoons seasoned bread crumbs



Step 1: Scrub the zucchini. Cook in large saucepan with boiling water to cover for 15 minutes or until almost tender. Drain and cool.

Step 2: Preheat oven to 350 degrees. Slice off top 1/3 lengthwise and discard tops. Scoop out pulp to form boats. Place pulp in strainer; drain and press dry.

Step 3: Combine pulp with sour cream, butter, cottage cheese, salt and pepper in bowl; mix well. Spoon mixture into the zucchini boats. Place in greased baking dish.

Step 4: Sprinkle with Parmesan and crumbs. Bake for 15 minutes or until heated through and filling is golden brown. Serves 4 people. Goes good with baked chicken.

Suggestion: Look for small, very firm zucchini squash with a shiny skin. They will be fresher and tenderer than the larger ones and would therefore be a better value for your money.

Submitted by Pat Sanders

TRIPS for 2017

"Where do you want to go?"

Please check off each trip that you would be interested in taking with the Commission on

Aging & Senior Center.
 Send in or drop off to
 Helen Nolan. Thanks.



- Detroit Tigers
- Detroit Lions
- Midland Loons

- TC Beach Bums
- Mackinac Island
- Beaver Island
- Pictured Rocks
- Tahquamenon Falls
- Amish Stores in Fairview
- TC Music House
- Detroit Fox Theater
- Huckleberry Railroad in Flint
- Bavarian Inn in Frankenmuth

- Crooked Tree in Petoskey
- Zip Lining
- Bungee Jumping
- Sky Diving
- Parasailing
- Canoeing on the AuSable River
- State Capital in Lansing
- Other _____

Drop off or send to the:
 Commission on Aging & Senior Center
 308 Lawndale Grayling, MI 49738

February Is National Heart Month: Keep Your Heart Healthy!



Heart disease is the leading cause of death for both men and women. Every year 1 in 4 deaths are caused by heart disease. The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions.

National Heart Month is observed each February to increase awareness of the effects of heart disease and promote personal action we can take to prevent heart disease both at home and in our community. The fight against our nation's number one killer - cardiovascular disease – can't be limited to treatment. It also must include prevention. Detecting risk factors for heart disease and encouraging healthy lifestyles are not luxuries, but lifesavers. Communities, health professionals and families can work together to create opportunities for all of us to make healthier choices.



Not being at a healthy weight is a strain on the hearts of Americans. More than 35% of adults are overweight or obese, and childhood obesity is affecting 32% of kids. With obesity a leading risk factor for heart disease and stroke, this epidemic is a serious public health issue.

Meanwhile, cigarette smoking is the leading cause of preventable disease and death in the United States, claiming an average 480,000 lives each year.

In the 2014-15 Behavioral Risk Factor Survey conducted by District Health Department #10, 40.7% of the Crawford County residents surveyed reported being

a cigarette smoker, 40.4% reported being overweight, and 27.1% reported no leisure time physical activity.

You are at higher risk for heart disease if you:

- Have high cholesterol or high blood pressure
- Smoke
- Are overweight or obese
- Don't get enough physical activity
- Don't eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

But the good news is there's a lot you can do to prevent heart disease. You can take action to make small changes can lead to better heart health and lower risk for heart disease. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Eat Healthy – choose foods that are low in saturated and trans fats, added sugars and sodium (salt).
- Get active.
- Watch your weight.
- Quit smoking and stay away from second hand smoke.
- Control your cholesterol and blood pressure



Keep Your Heart Healthy

- If you choose to drink alcohol, drink only in moderation.
- Manage stress.

Winter can be a difficult time to walk outdoors, but Grayling Elementary School is open Monday through Friday from 4-6 pm for indoor walking. There also are several opportunities to increase your physical activity by participating in programs offered at the Senior Center.

There are many resources available to help you get started on lowering your risk of

heart disease, start with talking with your primary care provider. District Health Department #10, Munson Healthcare Grayling Hospital, and MSU Extension all offer programs and resources to help with quitting smoking, healthy eating and weight loss. For more information call the Community Health Department at Munson Healthcare Grayling Hospital at 989.348.0924.

Adapted from healthfinder.gov: Keep Your Heart Healthy

Looking for a way to stay active this winter?

FREE Indoor Walking

Grayling Elementary School
306 Plum Street

Monday-Friday, 4:00-5:00pm

Please wear clean, dry shoes!

Our Experience Improves Yours

Maxon Medical Building
1107 E. Michigan Ave., Grayling, MI 49738

855-427-4714 | myheartexperts.org

Traverse Heart & Vascular
A Service of **MUNSON MEDICAL CENTER**

Grayling Generating Station
Renewable Energy Power Plant

Celebrating **"15 Years"** as a

Michigan Clean Corporation Citizen



KEEPING ACTIVE WHILE INSIDE

By Lenee Booth, MSPT
Munson Healthcare
Grayling Community Health Center
Rehabilitation Services

Baby, it's cold outside. While these lyrics can conjure up fond Christmas memories, it signals that winter is here and for older people it brings many challenges, especially for those with mobility issues. Staying active is much harder in the winter, particularly on the elderly who become less active and isolated leading to loneliness and depression; the shorter, colder and darker days make us want to hibernate until spring. During this time, it is important for seniors to stay not only physically active but mentally and socially active as well.

The following are several tips to help stay engaged with indoor activities throughout the cold season:

1) **Keep physically active:** physical exercise has many benefits including better overall health, improved energy levels, prevention of injuries, keeping one's body strong, prevention of osteoporosis, and improved mental health. A variety of indoor activities can keep one fit including joining a local senior's fitness or exercise class, walking at malls/stores or schools,

swimming, dancing, or at-home exercise DVD's. And remember, it is always more enjoyable exercising with a friend. If classes or at-home exercises aren't feasible, then at least make an effort to get up every hour or so and walk around your home, stretching, moving or cleaning up around the house to get your blood pumping. Don't be a couch potato.

- 2) **Stay mentally active:** read books or the newspaper, watch the news, complete crossword puzzles, play Sudoku or card games, put together puzzles, or solve brainteasers. Stimulating your mind will keep your mind sharp, and improve one's mood and overall health.
- 3) **Stimulate your creative side:** seek a creative outlet, the creative options are endless – write poetry, keep a journal or take up crocheting, knitting, scrapbooking, painting, cooking, photography, jewelry making, collage making, woodcarving, just to name a few.
- 4) **It's never too late to learn:** local school/colleges or online offer a variety of adult classes, often for free – take a computer or art class, study cake decorating, learn to play an instrument or master a new language, - look for anything to perk your interest.
- 5) **Utilize technology (be brave) – which you can learn in a class:** – keep in touch with loved ones by phone, texting, email, Skype, Facebook or many other ways.
- 6) **Find resources like clubs/groups/organizations:** keep up with faith communities/church activities, or consider clubs or other social groups with a common interest which can occur at places like the public library or local senior center. The socializing is a great way to keep active and lifts your spirits.
- 7) **Stay purposeful:** Take part in meaningful activities that give you a sense of purpose like volunteering and helping others – some seniors volunteer at schools to read with children or work at local soup kitchens. There are many opportunities available, just look around.

These tips can help give the elderly something to look forward to regularly, a way to feel needed again and plenty of opportunity to stay active physically, socially and mentally.



**Thursday, February 23rd
 at 5:45pm**

At the Commission on Aging &
 Senior Center
 308 Lawndale, Grayling

Love is in the air! February is known as the month of Love, so please join us for an evening of love songs...featuring YOU. If you have a favorite love song, come and share it with us.

Everyone is invited to join us on Thursday, February 23rd at 5:45pm for this free event. Make it a memorable evening out by joining us for a Beef Taco dinner beforehand at 5:00pm. Those 60 and over is a suggested \$3.00 donation and those under 60 the cost is \$5.00.



**The Crawford County Commission
 on Aging & Senior Center
 is looking for Volunteer Drivers for:**

Medical Transports

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.

Call or drop by and ask for Helen Nolan
 348-7123.



MUNSON HEALTHCARE
 Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital



**This month DHHS Assistance
Appointments
Wednesday, February 15th
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. Appointments are available by calling Aging at 348-7123. Walk-in appointments available on a first come, first serve basis as time permits.

**Would you like \$60
to spend on FRESH Fruits & Vegetables?**

Sign up for the Northeast Michigan Prescription for Health Program!



- Learn the best way to select fresh seasonal produce, the most nutritious ways to cook and store fresh produce and much more. This information will be presented in a 6 week nutrition education class with MSUE.
- Receive up to \$60 to purchase fresh fruits & vegetables at farmers markets and grocery stores. \$10 is distributed at each nutrition education class.

Contact Kim Chandler at the Health Department to sign up. Call: 989-348-7800 or Email: kchandler@dhd10.org No income limitations. Anyone 18 years and older can participate!

Participating counties include Alcona, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, and Presque Isle.

Northeast Michigan Prescription for Health is funded through a grant from the Michigan Health Endowment Fund. Partners include the Community Foundation for Northeast Michigan, Alcona Health Center, Thunder Bay Community Health Services, Inc., District Health Departments 2, 4, and 10, and MSU Extension.



Thank You-Thank You

A very special thank you goes out to all the Grayling Middle School teachers for their generosity.

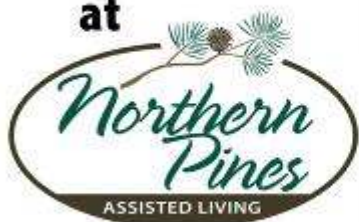
Our senior citizens were very appreciative of all the Christmas gifts. This is a wonderful tradition you do every year. You give to many who may not receive another gift. Thank you teachers!

2017 BETTER BREATHING CLASS SCHEDULE

An Educational Series for the Community Presented by Munson Grayling Hospital via REMEC. All classes will be broadcast on Mondays' from 1:30pm - 3:00pm at Munson Grayling Hospital via REMEC. To register, please leave a message at 989-348-0325 and leave your name, phone number, and what series you would like to attend. Below is Series 1:

- Feb 6 Class One: "Lung Anatomy & Physiology, Lung Diseases" - *Physician*
- Feb 13 Class Two: "Know Your Medications" - *Pharmacist*
- Feb 20 Class Three: "Breathing Devices, Exercise, Hygiene, & Travel Tips" - *Respiratory Therapist*
- Feb 27 Class Four: "Panic Control, Stress & Relaxation" - *Nurse*
- Mar 6 Class Five: "Psychological Aspects of Chronic Illness; Intimacy" - *Medical Social Worker*
- Mar 13 Class Six: "Nutrition & Lung Disease" - *Dietician*
- Mar 20 Class Seven: "Building Strength & Endurance" - *Exercise Specialist*
- Mar 27 Class Eight: "Energy Conservation" - *Occupational Therapist*

**Come visit us
at**



**A Non-Profit,
Faith-Based
Organization**



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

NorthernPinesAssistedLiving.org



a program of Baruch
Senior Ministries

130 Mary Ann Street • Grayling 49738
p: (989) 344-2010 • f: (989) 344-2011

**PRESCRIPTION
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Proudly Serving Our Community Since 1999

The Medicine Shoppe

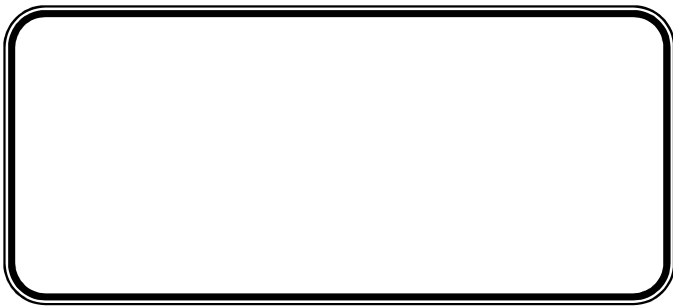
500 N. James St. • Grayling

989-348-2000

Senior discount available daily.



Smartphone Scan to our Website



308 Lawndale St.
 Grayling, MI 49738

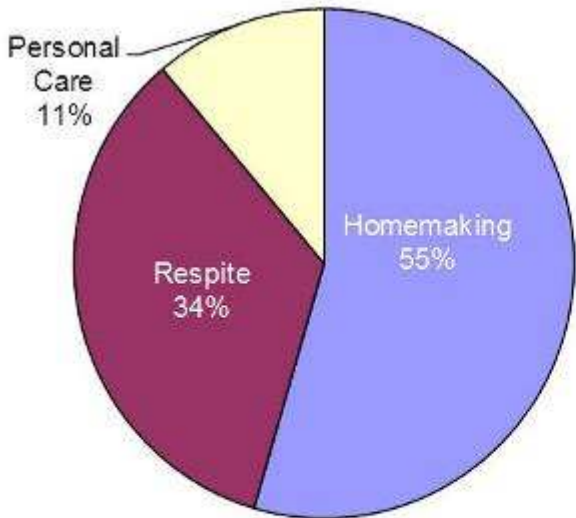
Phone: 989-348-7123
 Fax: 989-348-8342

director@crawfordcoa.org

Annual Report to the Community, October 1, 2015 - September 30, 2016

Creating Golden Opportunities for Older Adults of Today & Tomorrow

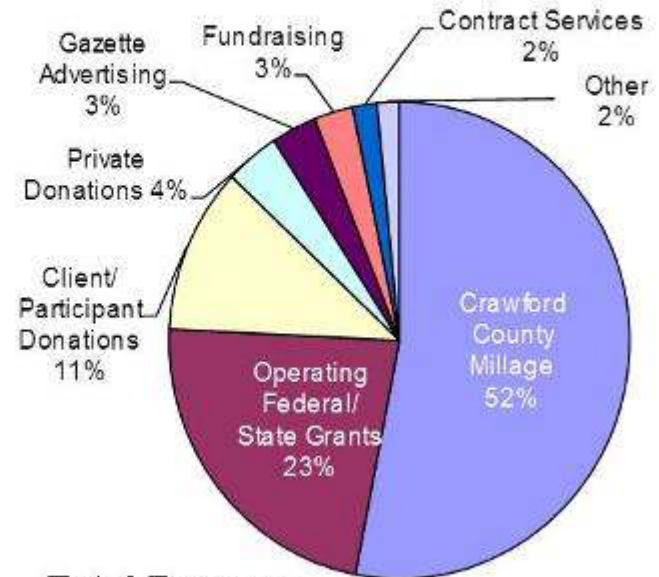
*Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 35% (1,397) of Crawford County seniors age 60 and above.**



Senior Center Activities

- 49 activities offered & attended by 889 unduplicated people.
- Average monthly attendance = 967
- Average daily visitors = 69
- Most popular = Concerts with 164
- Most popular weekly activity was Bingo with 142 participants.

Total Budget Information

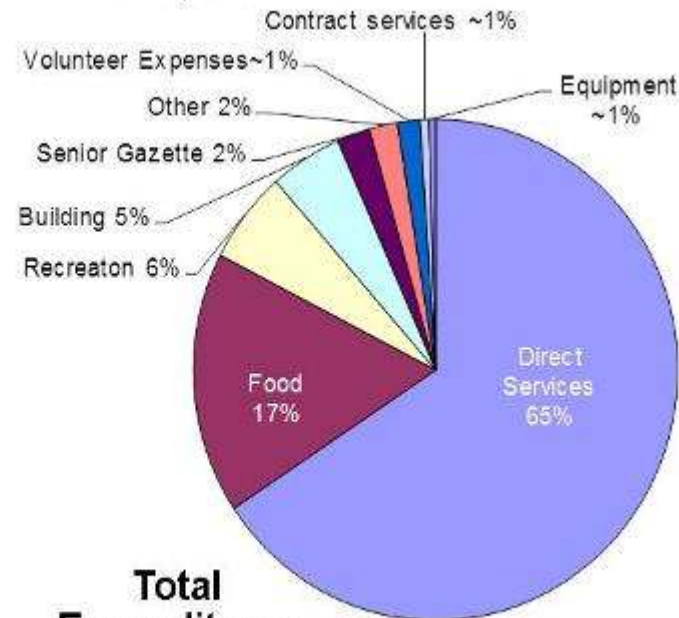


In-Home Services
 6,787 Hours ~ \$25.88 per Hour
 140 Individuals

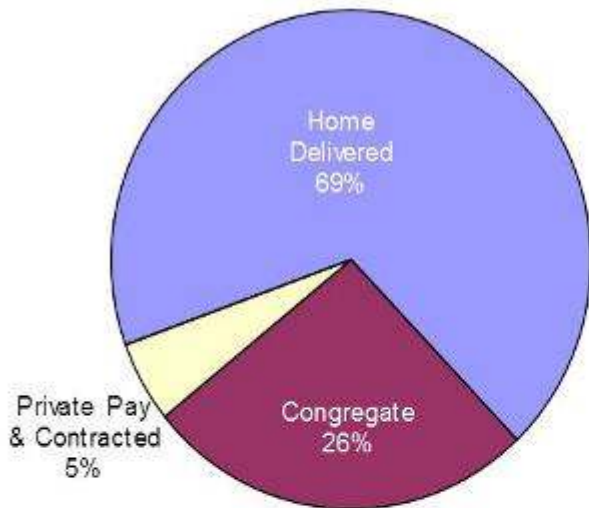
Commission on Aging Programs

- 616 boxes of Food Commodities were delivered to 73 people.
- 298 hours were spent counseling 225 seniors with their Medicaid and Medicare benefits.
- 196 seniors received "Senior Project Fresh" farm market coupons.
- 81 loans of medical equipment made.
- 227 people received assistance thru our Advocacy services.
- 122 Medical Transports were provided to 39 individuals.

Total Revenue
\$736,044



Total Expenditures
\$744,373



Meal Program
 43,181 Meals ~ \$5.49 per Meal
 1089 Individuals

On average 154 people attended the monthly Community Dinners.

Thank You Volunteers!!

Over 4,815 hours were performed by over 80 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$45,674 in staffing dollars saved. In addition volunteers raised \$8,868 for a total of \$54,542 generated by our volunteers.

*Based on 2010 Census