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Crawford County *Senior Gazette* October 2015



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**Crawford County
Commission on Aging
& Senior Center**

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Featured Article **Straight Seams and Strikes** *Beverly Wilcox*

"I'm one of the happiest people I know," said Beverly Wilcox. Her words were confirmed by the smile she wore; the one that lights up a room; the one that never seems to be absent from her face. "I don't have time to feel sorry for myself."

Beverly, 81 years old, was born in Saginaw, but grew up in Grayling where her dad was the operator and janitor at the Rialto Theatre. As the oldest of 8 girls, Beverly "had a lot of fun" as a kid, and has not stopped, nor does she intend to.

Being Mom to six kids has been one of Beverly's great joys. "John and I got married in 1955. He had two children at the time, and I also had two. And then we had two together. But there was never a sense of 'yours' and 'mine' with them. They were, and are ALL my kids. They were little...just 5, 3, 18 months, and an infant...when we got married. He was in the Army and worked at the National Guard Camp. We had such a good marriage! We had more than 50 years together, and I was holding his hand when he passed away." Mist covers her eyes, but her smile does not dim. "He was a good man. And the kids...



they have made everything worthwhile."

John and Beverly had not been married long when she saw someone making a quilt. "I was fascinated!" she said. "So I decided to give it a try." As a stay-at-home mom, she squeezed sewing time in between the business of raising children. "I started with just squares, but eventually took some classes at the Ice House. I make lots of quilts now! But," she paused, leaning in as if to tell a deep, dark secret, "I don't like curved seams! So I stick with straight ones."

She described her sewing room as "a mess! But it's all my mess!" and told me she is making quilts for a family reunion that will take place in August of 2016. "I am making a military quilt for each of the boys in the family. My sons, and my grandsons. Every one of them will get a quilt at the reunion." It seems like an ambitious endeavor, and I said so.

"Oh! That is nothing at all," she cried. "We have a family reunion every five years, and at the last one every single person there left with one of my quilts! I made scores of them for that. They filled up the whole car." She explains that she does all the piecing of the tops, but sends them out to a lady she knows for the quilting. "I love Cont. Pg 5

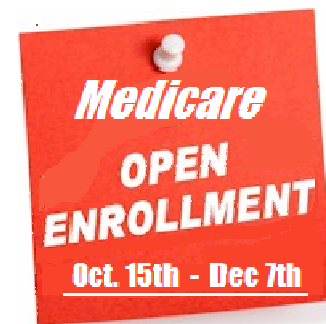
HELP!!!
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The Banjo Man
Scott Barnum
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Open Enrollment
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Upcoming Concerts Pg. 15

Hours of Operation

8:30am to 6pm
Tuesday & Wednesday
8:30am to 7pm
Monday & Thursday
8:30am to 5pm Friday

308 Lawndale St
Grayling, MI 49738

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Grayling, MI 49738

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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, it's staff or it's 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@crawfordcoa.org

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Communication Corner... Notes from the Director



Some of us are still in denial that the Fall season is upon us. We linger in our memories of the warm, sunny days. Unfortunately, the reality of the brisk morning air on our face each morning tells us that Winter will soon be upon us. Change at the Senior Center can be just as hard as admitting to the snow coming. Over the last decade and beyond, we've enjoyed offering the Soup and Salad Bar

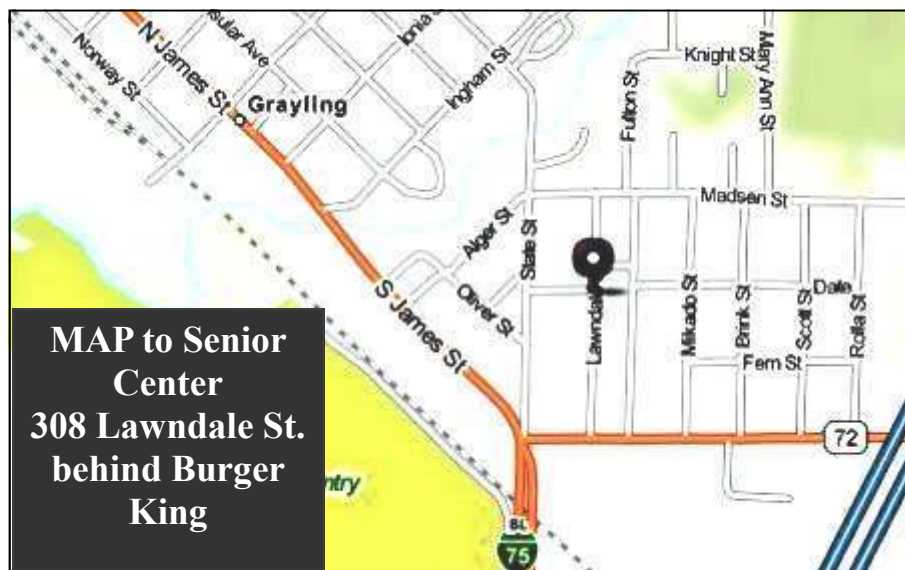


as an option at meal time. For the last two years though this meal choice has not been paying for itself. Both years, we have spent \$1,500 more than the revenue we've collected. We just don't have enough participants eating the Soup and Salad Bar to cover the costs. This however gives us the opportunity to try something new. Effective November 1st, we will discontinue the Salad Bar, but begin offering two delicious soups at each meal. The price for a bowl of soup will continue to be \$1.00. We hope you will enjoy having a hot soup option as the weather changes and the cold comes upon us.

In 2016, voters in Crawford County will need to decide on our operating millage. Should we just renew the .7185 mill currently in existence or should we increase the millage to 1 full mill. Our Board will soon begin discussions about these options and I think it's important for us to hear from our constituents as we explore this issue. Please consider joining us for a board meeting which occurs every 3rd Tuesday at 6pm at

the Senior Center. Also, feel free to contact me with your thoughts. Each year we struggle with maintaining our current level of service as costs increase. We have also seen a decline in our volunteer levels which have meant we've had to increase our staff to continue current programming. An increase in our millage would not only preserve our current programming, but also allow us to enhance our food service operation and health and wellness programming. What would you like to see happen? We need to hear from you! Please consider sharing your thoughts with us.

-Alice Snyder, Director



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 by providing and initiating programs and services.

Thank You To 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

Concerts
Offered by Hilltop Manor Health Care Center

Hearing Clinic
Offered by Advantage Audiology

Foot Clinic
Offered by Comfort Keepers

Legal Aid
Offered by Bloomquist & Thompson, PLLC and Adam T. Vernon, PLLC

Pantry Bingo 1st Friday
Offered by InTeliCare Health Services

Pantry Bingo 2nd Friday
Offered by Hospice Advantage

Pantry Bingo 3rd Friday
Offered by Hilltop Manor Health Care Center

Pantry Bingo 4th Friday
Offered by Michigan Premier

Thanks to Our Contributors

Without You,
Our Programs Would Not Be Possible

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

If you're interested in Making a Donation in Honor or in Memory of Someone, you can Buy a Plaque to be Displayed in the Senior Center Dining Room.



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

**Only Available
in Black with Gold
Lettering**

**1x5 Actual Size
\$25 Donation**

**2x4 Actual Size
\$50 Donation**

**2x5 Actual Size
\$100 Donation**

Memorial Donations were Made by:

*Mildred Dickson
in Memory of
Joe Dumas*

Senior Center Wish List...

- Cans of Air Fresheners
- Pens
- Clear Rubbermaid Totes - All Sizes
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper for Computers

Donations

Jodi Ball
Shirley Bordeaux
Alice Burak
Dan Burgess
Gerry Burns
Cheerful Givers Club
Hsiu Lien Cherry
Comfort Keepers
Stan & Bev Cooke
Carla Fulton
Bob & Pat Gallagher
Linda Goss
Mimi Hampton
Bruce Jerome
Hilltop Manor
Francis Kammer
Sandy Lakanen
Kirsten Lietz
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Cookie Ostrowski
Sally Papendick
Ward & Mary Parker
Sandra Parks
Ruby Peterson
Roger Priest
Marge Schreiner
Connie Sedgwick
Joyce Sorenson
Marilyn Stevenson
Bill Wiegand

Important Phone Numbers

**Social Security -
1-800-772-1213 or 1-866-739-4802**
Medicare - 1-800-633-4227
Veterans Admin. - 1-800-827-1000
Alzheimer's Assist. - 1-800-272-3900

Volunteers and Contributions received after September 14th will be acknowledged in the next edition of the Senior Gazette.

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.



Winners at the Hog Roast

Door Prize –Wall Hanging made by Nancy MacDonald was received by Kathy Lovely. 50/50 drawing of \$88.50 went to Dale Ruckle.

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 _____

Thank you
to our
VOLUNTEERS!

- | | |
|-------------------|---------------------|
| Ray Bankert | Marcus Niedzielski |
| Marty Barnum | Dolores Norton |
| Donna Burke | Bill Nuckolls |
| Gloria Buskirk | Sandy Parks |
| Diana Doremire | Sharen Perkins |
| Tina Foster | Carol Peterson |
| Mary Jo Gingerick | Roger Priest |
| Sharron Hagerman | Deb Rawlings |
| Loretta Hassan | Tom Rawlings |
| John Keir | Orvetta Roggow |
| Ron Kemerer | Dale Ruckle |
| Fred Koci | Gloria Ruckle |
| Ruth Koci | Donna Schnoor |
| Sandy Lakanen | Dr. Vincent Schultz |
| Eileen Langhorne | Mike Secrest |
| Abby LeClair | Dave Smith |
| Alice Lee | Nancy Smith |
| Kirsten Lietz | Joyce Sorenson |
| Nancy MacDonald | Lynn Starr |
| Fleda McWaters | Billie Squanda |
| Mel Moore | Mary Trombley |
| Wayne Mott | Bill Wiegand |

Volunteer Spotlight
Gloria Buskirk



Our Volunteer of the Month for October is Gloria Buskirk. Gloria was born in Detroit. She moved to Grayling in 1960. After graduation she moved to Redondo

Beach, California then moved back to Michigan for 2 years, back to California for 7 years, and finally moved back to Michigan in 1979. Gloria was employed for the Secretary of State in the Gaylord office for 30 years, retiring in 2011. Gloria has 2 brothers, 1 deceased sister, 2 step children and 5 grandchildren and her cats. Gloria enjoys reading and always encourages others to read. She enjoys traveling and has visited Europe, Alaska on a cruise and almost all of the 50 states. Gloria enjoys staying healthy by eating healthy foods, walking and working out at Snap Fitness as often as she can. She enjoys nature. She has been participating in the Zumba Gold Fitness Class at the Senior Center. During her visits to the Senior Center she heard about volunteers being needed for the Special Dinners. She started serving at the dinners and found herself helping out in the kitchen on the weekly basis. She enjoys people and says that she feels good when she is helping out. She says that she volunteers because it gets her out of the house. For several years now, Gloria has been a volunteer with the Irv McIsaac Golf Outing. Gloria said "Smile, Be Happy! Life is too short".



Crawford County Commission on Aging & Senior Center

- Recycling Program**
Volunteers are needed to prepare and haul items (cardboard, metal & plastic) to the Recycling Center on a weekly basis. Prefer someone with a truck who can do a little lifting. This task could be completed on a Tuesday and/or Thursday. afternoon.


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


- Kitchen Helpers** - Do you like to work in the kitchen? We could use help making sandwiches, cupping fruit, packing bags, serving and doing dishes.
- Medical Transporter**- Volunteer drivers are on an "as needed basis" when older adults have a medical apt. 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.





October Birthdays

- | |
|-----------------------|
| Gayle McCollom 10/8 |
| Diane Hatley 10/9 |
| Marjorie Roper 10/11 |
| Verna Hogle 10/13 |
| Gene Hogle 10/14 |
| Marie Hatfield 10/15 |
| Kirsten Lietz 10/19 |
| Marlene Jackson 10/21 |
| Jackie Farmer 10/21 |
| Grace Seperic 10/25 |

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

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday!

MUNSON HEALTHCARE
Grayling Community Health Center
Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738
(989) 348-0314
munsonhealthcare.org/graylinghospital

Sorenson Lockwood Funeral Home Inc.
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The Banjo Man in Concert

Scott Barnum

Along with Jerry Shader

**Thursday, October 15th
at 6:00pm**

Scott Barnum plays some very unique instruments. Besides the Banjo, he uses the washboard, washtubs and spoons to name a few. Scott makes music with most any object and everywhere he goes. His passion is found in playing bluegrass, letting the chords and lyrics sink into his soul. You can find him at festivals, funfests and several senior centers. Joining Scott will be Jerry Shader. Jerry also plays the Banjo. These two Banjo Pickers will have you playing right along with them without you even knowing it. Come and join in the fun and excitement on Thursday, October 15th at 6:00 pm at the Crawford County Commission on Aging & Senior Center. The event is free and open to the public. This concert is being sponsored in Partnership with Hilltop Manor. This is a free concert, however, your donations will be accepted and appreciated.



Rewarding Experiences.

Remarkable Care.

At Crawford Continuing Care Center, residents are honored, respected and empowered to make decisions affecting their lives, and our staff strives to create nurturing relationships with all who walk through our doors.

Our services include:

- Short and Long Term Stays
- Skilled Nursing
- Relationship Based Care
- Full Activities Program
- Rehabilitation Services

MUNSON HEALTHCARE
Crawford Continuing Care Center
1100 E. Michigan Ave.
Grayling, MI 49738
(989) 348-0317
munsonhealthcare.org

Beverly Wilcox – Straight Seams & Strikes

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

making them, and it is such a good feeling when one is complete and beautiful.”

“I always do everything all-the-way. I collected Beanie Babies®, and at one time had more than 1200 of them! Now when the great-grand kids come to visit, they can take one away.” She has also collected stamps, among other things. There are 17 living grandchildren, and 15 great grandchildren from her 5 married children. One son, John III, lives with her. “I don’t know what I’d do without him,” she said.

After her husband passed away, Beverly said she “didn’t want to sit around and mope.” That is when she found another passion; Wii bowling. She plays on the team at the Senior Center, and has since the team began, four years ago. I caught up with her during a team practice, and witnessed first-hand the camaraderie and good-natured



competitiveness of the players. “We’re pretty good,” Beverly said as she sat down from her turn to play, with high-fives all around from her teammates as they congratulated her on picking up a difficult spare.

Beverly is a right-handed lady, but bowls left-handed with a pronounced hook in her technique. Not that it hurts her game. She consistently rolls strikes, and when she doesn’t, she nearly always gets the extra pins.

The skill of the team is evidenced by a collection of trophies on display in the

recreation room of the center. “We play against Centers from other towns. We have a tournament tomorrow, so we’re practicing today.” The team practices every Wednesday



at 1 o’clock. “I used to bowl... regular bowling, you know. I bowled for a long time. But I am older now,

and my balance isn’t as good as it needs to be for that. Wii bowling is lots of fun, without the weight of a ball. It is still good exercise,” she said, getting up to take another turn. “Sometimes my hook is very sharp. I have to put the ball right on the edge of the gutter, then it cuts in at the right time. Practice has taught me how to make it work!” She made exactly that shot, and all the pins on the screen tumbled.

“Yes!” exclaimed a teammate. “There it is!” chimed another. “Nice job! Beautiful!”

A plate of cookies was passed around,



good-natured ribbing drifted over from the other half of the team, practicing across the room. “This is such fun,” Beverly repeated, “and I also love Tiger Baseball. I am on the bus to the game every time it goes. I like all the players... even when the team isn’t

doing very good.”

I asked her if she has a bucket list of things she still would like to do in her life. Her answer did not surprise me.

“No. I really don’t. I have been very blessed. I had a great marriage. I have a home, my family, a car, and good friends. I am happy.”



REGION 9 AREA AGENCY ON AGING

In-Home Care Management
for the Elderly and Disabled

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

1-877-345-1975



Craig B. Denholm, DC

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

989-348-6600

www.denholmfamilychiropractic.com

Karl's Korner...

Karl Schreiner,
COA Advocacy & Resource Coordinator

It's Time! Open Enrollment for 2015

Open Enrollment is here! Every person who has a Medicare Part D Prescription Drug Plan or Medicare Advantage Plan needs to review it and be certain that it is going to work for the year 2016. You should already have received your Annual Notice of Change which details what your premium should be for 2016 along with any other changes in your plan. You should have also received a drug formulary which tells you which drugs are covered. Because many people do not read this information, it is important to have help checking it. The Crawford County Commission on Aging & Senior Center has trained certified Medicare/Medicaid Assistance Program (MMAP) volunteers ready to help you check your plan and change it if you need to do so.



In 2015

50 Crawford County residents saved almost \$53,000 because our MMAP volunteers helped them change plans.

There are 2 ways you can do this review. You can call Karl Schreiner at the Commission on Aging & Senior Center, 348-7123, to make an appointment with one of our volunteer counselors. 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, Karl would be happy to show you or talk you through it over the telephone.

NOTE: *American Senior Benefits*, a company out of Traverse City which sells insurance products to seniors, has changed its name to *Modern District Financial Solutions*. There have been some allegations made about high-pressure sales tactics and misrepresentation of facts about the *Blue Cross Legacy* policy from agents of this company. Whether these allegations are true or not, you need to remember;

1. You are not obligated to talk to any insurance agent.
2. If you do make an appointment, you are not obligated to purchase anything from an agent either on that day or at a later time.

3. If at any time you feel pressured or intimidated by an agent, you have the right to tell that person to leave your home.
4. If you feel pressured or intimidated, you should file a complaint with the Department of Insurance and Financial Services.

You can call Karl Schreiner at the Commission on Aging & Senior Center, 348-7123 for assistance with complaints.



Keep Pets & People Together

The Crawford County Commission on Aging & Senior Center enthusiastically announces the award of a \$2,500 grant from the Banfield Charitable Trust. This grant will allow the formation of a project to assist low income Crawford County older adults with the purchase of pet food, limited veterinary bill assistance and assistance with boarding fees when there are medical emergencies.



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 Federal Public Housing Assistance (including the old Section. 8 vouchers), in the Low Income Home Energy Assistance Program (LIHEAP), on Food Stamps, SSI or Medicaid. This program is designed to supplement, not replace, a person's pet food or veterinary spending.

People who believe they may qualify for this assistance should call Karl Schreiner at the Commission on Aging & Senior Center at 348-7123 for application information.



301 N. James Street • Grayling, MI 49738 • 989-348-7113
www.spikes-grayling.com • email: spikes@freeway.net

dōTerra Oils Class



Thursday,
October 8th at 5:30pm

The Commission on Aging & Senior Center had an overwhelming response to the doTerra oils that we decided to host another "get acquainted" class.

Come and learn about Certified Pure Therapeutic Grade doTerra Essential Oils on Thursday, October 8th 5:30pm – 6:45pm at 308 Lawndale St, Grayling. Donna Schnoor, a Wellness Advocate has used the oils successfully for over a year. Donna will share her knowledge and experience of these amazing oils as a safer, cheaper and more effective addition to your health care. There will be oils for you to smell, feel and experience. Also there will be samples to pass out along with a drawing. Donna will be offering hand massages free of charge. We want to have enough supplies on hand, so please RSVP to the Senior Center at 989-348-7123 to sign up.

ALZHEIMER'S Dementia Caregiver Support Group

Next Meeting is

Wednesday, October 21st - 11am
At The Brook of Grayling; 503 Rose St.

The Crawford County Commission on Aging & Senior Center, in conjunction with the Alzheimer's Association – Greater Michigan Chapter, is hosting a support group for Caregivers of people who have Alzheimer's or other related dementias. This support group is designed to provide an outlet for caregivers to talk, share, get support, learn coping skills and get education about these dementias. Donna Schnoor, who has been a dementia caregiver, will be the group facilitator. There is no charge to attend this group. If you are unable to leave your loved one alone, Respite Care services are available by contacting Melanie Conway at 348-7123.

Grayling Save a Lot

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1/2 Gal. White Milk 99¢

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with coupon

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

Add Years to Your Life & Life to Your Years
ONGOING ACTIVITIES

Bible Study
 Tuesdays, 10am

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

Bridge
 Mondays, 1pm

Card Golf
 Fridays, 9am

Clogging, Beginning
 Mondays, 12:30pm

Clogging, Regular
 Mondays, 1:30pm

Community Choir
 Resumes October 5th
 Mondays, 6pm

Computer Club
 Mondays 2:30pm

Crafting
 Thursdays, 10am

Dinner
 Monday-Thursday, 5pm
 \$3.00 age 60+
 \$4.50 under 60
 Birthday Dinner once a
 month on a Wednesday

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

Euchre
 Tuesdays, 1pm

Exercise
 Thursday, 11am
 Friday, 10am

Karaoke
 3rd Tuesday @ The
 Brook, 2pm
 Fridays @ Senior Center,
 3:30-4:30pm

Legal Assistance
 4th Wednesdays, 1-4pm

Line Dancing
 Wednesdays, 10am

Lunch
 Monday-Friday, 12 noon
 \$3.00 age 60+
 \$4.50 under 60
 Frederic Satellite 2nd Fri.
 Lovells Satellite 3rd Fri.

Mahjong
 Wednesdays, 1pm

Pickleball
 Mondays, 3:30pm
 Grayling Elementary School

Pokeno
 Thursdays, 10am

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

Quilting
 Mondays, 10am

Soup & Salad Bar
 Monday-Thursday,
 11:30am & 4:30pm
 \$3.00 for soup/salad
 \$1.00 single salad or
 soup item
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 Karl at the
 Senior Center, 348-7123

Healthy Relationships for Women

Tuesdays 3:00-4:30pm
 @ River House - 348-3169

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, Fridays, 12:00pm
 Tuesday, Friday, Sundays 8pm,
 St. Francis Church, Grayling
 Thursdays 8pm, Crawford Center,
 Behind Munson Hospital
 Saturdays, 12:00pm at Grayling
 Township Hall
 For more info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am & Tuesdays 8pm
 St. Francis Episcopal Church, Grayling
 Thursdays 8pm location Behind Munson
 Hospital Grayling in the AuSable Room

**S.A.F.E. (Setting Addicts
 Free Eternally)**

Mondays 6pm, Grayling Baptist Church
 Tuesdays 6pm
 First Congregational Church Outreach
 Center in Roscommon
 For more info call 989-275-0786

Stroke Support Group

3rd Monday, 3 - 4:30pm
 Behind Munson Hospital Grayling
 in the AuSable Room,
 Contact Nicole Filter 348-0314

Narcotics Anonymous

Thursdays 6pm
 Assembly of God Church

Diabetes Support Group

4th Tuesday 5:30pm - 6:30pm
 Crawford Room at Munson Hospital
 Grayling

Healing Together

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



Harvest Dinner
Thursday, October 22nd

Cornish Hens
Baked Sweet Potato
Midori Blend Vegetable
Cranberry-Mandarin
Orange Fruit Blend
Apple Pie

Serving Dinner
4-6pm

No
Reservations
Required!

Suggested Donation for 60+ \$3.00. Under 60 \$4.50

Commission on Aging & Senior Center; 308 Lawndale Street, Grayling
Join us for our Thanksgiving Dinner on November 19th

Senior Center Meal Program
 Lunch and Dinner suggested donation of \$3.00.
 Under 60 cost \$4.50.
 Soup & Salad Bar Served Monday thru Thursday for \$3.00

11:30 am - Lunch | Soup & Salad Bar
 4:30 pm - Dinner | Take Out Available

Salad Bar One Salad Item In One Bowl \$1.00	Milk 30¢ with Salad Bar	Bowl of Soup \$1.00 per bowl
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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.

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




Supporting Crawford County's Senior Citizens

4786 North Down River Rd. (989) 348-7321
 P.O. Box 668 800) 968-2722
 Grayling, MI 49738 Fax (989) 348-7698

Grayling Generating Station
 Celebrating "14 Years" as a Michigan Clean Corporation Citizen



SCHEER MOTORS


989-348-5451
 1-800-968-8848

sheer2@scheermotors.com Over 40 Years In Business
 www.scheermotors.com

829 S. I-75 Business Loop Grayling MI 49738






Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Crawford County Commission on Aging & Senior Center October 2015 At-A-Glance Meal & Activities Calendar		Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling Located Behind Burger King <i>Must be a first time meal.</i> 	1 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch – Meatloaf, Baked Potatoes, Broccoli, Strawberries 1pm Penny Bingo 5pm Dinner – Corned Beef & Cabbage, Carrots, Potatoes, Apricots	2 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Baked Ham, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo <i>InTeliCare Health Services</i> 1pm Pool-9 Ball 3:30pm Karaoke	3
4	5 10am Quilting 12pm Lunch - Hot Turkey & Mashed Potato w/Gravy, Peas & Pearl Onions, Orange 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @Grayling Elem. 5pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Applesauce 6pm AuSable Community Choir	6 10am Bible Study 10am Zumba Gold 12pm Lunch – Breaded Cod, Potato Salad, Prince Charles Veggie Blend, Apple Slices 1pm Euchre 1-3pm Neck Massages Appt Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner – Liver & Onions, Cabbage Fried w/Bacon, Parisian Carrots, Fruit Cocktail	7 9am Dulcimer Group 9:30am Commodities @ St Mary's 12pm Lunch – Beef Goulash, Corn, Cauliflower, Peaches 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – BBQ Chicken Quarters, Baked Potatoes, Stewed Tomatoes, Pear	8 9am AARP Driver Safety @ City Hall 10am Crafting 10am Pokeno 11am Golden Toners Exercise Wii Bowling Here w/Rapid City 12pm Lunch – Taco Salad, Refried Beans, Broccoli, Mixed Melon 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner – Beef Pot Pie, Green Beans, Apricots 5:30 doTerra Oils Class	9 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo <i>Hospice Advantage</i> 1pm Pool-9 Ball 3:30pm Karaoke	10
11	12 10am Quilting 12pm Lunch – Potato Crunch Pollock, Redskin Potatoes, 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 - Beef Stew w/Biscuit, Spinach Salad, Plums 6pm AuSable Community Choir	13 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Appt Req'd 12pm Lunch – Hamburger, French Fries, Broccoli, Watermelon 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Western Omelet Casserole, Hash Brown, Broccoli & Cauliflower, Mixed Melon	14 10am Line Dancing 12pm Lunch – Stir Fry Chicken, Stir Fry Vegetable, Brown Rice, Asparagus, Pineapple 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner – Cranberry Glazed Chicken, Baked Potato, Peas & Carrots, Applesauce, Cake & Ice Cream	15 Medicare Open Enrollment Starts 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch – Fish Sandwich, Cauliflower, Peas & Carrots, Pineapple 1pm Penny Bingo 2pm Caring for the Caregiver @ Sorenson-Lockwood Funeral Home 5pm Dinner – Meatloaf, Mashed Potatoes, Broccoli, Strawberries 6pm Banjo Man; Scott Barnum	16 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch – Swiss Steak, Boiled Potatoes, Sugar Snap Peas, Orange Slices 1pm Pantry Bingo <i>Hilltop Manor Health Care Center</i> 1pm Pool-9 Ball 3:30pm Karaoke	17
18	19 10am Quilting 12pm Lunch – Chicken Tenders, O'Brien Potatoes, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1-4pm Hearing Clinic-Appt. Req'd 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @Grayling Elem. 5pm Dinner – Spaghetti and Meatballs, Italian Blend Veggie, Tossed Salad, Breadsticks, Grapes 6pm AuSable Community Choir	20 10am Bible Study 10am Zumba Gold 12pm Lunch – Sweet and Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Beets, Pineapple 1pm Euchre 2pm Karaoke at The Brook 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt.Req'd 5pm Dinner – Pork Roast, Baked Potato, Green Beans, Pears 6pm COA Board Mtg @ Center	21 9am Dulcimer Group 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St. 12pm Lunch – Macaroni and Cheese w/Ham, Broccoli, Mixed Vegetables, Fruit Cocktail 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – French Dip Sandwich, Oven Roasted Potatoes, Corn, Mandarin Oranges,	22 10am Crafting 10am Pokeno 11am Golden Toners Exercise Wii Bowling Here w/Kalkaska 12pm Lunch – BBQ Pork Sandwich, Cauliflower, Carrots, Grapes 1pm Penny Bingo 4-6pm Harvest Dinner – Cornish Hens, Baked Sweet Potato, Midori Blend Vegetable, Cranberry-Mandarin Orange Fruit Blend, Apple Pie	23 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Peas, Peaches 1pm Pantry Bingo <i>Michigan Premier</i> 1pm Pool-9 Ball 3:30pm Karaoke	24
25	26 10am Quilting 12pm Lunch – Kielbasa, Sauerkraut, Asparagus, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @Grayling Elem. 5pm Dinner – Lemon Baked Fish, Cole Slaw, Redskin Potatoes, Mixed Melon 6pm AuSable Community Choir	27 9am MHG Free Breakfast Pres. 10am Bible Study 10am Zumba Gold 12pm Lunch – Shepard's Pie, Winter Blend Vegetable, Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Chicken Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	28 10am Line Dancing 12pm Lunch – Beef Tips w/Noodles, California Vegetable Blend, Beets, Watermelon 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 1-4pm Legal Assist. – Appt. Required 2:30pm Unlucky 7's 5pm Dinner – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprout, Fruit Cocktail	29 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Apple Slices 1pm Penny Bingo 5pm Dinner – Stuffed Peppers, Beets, Carrots, Pear	30 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 11am Halloween Party 12pm Lunch – Fried Chicken, Oven Roasted Potatoes, Peas & Pearl Onions, Cinnamon Applesauce 1pm Pantry Bingo 1pm Pool – 9 Ball 3:30pm Karaoke 5pm Shawano Dinner	31

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

Health Services

Blood Pressure

& Blood Sugar Checks

by *Munson Home Health Care*

Tuesdays, 4-5pm

By *InTeleCare* - Friday, 11am

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

2nd Tuesday, 11:30-6pm

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.

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Community Garden

Cooperative community garden space available free of charge.

Congregate Meal Program

Lunch is provided Monday-Friday at 12 noon and Dinner is provided at 5pm Monday - Thursday. Suggested donation for seniors 60+ is \$3.00 and for those under 60, \$4.50 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 & Salad Bar

Offered Monday-Thursday @11:30am and 4:30pm. Cost is \$3.00.

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

Quarterly, 1st Monday, 1-3pm @ American Legion Hall

Resources

Computers

Internet computers are available at the Senior Center for your use, Monday-Friday, 8:30am - 6pm (except Friday till 5pm).

Information and Assistance

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

SHARP

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

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

AARP Driver Refresher Course

Offered twice each year.

Matter of Balance Program

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

PATH (Personal Action Toward Health) Classes


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

Stress Less with Mindfulness

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

Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations or 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 Barney Stone Broadcasting.



How We Served You in August 2015! At the Senior Center

- We served **952** Congregate Meals
- We served **218** Soups & Salads
- Activities/Events Attendance **915**
- Average # of Daily Visitors **68**

In-Home Services

- Delivered **2476** home delivered meals.
- Provided **185** hours of respite care.
- We provided **278** hours of homemaker services.
- We provided **74** 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 One of these Locations!

Crawford County Sheriff's Department and Grayling City Hall

Help Us Protect our Rivers & Lakes!



Social Security Tips

From Bob Simpson,
Traverse City Social Security Office



**FIND SECURITY
WITH A SOLID
RETIREMENT
PLAN**

Achieving financial independence is key to enjoying a satisfying retirement. Social Security has many tools to help you plan for your future.

Prepare for a secure, comfortable retirement by visiting www.socialsecurity.gov/myaccount. Once there, open a secure *my Social Security* account and assess your financial needs. You'll get immediate access to your personal *Social Security Statement*, your earnings record, and an estimate of your retirement benefits at age 62, at your full retirement age, and at age 70. You can also ensure your earnings are correct, since your future benefits are based on your earnings record.

Choosing when to retire is an important decision. At our *Retirement Estimator*, which you can find at www.socialsecurity.gov/estimator, you can get an estimate of your future benefit amount. You can use "what if" scenarios to see how your benefit amounts will change with different retirement dates and future earnings estimates.


Also, visit www.myra.gov to check out *myRA*, a new retirement savings option from the Department of the Treasury for the millions of Americans who face barriers to saving for retirement. *myRA* is a simple, secure, and affordable way to help you take control of your future.

Once you are ready to retire, apply at www.socialsecurity.gov/retire. Our online retirement application is the easiest and fastest way to apply for Social Security retirement benefits. It can take you as little as 15 minutes to complete. There are no

forms to sign, and usually no documentation is required. Additionally, you can apply online from the convenience of your home.

Learn more about Social Security retirement benefits by reading our publication at www.socialsecurity.gov/pubs.

With all of these resources in place, you too can prepare to reap the joys of a financially secure retirement. Learn more at www.socialsecurity.gov.

 **Camp Shawono
Dinner & Senior Night**
Camp Shawono is hosting their Annual Dinner for Commission on Aging & Senior Center Seniors on **Friday, October 30th at 5:00pm.**

Plans are still being developed but the theme will have something to do with a spooky, fun filled night! Entertainment will follow dinner. Please sign up at the Reception Desk or call 989-348-7123. Deadline is October 16th. There is not a charge, but seating is limited to the first 50 seniors. If you have any questions, please see Helen at the Commission on Aging & Senior Center. No calls to Camp Shawano please.



**Oct. 15th - Dec. 7th.
2015**

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 2016 is the best plan for you.



**AuSable
Community
Choir**
Let' Start Singing
Again...

The AuSable Community Choir will meet for practice on Monday, October 5th and every Monday from 6:00-6:45pm at the Commission on Aging & Senior Center, 308 Lawndale Street in Grayling.

We are excited about our Fall schedule. Do you love to sing? Come and share your enjoyment for music and let your voice be heard. Performances are being scheduled for November and December.

New members are welcome. Practice is open to anyone over the age of 12, both male and female. Any questions can be directed to Helen Nolan at 348-7123.

**Christmas
Cards**

**Shop Early &
Locally!**



The Crawford County Commission on Aging & Senior Center will have Christmas Cards available for sale on Tuesday, November 3rd and Wednesday, November 4th from 10am-4pm.

Call Karl Schreiner at 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, Karl would be happy to show you or talk you through it over the telephone.

Crawford County residents can call Karl at 989-348-7123 for further questions.



Random Word Search Puzzle (bring in for a prize)

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

1. unparticularizing
2. nonabsolutistically
3. coronership
4. pastose
5. unsuccessfulness
6. stretch
7. toughen
8. imperilment
9. menacingly
10. spathulate
11. quench
12. cudgeled
13. amplify
14. ragi
15. wast
16. mapes
17. temp
18. dalyce
19. specified
20. degradational
21. undefinedness
22. unpresuming
23. nondomesticated
24. prorefugee
25. uranyl
26. achromat
27. pictured
28. pylaeus
29. zeroed
30. narcissic
31. esb
32. appendence
33. lollardy
34. weigel
35. palaeoecology
36. recalcitrancy
37. stoat
38. stately
39. uncompensated
40. enchiridia
41. nonaccord
42. telanthropus
43. glycogenolysis
44. thearchic
45. macaco
46. questioner
47. deflection
48. harmoniser
49. wholism
50. pharisaism

Cook's Corner

Delightful Cherry Chocolate Cake

Ingredients

- 1 box chocolate cake mix
- 2 or 3 eggs (as called for on the box)
- 1 can cherry pie filling.



Stir together. Bake as directed on the box. Frost with chocolate frosting.

Recipe submitted by Carol Peterson

Do you have a favorite recipe that you would like to share? Bring it in, mail it in or email Helen at hnolan@crawfordcoa.org

RUMMAGE SALE Thank You to All



We wish to thank everyone who helped with the Rummage Sale fundraiser this year. Without you we could not have the success of raising about \$2700.00. Appreciation goes out to the businesses and to all of our Volunteers for assisting with the event: to the County and Soccer Association for use of the building, Fick & Sons for use of tables, Football Association, Mark Snyder, Dale & Gloria Ruckle, Dennis Kemerer, Marcus Niedzielski, Jeff Sayad, Mike Secrest, Dave Markle, Steve Wood, Cathy & Len Wyatt, Nancy MacDonald, Abby LeClair, Dianne & Jon Gregorich, Sharron Hagerman, Alice Lee, Eileen & Ron Kemerer, Carolyn & Ron Rakoczy, and Ann Doty. Also thanks goes out to the many of you who donated items. A special thank you to Joyce Sorenson for selling items at the Junque in the Trunk Sale. Start saving your stuff for next year.

HALLOWEEN PARTY!
 DATE: **FRIDAY, OCT. 30TH**
 TIME: **11:00AM**
 PLACE: **SENIOR CENTER**
308 LAWNSDALE

Everyone is invited to come and celebrate
Halloween at the Senior Center!

Come dressed in costume for pictures and lots of spooky fun. Our emcee for the scary party will be Abby LeClair. There will be goodies and a prize for the most unrecognizable senior in costume. Lunch will be served at noon if you wish to stay and eat.

Over 60 diners eat for a suggested donation of \$3.00 and those diners under 60 eat for a cost of \$4.50. Other activities that day will be Pantry Bingo at 1:00pm, Pool at 1:00pm and Karaoke at 3:30pm.

I'm Sick or Hurt...Where do I go?

Featuring Dr. Marty Lougen and Jeff Fox, PA-C

Having health coverage isn't only important when you are sick; it is helpful when you don't feel sick. Health insurance coverage can be used to get primary care and preventive services to help you and your family live long healthy lives. Your primary care provider is your partner. Your primary care provider may be a doctor, a nurse practitioner, or a physician assistant. Together you work as a team to take care of your medical needs. Having a primary care provider means he or she gets to know you individually and will be able to help you keep track of your health over time. Your primary care provider can also provide:

- ◆ A better understanding of you, your health conditions, and treatment options
- ◆ Follow-up and continuity of care (one person who knows all your medical issues)
- ◆ Discussions about what you should do when you have a condition you feel is urgent and the office is closed or your doctor is not available

Although you can get health care many different places, including the emergency department, it's best for you to get routine care and recommended preventive services from a primary care provider. There are some big differences between visits to your primary care provider and visits to the emergency department, such as cost, time spent waiting for care, and follow-up.

But when you are sick or hurt, where should you go? An injury or an illness doesn't always mean it's an emergency. Contact your

primary care provider when you need treatment for conditions you feel are not immediately dangerous. A runny nose, simple backache, sore throat or an earache are examples of illnesses you may want to contact

your primary care provider about. These are conditions that your primary care provider can take care of for you in his/her office. Urgent care or

walk-in care is an option when your illness or condition is not life threatening, but needs prompt attention. This means you need to see your primary care provider the same day and feel safe to wait a few hours, but either your provider is not available or the appointments

available could not meet your needs. Situations when you may want to seek urgent care include:

- ◆ When your provider's office is closed and you cannot wait
 - ◆ Your healthcare provider could not see you the same day, or appointment options did not meet your needs
 - ◆ Your provider tells you to go to urgent care
 - ◆ You do not have a primary care provider
- Walk-in or urgent care services include diagnosis and treatment of a full range of medical conditions including:
- ◆ Sore throat, coughs and colds
 - ◆ Earaches and infections
 - ◆ Fever and flu-like symptoms
 - ◆ Sinus and allergy symptoms
 - ◆ Minor eye injuries, infections and irritations
 - ◆ Minor burns and cuts

- ◆ Sprains, strains and minor fractures
- ◆ Urinary symptoms
- ◆ Upset stomach
- ◆ Migraine headaches
- ◆ Minor rash and insect bites

When you need medical care **now** and do not feel safe to wait, go to Emergency or call 911! An "emergency" is a medical problem that could cause death or permanent injury if not treated right away! Some examples include:

- ◆ Trouble breathing or swallowing
- ◆ Chest pains
- ◆ Fainting
- ◆ Uncontrolled bleeding
- ◆ Severe pain
- ◆ Serious injury
- ◆ Sudden numbness or weakness



If you go to an Urgent Care, Walk-in Clinic, or Emergency Room for treatment you should always follow up with your primary care provider to keep them updated. It is important to maintain open lines of communication regarding your health and care.

If you do not have a primary care doctor, your health plan, Munson Healthcare's HealthLink, and the staff at Munson Healthcare Community Health Center Grayling can help you find health care providers who are accepting new patients, participate with your insurance carrier, and offer services close to where you live. Everyone deserves to have the right care, in the right place, at the right time!

To learn more about *Munson Healthcare Grayling's Walk-In Clinic and Emergency Department Services*, please join *Dr. Marty Lougen and Jeff Fox, PA-C*, for a FREE breakfast and presentation at the Crawford County Commission on Aging and Senior Center, 9 a.m. on Tuesday October 27, 2015.

Join us for this
Free Breakfast Presentation
Crawford County Commission on Aging
& Senior Center
Tuesday, October 27th at 9am
Scramble Eggs, Sausage, Muffins,
Fruit, Juice & Coffee



Grayling Community Health Center now offers

Walk-In Care Services for Minor Injuries & Illnesses.

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

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



MUNSON HEALTHCARE
Grayling Community Health Center



**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



Coupon is Necessary to get Discount, **October 1-31, 2015 only**
Not valid with other Discounts
Excludes Sale Items

For 90 years, Ace Hardware has been known as the place with the helpful hardware folks, with your local McLean's Ace Hardware celebrating 40 yrs.

McLean's Ace Hardware
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WINTER SURVIVAL TIPS

It's all about being prepared...

By Jason McLean

It's coming up on that time of year again where the temperature drops so low you can't see the temperature through the snow and ice on your thermometer. If you're reading this I am sure you have been through your fair share of Michigan winters and know how to handle yourself pretty well. That being said, I have here a list of some helpful hints for winter survival. If you're new to the area this should help you prepare and if this isn't your first rodeo it will serve as a helpful reminder of all those chores you need to accomplish before the cold starts to hit.

First, check the house to make sure your walls and attic are well insulated. Also check around your windows and doors and fill in those air leaks and gaps with caulk or insulating foam. If you don't have storm windows it's a good investment for keeping the heat in, but if that's not an option plastic wrapping them for the cold months will definitely save more than it costs. Not only will this keep you nice and warm all winter but cut down on your heating expenses, saving your hard earned money.

Next you should check your plumbing pipes. Make sure anything near the cold, especially those near exterior walls or exposed to the cold, are well insulated. If you have a cabin, make sure you thoroughly drain and winterize the plumbing and especially the pump if you will be gone for the season. Every February the hardware store fills with people spending lots of money trying to fix exploded pipes, and cracked well

pumps. It's a headache no one wants. Also make sure you check you generator every month or so to be sure it's still functional. Nothing worse than spending all that money on a generator to find out it doesn't work the one time you need it.

Finally, you should make plans for winter emergencies both for the home and the car. For your home this should include everything you need to get through a power outage when those storms inevitably take out a power line in your neighborhood. This would be things like having a couple days of water and food that can be eaten without the need for a microwave or stove, an emergency stack of firewood, lamps, batteries, and a first aid kit in case you get stuck and can't get out. For the car, remember a small emergency kit in case you get stuck in a ditch or if bad weather hits and you are stuck in the middle of nowhere. Include a small bundle of items like blankets, hat, gloves, first aid kit, road flares, and a bit of food and water in the trunk. That should get you by until someone can rescue you from the side of the road.

This is only a start and everyone's plans will have different needs. Hope this small list of tips helps you get through the winter safe and warm. If you have any further questions in regards to winter survival and need more tips, please stop by your local Ace Hardware Store.

Readers Wanted!



Do you like to read?

Would you like to give an hour or so to help children with reading?

We are looking for adults to volunteer in the classroom to read to 2nd grade students at Grayling Elementary School. It can be to the entire class, in small groups or individually. For questions see Helen Nolan at the Commission on Aging & Senior Center or call 989-348-7123.



Big Foot Pillow Project Continues...

This will be our 4th year in sponsoring this Christmas project for the Crawford County Christian Help Center. There will be patterns to trace and cut out, materials to cut and sew and stuffing to complete the pillow. Whether you cut or sew or stuff, we need you! **Many hands will make work light!**

Please join with other volunteers from the Crawford County Commission on Aging & Senior Center to make these "Foot" Pillows (or other designs if you like). If you wish to donate fleece or polyfill for this project, please bring them to the Senior Center. We would like to complete the project this year by December 1st. For more information or questions, please see or call Helen Nolan at 989-348-7123.

Smart Driver Course



- ♦ **WHO:** For anyone 50 or older wanting to drive longer and safer
- ♦ **WHEN:** **Thursday, October 8th from 9:00am-5:00pm**
(lunch is on your own)
- ♦ **WHERE:** **Grayling City Hall, 1020 City Blvd., Grayling, MI 49738**
- ♦ **COST:** \$15.00 for AARP Members (\$20.00 for non-members; both includes all materials).
- ♦ **SPONSOR:** Crawford County Commission on Aging & Senior Center
- ♦ **CONTACT:** Karl Schreiner at (989) 348-7123 to register

The AARP Smart Driver Course is an 8 hour classroom refresher for motorists aged 50 and older. There are no test requirements. The course will provide a review of driving skills and techniques, as well as strategies and tips to help everyone adjust to normal age-related physical changes. Participants will get a certificate and many auto insurance companies give a discount for completing the course.

You do not have to be a member of AARP, bring a friend; everyone is welcome.

UPCOMING CONCERTS



Wild Angels
Thursday, November
12th at 6:00pm

Diane Beauchamp and Carol Lovely (Wild Angels) have been singing and performing for over 20 years. They perform songs across many genres as well as music through the decades.



December Song Burst

The Public is invited to come, listen and join the singing of Christmas Carols on Thursday, December 17th at 6:00pm June Karjalainen on Piano and song leaders will be Abby LeClair and Mark Jurkovich.



Remembering our loved ones

The Crawford County Commission on Aging & Senior Center is planning on their first Remembrance Day Ceremony.

It will be held on

Monday, November 2 at 6pm

We are searching for/asking you to submit names of deceased loved ones.

You may bring them in or send them to Helen Nolan.

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Ten Things to Collect that Make a Huge Difference!

The COA is thankful to everyone that has donated **UPC codes** from Spartan brand food labels. For every 1000 we collect, we get \$20. Please continue to collect labels to help raise money for your Senior Center.

The Grayling Elementary School collects **Box Tops for Education**, **Campbell Soup Labels** and also **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 ink cartridges**, recycled to raise funds for those who can't afford glasses; **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.

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.

The COA also has 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 our article on how to properly dispose of used medications.

You've Got Mail 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

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

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866-781-3218 or visit www.mobilemedical.org



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.

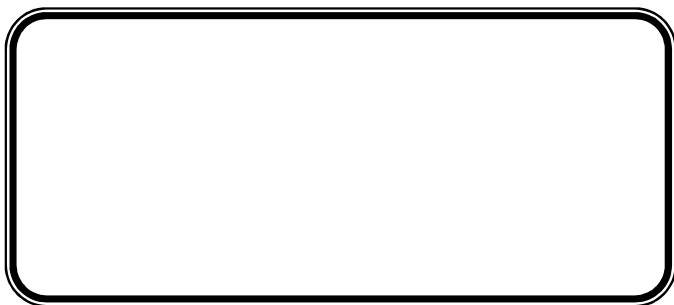


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CARING FOR THE CAREGIVER

SAVE THE DATE

OCTOBER 15, 2015



In Recognition of Hospice & Palliative Care and Clergy Appreciation Month, we are hosting a gathering to address the SELF CARE NEEDS of those who provide care to those with chronic and critical illness.

C. Leslie Charles, an Award-winning professional speaker and nationally acclaimed author, will educate and inspire you with her wisdom, warmth, and wit. After witnessing her mother caring for her father as he lost his battle with colon cancer, she realized what a challenge caregiving was and her focus became how to ease the strain of extended care giving in a society short on resources.

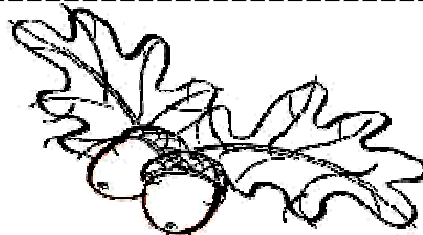
2 Sessions

Professional Caregivers 9am-12pm
Personal Caregivers 2pm-4pm

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PLEASE RSVP BY OCTOBER 9, 2015



You are invited to the 22nd Annual Crawford AuSable Community Thanksgiving Dinner

When: Thanksgiving Day, November 26th, 2015

Where: Camp Grayling Army Airfield Mess Hall
Across from Ferrell Gas

Time: Noon to 2:00p.m.

If you are **unable to attend** please feel free to call Sally at **348-9418** and schedule to have your **meal delivered.**

If you **need a ride** to dine at the Airfield please contact **Dial-a-Ride** at **989-348-5409**
No later than 5:00pm on Tuesday, November 24th.

This meal is provided by the generosity of local businesses, organizations and individuals and is free of charge.



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