

Crawford County Senior Gazette

July 2016

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Featured Article

Ed & Marge Martella

Following the River; Following Their Hearts

When Ed and Marge Martella moved to Grayling in the early 1980's, they felt lucky to find a house on the AuSable River. They had no idea how much of their time that river would occupy in the future.



Marge, age 78 was born in Bay City and Ed, now 81 in Detroit. He moved to Battle Creek when he was 3, and went to Schoolcraft College where he received an associate's degree as a machinist. Following that, he acquired a B.S. in science and education, and a Master's degree after that. Marge went into nursing, becoming an RN. Introduced to one another by mutual friends in Bay City, the two married in 1957 and moved to Livonia where they raised their 5 children. "I had a job offer from an uncle of mine in Detroit. I worked for him for 19 years," Ed said.

"We were going up north almost every weekend in those days. We wanted to move up here," Marge added.

So when Ed had the opportunity to teach Industrial Arts in Grayling, there was no hesitation on his part to seize it. In addition, Marge accepted a job at Mercy Hospital, where she worked for 22 years.

"I believe living in the north accounts a lot for our good health," said Ed. "We might not have lasted so long in the rat race of the big

city."

Maybe the river had something to do with it too. "All three of our sons paddled the canoe marathon, and all three finished," said Marge with evident pride. "We decided to get involved in the excitement."

The Martellas' involvement began with being feeders for their sons, a task that is perhaps less grueling than paddling the river from Grayling to Oscoda, but every bit

as intense. It involves arriving at each timing station ahead of the canoes, watching for the right one, often wading out into the water to deliver food and water as the canoeists pass, and then driving on to the next stop in time to do it all again. All night long.

"We didn't know what we were doing in the beginning," Ed admitted. "But we learned. And we enjoyed it." They don't remember exactly what year it was when they first followed a canoe, but their "best guess is 1985 or '86." Enjoyment turned to deeper involvement, and soon Ed and Marge were working as timers for the race. "There weren't cell phones or anything when we first started doing that," Marge said. "We relied on pay phones to call the times back in to headquarters. Sometimes we had to go looking for one, and they weren't always working."

Ed nodded. "We were out chasing canoes for usually three stops. It was not always easy to get from one to the next before the lead canoes, especially when you had to

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Saturday, July 9th
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Pancakes with an attitude!

See pg 15

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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Beware of Health Scams

By: Gretchen Stelter; MSU Extension

So often on info-commercials on TV or in Magazines we see the magic cure for all of our ailments. It is very easy to fall prey to "too good to be true" information, especially when we feel under the weather to begin with. It is very easy to understand the appeal of these commercials. There is an old saying: "If it sounds too good to be true, it probably is!" Unfortunately, seniors who have chronic health conditions usually are looking for some relief and fall prey to these commercials.

The best way for scientists to find out if a treatment works is through clinical trials. A Clinical Trial is similar to a research study, but may test new approaches to medicine. Always look at the clinical studies of a new medication and discuss with your physician before taking the drug.

There are a few Health Insurance companies that target people by getting people who cannot afford insurance to be interested in their policies. The question is: "Do they deliver what they say they will?" Remember to find out if your insurance company agent is licensed in your state.

Be wary and question what you see on the Internet, Newspapers, Radio and TV. Scam artist are trying to make a quick dollar by selling us the "miracle drugs and/or insurance" Look for red flag in ads or promotional materials that:

1. Promise a quick or painless cure
2. Claim to be a cure for a wide range of ailments
3. Require advance payment and claim there is a limited supply of the product
4. Claims to cure a chronic disease that has not been cured by medical science.

The Federal Trade Commission helps you spot frauds. The Food and Drug Administration protects the public by assuring safety of prescription drugs. These two

agencies work to protect all of us from health scams. The first step is always to talk to your physician. Getting the facts can help protect us from scams.

The National Institute on Aging (www.nihseniorhealth.gov) has health and wellness information for older adults. It is a user friendly website that you can choose to have the information read to you or read it yourself from the website.

Always remember if a medical product or an Insurance policy sounds too good to be true, it generally is!

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

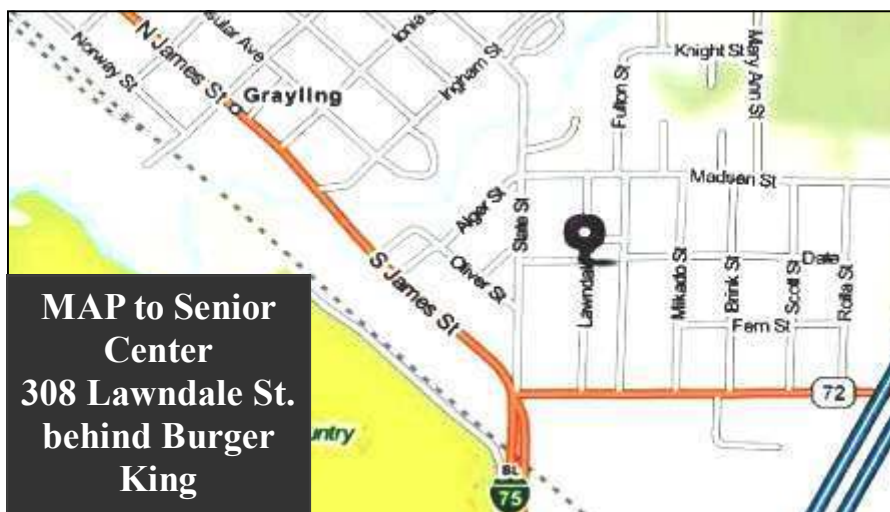


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DHHS Assistance Programs

Diane Howland, Eligibility Specialist from Crawford County Department of Health and Human Services (DHHS) will be here at the Crawford County Commission on Aging Senior Center on **Tuesday, July 26th, from 1pm to 4pm**. She will be available to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have regarding eligibility requirements, case specific questions, and also take applications for assistance. Half hour appointments are available by calling Lori Darga, Advocacy and Resource Coordinator, at 348-7123. Walk-in appointments may be available on a first come, first serve basis as time permits. This is a monthly opportunity based on the demand.



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.

Sandy & Arvo Lakanen
Candance Henig Monroe
Mike Monroe
Marilyn Stevenson
In Memory of
Gerry Burns

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.



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\$50 Donation

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

**Only Available
in Black with Gold
Lettering**

**1x5 Actual Size
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- Pens
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
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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

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.

***Make a Donation
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Please make check to COA
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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.

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***Volunteers and
Contributions
received after***

*June 10th will
be acknowledged in
the next edition of the
Senior Gazette.*

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





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	Harry Wojcik



**Saturday, July 9th
11 am to 1 pm**

**Parking Lot of the Michigan
State Police Forensic Laboratory**
(across from City Park)

Consumer fraud and identity theft are becoming an epidemic in our communities. Identity thieves routinely search through dumpsters and trash cans, looking to find



confidential information. One way to keep your identity safe is to shred documents containing personal information. This includes bank and credit card

statements, tax forms, and medical bills.

In an effort to help our community, Chemical Bank, the Crawford County Commission on Aging, and the Michelson Memorial United Methodist Church Relay for Life Team are partnering up to host a Community Shred Day event on Saturday, July 9th in the parking lot of the Michigan State Police Forensic Laboratory from 11am to 1 pm.

Shred Experts, LLC will be on-site providing document destruction for individual households on a donation basis. All metal (paper clips, staples, etc.), must be removed

prior to shredding. You may view the entire document destruction process via video monitors installed on the shredding trucks. Shred Experts, LLC are AAA certified by the National Association of Information Destruction.

Suggested donations of \$10 for a 13 gallon-size bag or box and \$15 for a 40 gallon-size bag or box will be collected on site. There is a limit of four bags/boxes per household. Please note that this event is not for businesses.

All donations from this event will benefit Crawford County RELAY FOR LIFE. Join us as we come together to honor cancer survivors, remember loved ones lost, and fight back against a disease that has already taken too much. The funds we raise will truly make a difference in the fight against cancer - just ask one of the nearly 14 million cancer survivors who will celebrate another birthday this year!

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EMAIL: polson76@charter.net

July Birthdays

Nancy MacDonald 7/2
Roy Wehnes 7/4
Dewey Corlew 7/5
Margaret Haynes 7/5
Ron Kemerer 7/5
Tommi Latoff 7/6
Ellen Helsel 7/9
Alice Burak 7/17

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



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Volunteer Spotlight

Diana Doremire



July's volunteer spotlight is shining upon Diana Doremire. Diana was born and grew up in Grayling. She attended school and graduated from Grayling High School. Except for a short time while her husband was in the Air Force and later National

Guard, Diana has always lived in Grayling. She worked for the Grayling School District for ten years in the food services. Diana is the mother of four children, grandmother of six and great-grandmother of two.

She started volunteering by helping out in her children's classrooms. She has given many hours of her precious time to the school alumni association board, mental health board, Christian Help Center, American Red Cross blood drives and her church. She has also worked with the physical and mentally challenged. She likes to stay busy whether bowling, golfing, sewing, working on crafts or doing the new Coloring Craze. She enjoys the outdoors.

You can find her serving meals at the monthly Community Dinner at the Commission on Aging and Senior Center. She enjoys visiting with people at the center. "It's the comradery" says Diana. Diana is also a member of the Retired Senior Volunteer Program (RSVP).

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

find a pay phone in between."

It got easier when Ham radio operators stepped in, and easier yet with the advent of first box/bag phones, and then cell phones. "Now," said Ed, "the canoes are equipped with GPS, and they have electronic timers which really have increased the accuracy of the times."

As technology increased, so did Ed and Marge's involvement with the race.



They went from feeding their sons to being on the timing committee.

After only one year, Ed was appointed Chair of Timers. And

then he got involved with race safety, which involved meeting with anyone or any agency connected to the race:

Consumers Energy, the police, fire department, and emergency services. "As the years went by and the crowds got

bigger, more safety measures were needed."

And as the years went by, Marge's involvement increased alongside Ed's. She chaired the race committee for two years. "We partnered with the

Oscoda committee,

which helped to coordinate what was happening at both ends of the race," she said. She worked along with Ed, helping with everything from putting up and taking down banners to getting light towers for the checkpoints. "It's not just a July event. The planning for next year

begins the day after this year's race. It is a constant thing."

"It kind of consumes you," Ed stated. "It's not just the

meeting nights. And the last couple of months leading up to the race, all conversations are about one thing. As much as you might like it...like I said, it kind of takes over."

And so, this year, for the first time since 1986, Ed and Marge Martella will not be 'working' the race. "We might even miss the start!" Marge exclaimed. Even though their nephew will be paddling for the 3rd time, and their granddaughter's husband will also be tossing a canoe into the river.

"It is time. We've been reducing our involvement over the past several years. We've just been phasing out to make room for others to ease in."



"Some couples play golf, or cards and things. The canoe race has been the thing we do together for a long time," said Marge. "Now we're going to give more time to our family, and to our church."

But Ed and Marge won't be leaving their love for the river behind. "We have kayaks. We still like to get in the river and take a nice slow float and look at the scenery," Ed smiled. Marge nodded and smiled back. After all, that's why they moved to a house on the river.



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Do you have concerns about falling?



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July 20, 22, 27, 29

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Michigan Works Office

4595 Salling, Grayling

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- Make changes to reduce fall risks at home
- Exercise to increase strength and
- Balance

WHO SHOULD ATTEND?

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

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

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



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Limit 2 Please with coupon

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

RUMMAGE

August 26th & 27th
9:00am - 4:00pm

SALE

COMMISSION ON AGING & SENIOR CENTER ANNUAL RUMMAGE SALE

At the old Fred Bear Building
on M72 West

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

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

AUG 8TH & 15TH FROM 2 - 4PM

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

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

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

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



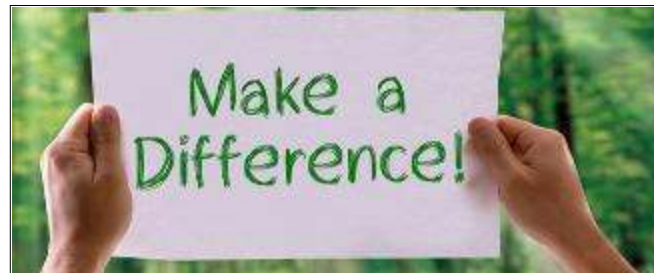
REGION 9 AREA AGENCY ON AGING

Community Based Care

In-Home Care Management
for the Elderly and Disabled

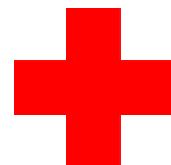
For more information and services available to seniors over the age of 60 please call the AAA or the In-Home Services Coordinator at the senior center nearest you.

1-877-345-1975



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

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



MEDICAL TRANSPORT

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

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



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



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

Bridge
Mondays, 1pm

Card Golf
Fridays, 9am

Clogging, Regular
Mondays, 1:30pm

Computer Club
Mondays, 2:30am

Color Craze
Thursdays, 10am

Crafting
Thursdays, 10am

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

Dulcimer Group
Will resume Fall 2016

Euchre
Tuesdays, 1pm

Exercise
Thursday, 11am
Friday, 10am

Karaoke
Will resume Fall 2016

Legal Assistance
4th Wednesdays, 1-4pm

Line Dancing
Will resume Fall 2016

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

Mahjong
Wednesdays, 1pm

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

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

Pokeno
Thursdays, 10am

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

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

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

Unlucky 7's
Wednesdays, 2:30pm

Wii Bowling
Wednesdays, 1pm

Zumba Gold
Tuesdays, 10am

Support Groups

Alzheimer's Support Group

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

Healthy Relationships for Women

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

TOPS Weight Loss Class

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

Grayling Alcoholics Anonymous

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

Grayling Al-Anon

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

Narcotics Anonymous

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

Diabetes Support Group

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

Healing Together

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

Winners at the Mother's Day Dinner - The door prize of the handmade pillow cases made and donated by Delores Papendick went to Margaret Haynes and the rolling pin donated by Joyce Sorenson went to Kevin D. Miller. The 50/50 drawing of \$ 53.00 went to Carolyn Osborne.

Chicken BBQ & Ice Cream Social

Commission on Aging & Senior Center; 308 Lawndale St. Grayling

Thursday, July 14th

Serving Dinner
4-6pm
No
Reservations
Required!

BBQ Chicken
Corn on Cob
Potato Salad
Watermelon
Ice Cream &
Assorted Desserts



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

Join us for our Hog Roast Thursday, August 11th

Senior Center Meal Program

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

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

2 Choices of Soups served daily

<u>Bowl of Soup</u> \$1.00 per bowl	Milk 30¢ with a bowl of soup
--	------------------------------------

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

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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.*

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	Crawford County Commission on Aging & Senior Center July 2016 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 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball	2
3	4 OFFICE CLOSED 	5 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1-3pm Neck Msg Appt.Req'd 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad w/Tomato, Winter Blend Vegetable, Red Grapes	6 9am Pickleball @ Frederic Twp Hall 9:30am Commodities @ St Mary's 10am CCC @Grayling Nature Center 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1-3:30pm Diabetes PATH @City Hall 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	7 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches	8 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	9 SHRED DAY 11am-1pm RELAY for LIFE EVENT Chegging performs @ 3:30pm Zumba following
10	11 11am Pickleball @ Frederic Twp Hall 3:30pm Pickleball @ GHC Court 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Bridge Club 2:30pm Computer Club 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	12 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	13 9am Pickleball @ Frederic Twp Hall 10am CCC @Grayling Nature Center 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1-3:30pm Diabetes PATH @City Hall 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	14 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges, Wii Bowling at Bellaire 1pm Penny Bingo 4-6pm Chicken BBQ & Ice Cream Social – BBQ Chicken, Corn on Cob, Potato Salad, Watermelon, Ice Cream & Assorted Desserts	15 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch – Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm Hilltop Manor Pantry Bingo 1pm Pool-9 Ball 5:15pm Beach Bums	16
17	18 11am Pickleball @ Frederic Twp Hall 3:30pm Pickleball @ GHC Court 12pm Lunch – Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	19 9am Munson Free B-fast Pres. 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check 4:30-5:30pm Neck Msg Appt.Req'd 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 6pm COA Board Mtg @ Center	20 9am Pickleball @ Frederic Twp Hall 9:15am Matter of Balance @ MIWorks 10am CCC @Grayling Nature Center 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1-3:30pm Diabetes PATH @City Hall 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries, Ice Cream & Cake	21 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner – Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums	22 9am Card Golf 9:15am Matter of Balance @ MIWorks 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball	23
24	25 11am Pickleball @ Frederic Twp Hall 3:30pm Pickleball @ GHC Court 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Bridge Club 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	26 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm-4 DHHS Eligibility Specialist 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear	27 9am Pickleball @ Frederic Twp Hall 9:15am Matter of Balance @ MIWorks 10am CCC @Grayling Nature Center 12pm Lunch – Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1-3:30pm Diabetes PATH @City Hall 1-4pm Legal Assist.–Appt. Required 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	28 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots Wii Bowling w/Rapid City 1pm Penny Bingo 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots	29 9am Card Golf 9:15am Matter of Balance @ MIWorks 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm InTelliCare Pantry Bingo 1pm Pool – 9 Ball	30 CHRIS CAKES Pancake Breakfast 7am-11am @ Michelson Church

Assistance to Help You Maintain Your Independence

SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure

& Blood Sugar Checks

by *Munson Home Health Care*

Tuesdays, 4-5pm

By *InTeleCare* - Friday, 11am

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

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

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are often available at no cost.

Medical Equipment Loan Closet

Many items are available to be borrowed at no cost.

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

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

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

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

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

Quarterly, 1st Monday, 1-3pm

@ American Legion Hall

Resources

Computers

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

Information and Assistance

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

SHARP

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

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

AARP Driver Refresher Course

Offered twice each year.

Matter of Balance Program

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

PATH (Personal Action Toward Health) Classes

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

Stress Less with Mindfulness

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

Cost for Services

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



Listen
for our **Calendar**
of **Events** every
morning at

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



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

- We served **936** Congregate Meals
- We served **300** Soups
- Activities/Events Attendance **1127**
- Average # of Daily Visitors **75**

In-Home Services

- Delivered **2526** home delivered meals.
- Provided **197.5** hours of respite care.
- We provided **320** hours of homemaker services.
- We provided **73.75** 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!





Crawford County Commission on Aging

Operating Millage Election

Tuesday, August 2nd, 2016



What Exactly Am I Voting For?

- #1: A renewal of what is currently received 0.7185 mills for operations, programs and services.
- #2: A separate question asking for an increase of 0.2815 mills for operations, programs and services. This would bring the total millage for the COA to 1 full mill for 8 years.

Millage Supported COA Programs

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

Census Data

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



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

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

Senior Center & Meals on Wheels...

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

Recreational Opportunities...

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

Advocacy...

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



In-Home Services...

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

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

Are you ready...
FOR
the relay?

The 2016
Relay For Life
will be

Saturday, July 9th from
11:00 am - 1:00 am

at the City Park, Grayling.
The goal for Crawford
County is \$30,000.



The
Commission
on Aging &
Senior Center
has two

groups performing.

The Clogging Group will be performing at 3:30pm with the Zumba Group following. Both groups are under the direction of Judy Morford, Licensed Instructor. Please mark your calendar and come out to show your support.



2016

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



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

For more on our
ASSISTED AND INDEPENDENT LIVING
opportunities, visit

Brookretirement.com
or call 989-745-6500

We're pet
friendly!



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

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE

Call Store For Details

Proudly Serving Our Community Since 1999
The Medicine Shoppe
500 N. James St. • Grayling
989-348-2000
Senior discount available daily.

Random Word Search Puzzle (bring in for a prize)

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

1. alchemically
2. alkalosis
3. blessed
4. bluefields
5. brominated
6. caf
7. chaetognath
8. cancelled
9. compressibility
10. dayak
11. deadman
12. dinnerware
13. dissolute
14. eliminate
15. elyse
16. embedment
17. ethereal
18. excursive
19. extemporarily
20. feigner
21. feuar
22. fibril
23. galactophorous
24. glabrate
25. haggadist
26. indiscernibleness
27. jammy
28. libel
29. narragansett
30. nobbiest
31. nonaugmentative
32. nondiligent
33. outbake
34. peskily
35. reconduct
36. reforward
37. regorged
38. roomer
39. squawroot
40. standee
41. storied
42. stripiest
43. subcutaneous
44. trochlear
45. underbox
46. unevaporated
47. unpursuant
48. veranda
49. vitreous
50. zerubbabel

Cook's Corner Chicken Lasagna with White Sauce

- 2 cups shredded mozzarella cheese (divided)
2 cans (10.75) condensed cream of mushroom soup
1½ cups milk
1 (10oz) package frozen chopped spinach, thawed, drained, and squeezed dry
1 egg, beaten lightly
1 pint ricotta cheese
8 lasagna noodles, cooked and drained
2 cups diced, cooked chicken meat
½ cup grated parmesan cheese

Directions:

1. Preheat oven to 350 degrees F. Spray 9 x 13 inch baking dish
2. Reserve 2/3 cup of the mozzarella cheese with soup and milk and set aside.
3. In another bowl, combine spinach with egg and ricotta. Mix well, then combine with soup mix and mix all together.
4. In the bottom of pan, spread 1/3 of the sauce mixture. Spread 1/3 of the chicken over the mixture. Place 4 lasagna noodles over this. Repeat for another layer. Top with remaining sauce, chicken, and reserved 2/3 cup mozzarella cheese and parmesan cheese.
5. Bake for 40-46 minutes until hot and bubbling. Let stand 15 minutes before serving.

Submitted by Marie Spencer

Senior Home Assistance & Repair Program



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

Even though it is getting warm outside, soup does a body good!
Pick some up today at the Senior Center from 11:30-12:30

Featured Soups

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

Two soup choices daily!

Soup to Go



\$1.00

Now Available

Monday-Friday 11:30-12:30
Crawford County Commission
on Aging & Senior Center
308 Lawndale St.

Stop by or call ahead & Order
(989) 348-7123

Protecting Senior Skin: The Skinny on Skin Problems

Featuring Della Lambert FNP-C

Free Breakfast Presentation, Tuesday, July 19th at 9am at the Commission on Aging & Senior Center



As we age our skin changes. It gets thinner, loses fat, and may no longer look as youthfully plump and smooth as it once did. You may notice veins and bones are more visible, and it may take longer to heal cuts and scrapes. Wrinkles, dryness, age spots, and even cancer can also develop as a result of the time we spent in the sun.

How your skin ages can depend on many factors like diet, lifestyle, heredity and other personal habits. Some habits such as stress, gravity, facial movements, obesity, and even the position you

sleep in can have an impact on how our skin ages. Some skin conditions are considered just a normal part of aging, while others can be a signal of another health problem.

Dry, flaking skin is the most common skin problem as we age. Patches of dry skin can feel rough and scaly, and is often found on the lower legs, elbows, and lower arms. Some reasons for dry skin include:

- Not drinking enough fluid
- Spending too much time in the sun or sun tanning
- Being in very dry air
- Smoking
- Feeling stress
- Losing oil glands, which help to keep the skin soft, is the main

cause of dry skin

- Using too much soap or taking hot baths
- Chronic health problems like diabetes or kidney disease

Some people **bruise** more easily as they age. Minor scrapes and bumps may cause extensive bruising in an elderly person, and it may also take longer for those bruises to heal. Some medications or illnesses may also cause skin to bruise easily. It is

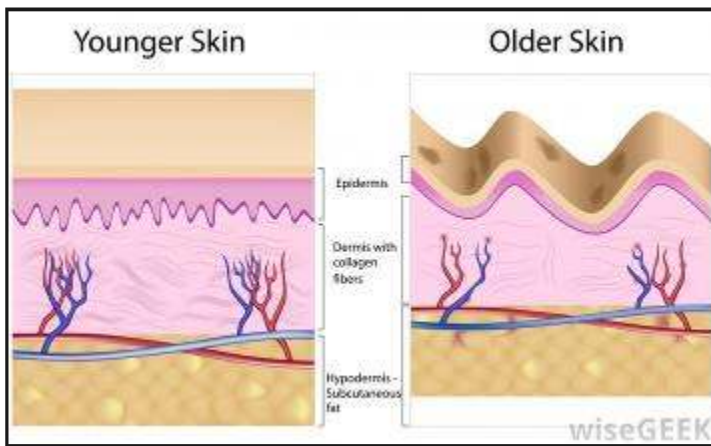
important to talk to your doctor if you see bruises and you don't know how you got them.

Age spots and skin tags also become more

common as people age. Age spots, once called "liver spots," are flat, brown spots that are larger than freckles, and are often caused by years in the sun. Skin tags are small, usually flesh-colored growths of skin that have a raised surface. Age spots and skin tags both are harmless, but if your age spots or skin tags bother you, talk to your doctor.

Skin cancer begins in the cells that make up the outer layer of the skin. It often develops on skin exposed to the sun, but skin cancer cells can also occur on areas of the skin not ordinarily exposed to sunlight. There are 3 types of skin cancer that typically impact older people:

1. Melanoma
2. Basal cell skin cancer
3. Squamous cell skin cancer



Walk-In Care Services for Minor Injuries & Illnesses

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



GRAYLING

Open Monday - Friday from 11 am - 7 pm
NEW HOURS! SATURDAYS 8 AM - 12 PM FROM JULY 2 TO SEP. 3
1250 E. Michigan Ave., Grayling, MI 49738 || 989-348-0550

ROSCOMMON

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234 Lake Street, Roscommon, MI 48653 || 989-275-1200

PRUDENVILLE

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

Breakfast Menu

**Western Omelette Casserole,
Fresh Fruit, Muffin,
Coffee & Juice**

Be on the lookout for skin cancer, and check moles twice a year. If you notice you have a changing mole or new skin growth, you need to have it evaluated by a healthcare provider. Here are some other warning signs to look for:

- A = Asymmetry**, meaning one half of the growth looks different from the other half
- B = Borders** that are irregular
- C = Color** changes or more than one color
- D = Diameter** greater than the size of a pencil eraser
- E = Evolving**, meaning the spot changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

Your skin may change with age, but there are things you can do to help. To learn more about common skin problems and how to take care of your skin and keep your skin healthy, please join Della Lambert, FNP-C, for a free seminar at the Crawford County Senior Center at 9 a.m. on Tuesday July 19, 2016. Breakfast will be available.

Adapted from NIA Skin Care and Aging and Aging Care.com

Michigan Authors Little Town Jerky Meat

The Michigan Reader for Boys and Girls

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75¢
Seniors 60 and over
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Mid-Michigan Honor Flight

June 8, 2016

Written by
Karl Schreiner

During the course of
American history,

millions of men and women have served in the armed forces of our country. They have served faithfully, both in times of peace and in times of war. Some were in for a short time, while others made the military their career. Honor flights were designed with the intent to give veterans, starting with WWII veterans, an opportunity to visit Washington D.C., free of charge, to see memorials erected in their honor and in honor of other eras in our history. WWII veterans are rapidly passing from the scene and the flights have expanded to include Korean and Vietnam vets as well. The Mid-Michigan Honor Flight is one of 3 hubs for the State (the others being in the Upper Peninsula and in Lower Michigan). Michigan Honor Flight is part of the national Honor Flight. Every day there are several Honor Flights from different states going in and out of Washington D.C.

On June 8th I was privileged to serve as a Guardian for Michael Frank, a veteran of both Korea (where he was in the Coast Guard) and Vietnam (where he was in the Air Force). Veterans and Guardians met at Case Hall on the Michigan State University Campus in East Lansing on June 7th where we checked in, ate dinner and had a short program. On Wednesday morning, we ate breakfast and



boarded buses for the airport. We were met at the airport by hundreds of people wishing us a good flight and

a good day.

Upon arrival in Washington D.C. we were once again met by hundreds of people. We then boarded buses again and headed for our first stop, the WWII memorial. A group photo was taken and then we had time to just look around. Leaving the WWII memorial, we then went to the Korean memorial and the Vietnam Wall. It was here that two very memorable events occurred. As Mike and I went to the Vietnam Wall, a woman gave Mike a red

carnation, as she was doing to all the veterans. Mike was wearing a hat that said he is a Vietnam Veteran. As we walked around, this woman, along with other people who were walking around, would say, "Welcome home!" to Mike. It puzzled me for a moment until I realized that Vietnam vets did not receive a warm welcome when they first came home. Instead they were ignored, cursed at, called baby killers, and other things. The "Welcome home!" was being done as a recognition that they had not been well treated before, but that their service really is respected today.



The other event occurred after we left the Wall and went to the memorial for military nurses. Some 8 to 10 teenagers were getting their picture taken. Mike said he wanted to give his carnation to one of them. When they were done with the picture, Mike called out to one of the girls at the end of the line. When she turned, he told her that he wanted her to have the flower. She thanked him, hesitated a moment as if she suddenly realized that Mike is a veteran. She said, "Thank you for your service." and shook his hand. Then, spontaneously, each of the other teenagers walked up to Mike and shook his hand, also thanking him for serving. Mike was quite touched by this demonstration.

After we left these memorials, we went past the Marine Memorial, not stopping but driving around it slowly twice. From there we went to the Air Force Memorial. Our last stop was at Arlington National Cemetery. We were supposed to watch the Changing of the Guard at the Tomb of the Unknown at 5pm, but got there early enough that some of us saw it at

both 4:30 and 5:00pm. It is impressive. The Guard walks 21 steps, turns, pauses for 21 seconds, then takes 21 steps back to where he started, pauses 21 seconds again, and continues this cycle for 30 minutes until he/she is relieved. The 21 steps and 21 seconds correspond to a 21gun salute, the highest salute given to a military person. It was pointed out to us that when the sergeant who conducts the change scuffs her shoe, it is a signal to the new Guard to have a good walk. If she scuffs her shoe in the vicinity of a veteran, it is a mark of respect for that person's service. That gesture of respect for our veterans was repeated at both changings even though almost our whole group had been present for both.

We headed back to Lansing and upon arrival, were formed into a line. A man playing bagpipes, led us out into the lobby of the airport. The first people we encountered were uniformed military personnel in full uniform who saluted the vets as they entered the lobby. We completed the day by meeting briefly in the dining area of Case Hall at MSU so the vets could have Mail Call. Special packets had been made for each veteran that included letters from Guardians and friends and/or relatives of Guardians. On Thursday morning we all headed home after breakfast.

I had not expected to see anyone else from Crawford County on the Flight, but was pleasantly surprised to see Dennis, Junior, Leo

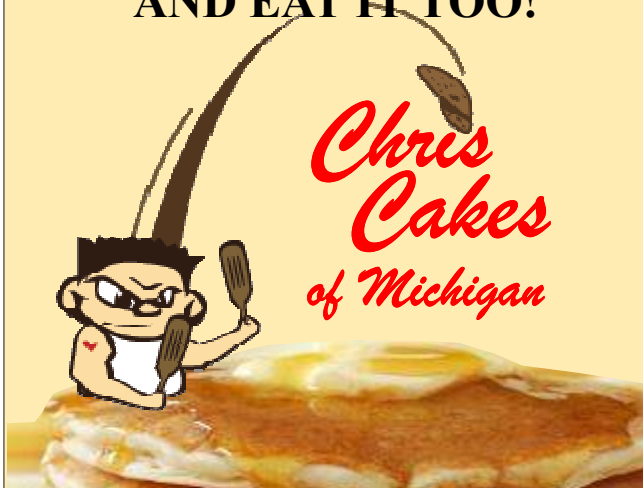


and Mike Palmer, all veterans from different branches of the

Service as well as different periods of our history. I believe that we all enjoyed the Honor Flight, and I believe that veterans should take the opportunity to go if at all possible. Those who can go as Guardians should do so. It is a great way to help honor the men and women who have served our country so well. For information about how you can go on an Honor Flight, please contact the Crawford County Commission on Aging at 348-7123.

\$15.00 Senior Discount on Septic Tank Cleaning	Jack Millikin, Inc. 4680 North Down River Rd. Grayling, MI 49838	 Est. 1941	Call us today at 989-348-8411 to make an Appointment!	\$15.00 Senior Discount on Septic Tank Cleaning
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Catch a Pancake for the Crawford County Commission on Aging... AND EAT IT TOO!



Pancakes with an attitude!

All-You-Can-Eat Pancakes
Served with Sausage,
Orange Drink, & Coffee

Date: Saturday, July 30th

Time: 7am - 11am

Where: Lawn of Michelson
Memorial United
Methodist Church
400 E. Michigan Ave.

Cost: \$7.00 per person

If you would like to buy your tickets in advance stop by the Commission on Aging & Senior Center, 308 Lawndale St. Grayling. For more information call 989-348-7123.

All proceeds go to the
Crawford County Commission on Aging
& Senior Center



The Crawford County
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now accepts and
welcomes SNAP/EBT
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Social Security Tips

From Bob Simpson,
Traverse City Social Security Office

Question:

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



Answer:

Possibly. And, you can get Social Security retirement or survivors benefits and work at

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

Question:

Will my eligibility for the *Extra Help* with Medicare prescription drug plan costs be reviewed and, if so, how often?

Answer:

If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.



MUNSON HEALTHCARE
Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital

Take an Active Role in Managing Diabetes



Diabetes PATH is a self-management workshop aimed at empowering people to take an active role in managing diabetes. Over the

course of 6 weeks, participants learn strategies to help them deal with difficult emotions, how to develop a healthy eating and exercise plan, goal setting and problem solving, and a variety of other tools to manage diabetes.

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2, family members and caregivers.

July 6, 13, 20, 27 and
August 3 & 10
1pm to 3:30pm

Grayling City Hall
1020 City Blvd, Grayling, MI 49738

This workshop is free

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

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DRIVER SAFETY

AARP Real Possibilities

SHOULD YOU TAKE THE AARP SMART DRIVER COURSE?

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



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

AARP Smart Driver Course

Tuesday, August 16th

1:00 p.m. – 5:00 p.m.
and

Wednesday, August 17th

9:00 a.m. – 1:00 p.m.

At the Grayling Nature Center

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

Crawford County Commission On Aging Senior Center Raffle

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

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

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

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

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

BeachBums trip



Join the Commission on Aging and Senior Center for 2 more trips
to see the Traverse City Beach Bums!

July 15th - (Deadline to register & pay is July 1st)

August 5th - (Deadline to register & pay is July 25th)

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

Are You Caring for a Family Member with Memory Loss?

- Have you started to have difficulty communicating with your family member?
- Are you frustrated with his/her inability to do simple things?
- Have you noticed changes in your family member's mood or personality?
- Does your family member exhibit decreased judgment?

If you answered yes to any of the above questions, the Creating Confident Caregivers workshop will help. This workshop meets weekly for 6 weeks.

Classes begin Wednesday July 6th, 2016

from 10am-Noon at the Grayling Nature Center, 1-75 Bus. Loop

To register contact Crawford County Commission on Aging at 989-348-7123



ccc
CREATING CONFIDENT CAREGIVERS



Coming Soon! Senior Project Fresh

Look for information in our August Senior Gazette about the distribution of Senior Project Fresh coupons this summer. The United Way has again sponsored this program in our County with a generous \$1,500 grant. We are currently ordering the coupons and getting ready to help you eat healthy by visiting our Grayling Farmers Market for fresh fruits and vegetables.