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Featured Article

Ann Doty

Life is What You Make of It

Ann Doty doesn't act her age. Born on March 21st, 1929, 88 year old Ann is the "poster child" for the benefits of staying active, spending time outside, and helping other people.

The middle child of three, Ann (Whiteford) Doty grew up in the East Jordan area where her father owned Whiteford's 5 - \$1 store. "You could get everything from school paper to shoes there, and it did ok until drugstores and grocery stores began carrying all of the things we had, she said. The family attended the Community of Christ Church, and the Park of the Pines Camp, both of which were influential in shaping Ann's life in ways she could not have imagined as a child. But we'll get to that in a minute.

Ann attended Graceland College in Iowa, becoming a teacher. She taught physical education from 1958 - 1968 in East Jordan, and also two years in Denver, before moving to Grayling where she taught Phys Ed and Life Science for 16 years before retiring from the public school system. It was her church camp experience that drew Ann to Phys Ed as a career. "And we were always doing things outside when I was growing up. I loved, and still love, being outdoors."



As a teacher, Ann took her 8th grade girls on day-long canoe trips. Away from school Ann kept going back to Park of the Pines to lead hiking trips, canoe trips, and campfires. "I always loved going to camp. I still do."

Ann has backpacked the Colorado Rockies with a group of 40, hiked Isle Royale 3 times, led 'trust camps' that teach cooperation skills and team-building. Ann still leads an occasional campfire sing-along. She's backpacked in Utah, panned for gold, been all across Canada, twice to Alaska, to the Outer Banks, and all over the US, including Hawaii. "I love to travel and see things. There's so much beauty."

She said the hardest thing in her life was her divorce from her first husband. She doesn't talk much about that, except to say that that union gave her a wonderful son, Ken. Ten years after her divorce, she married Jay Doty, who was 23 years her senior. "Someone asked me why I'd want to marry 'an old man' like that. Well, I just told them I'd rather be an old man's darling than a young man's slave. The truth is, my 23 1/2 years with Jay... that was life like I'd never known. He was a widower with three children. He adopted my son, and I've always said that they were all my kids. I had them all. We had a wonderful life together."

Ann's home is a showcase for photos, her collection of loons, and

Cont. Pg 5



FREE Concert
See pg 5



Thursday, June 22nd
See pg 16

Find us by
searching for *Crawford
County Commission
on Aging & Senior
Center*

HOURS OF OPERATION

Monday - Wednesday
8:30am to 6pm

Thursday
8:30am to 7pm

Friday
8:30am to 5pm

308 Lawndale St
Grayling, MI 49738

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

www.crawfordcoa.org
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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, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

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

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We Need your Good Stuff!

**Commission on Aging & Senior Center
is Getting Ready for their Annual Rummage Sale**

Commission on Aging is getting ready for its Annual Rummage Sale to be held August 18th & 19th. But in order to have a successful sale they need all your unwanted "GOOD STUFF".

Maybe you would like to down size, or you want to redecorate and your "Good Stuff" just doesn't match with your new décor. Or maybe you have items you no longer use and you would like to see them go to a good cause.



Beginning August 1st you can donate your items in clean, working order at our drop off site. If you have large items, but need help with delivery, please contact the Senior Center at 989-348-7123

Drop off dates:

- **August 1st & 8th from 2 - 4pm**
- **August 14th, 15th & 16th from 10am - 3pm**



Drop off Site:

- **the old Fred Bear Building on M72 West**

One more way you can HELP

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? Call the Senior Center at 989-348-7123.

PLEASE NOTE:

- 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 .

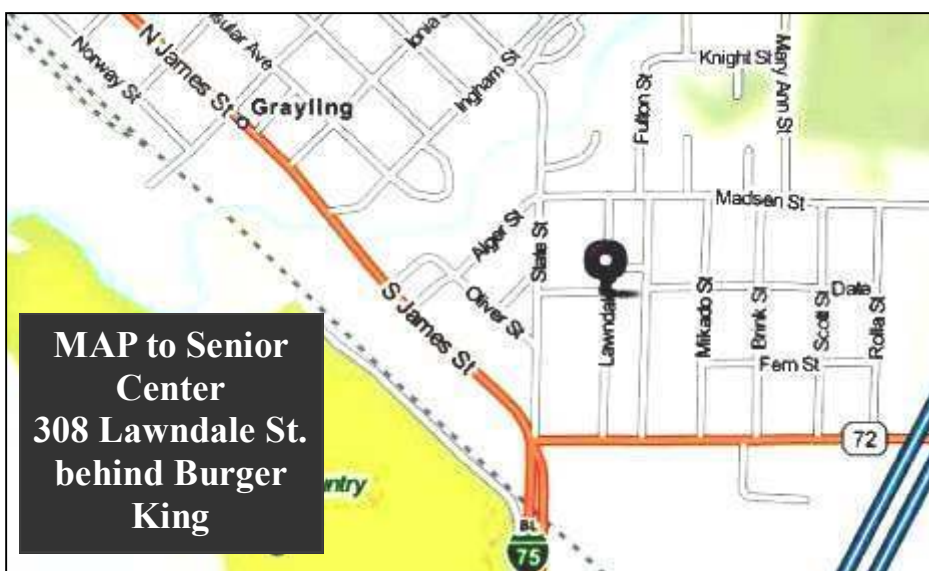


Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake!

Please call us at 348-7123

before the meal to let us know you're coming.

Invite up to 8 people and dessert is on us!



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

Our Mission...

The mission of the Commission on Aging is to advocate and promote the well-being and independence of all older adults of Crawford County.

*Memorial Donation
made by: COA Friends
In Memory of
Grace Seperic*

*Memorial Donation
made by: Arlene Czuba
In Memory of
Alice M Albers*

to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community.

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



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

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

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

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

Only Available in Black with Gold Lettering

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

- Important Phone Numbers**
- Social Security**
1-800-772-1213 or
1-866-739-4802
 - Medicare - 1-800-633-4227**
 - Veterans Administration**
1-800-827-1000
 - Alzheimer's Assistance**
1-800-272-3900



Our Sponsors

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

Donations

- Shirley Bordeaux
- Betty Jo Bresmon
- Diane Burtch
- COA Friends
- Carol Conklin
- Arlene Czuba
- Tina Fisette
- Bob & Pat Gallagher
- Mary Jo Gingerick
- Sharron Hagerman
- Helen Hatfield
- Bruce Jerome
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- Kirsten Lietz
- Joan & Larry Mattis
- Fran Morgan
- Mary Parker
- Wendy Reycraft
- Karl & Marge Schreiner
- Ginny Taylor
- Matilda Walker
- Janet Wolfe
- Regina Wright

Volunteers and Contributions received after May 5th 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.

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 _____

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



TO OUR VOLUNTEERS WE THANK YOU

Justin Baldwin	Richard Lee
Paula Barton	Nancy Lemmon
Edna Bendig	Cathy Lester
Cheryl Biggs	Kirsten Lietz
Nancy Billinghamurst	Marion Long
Roy Bryant	Barb McCray
Donna Burke	Dean McCray
Marc Dedenbach	Ann Mitchell
Lyn Dodge	George Mascarello
Richard Dodge	Sharlene Mascarello
Diana Doremire	Abby Moore
Ann Doty	Mel Moore
James Duncan	Judy Morford
Deb Ellis	Marcus Niedzielski
Kathy Ellison	Dee Niedzielski
Tina Foster	Helen Nolan
Mary Garcia	Dolores Norton
Mary Jo Gingerick	Bill Nuckolls
Sharron Hagerman	Ward Parker
Bill Hollenbeck	Mary Parker
Karen Hollenbeck	Rosemary Patrick
Vicki Howden	Carol Peterson
Donna Hubbard	David Pratt
Francis Hummel	Jack Richards
Kay Hunter	Debra Rawlings
Barb Hunter	Thomas Rawlings
Charlotte Ippolito	Orvetta Roggow
Dennis Kemerer	Gloria Ruckle
Eileen Kemerer	Donna Schnoor
Ron Kemerer	Karl Schreiner
Glenn King	Betty Shurkey
Lorelei King	Joyce Sorenson
Sandy Lakanen	Mary Trombley
Alice Lee	Harry Wojcik



People volunteer for a wide variety of reasons, especially wanting to help others. But it's also OK to want some benefits for yourself from volunteering.

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work.

There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness.



The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well.

Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the service cycle: maybe you are a tutor for someone who can't read, while last month the volunteer ambulance corps rushed you to the emergency room. Volunteering also includes "self-help." So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes, too. Adding your effort to the work of others makes everyone's lives better.

Your Motivations

Think about how much you receive when you give and consider why you want to volunteer. You may have several different reasons. Here are just a few of the many possible motivations identified by other volunteers:

- to feel needed
- to share a skill
- to get to know a community
- to demonstrate commitment to a cause/belief

- to gain leadership skills
- to do your civic duty
- satisfaction from accomplishment
- to keep busy
- to donate your professional skills
- to have an impact
- to learn something new
- to help a friend or relative
- to be challenged
- to feel proud
- to make new friends
- to explore a career
- as therapy
- to do something different from your job
- for fun!
- for religious reasons
- to earn academic credit
- to have an excuse to do what you love
- to be part of a team
- because you were asked
- to test yourself
- to build your resume
- to be an agent of change
- because of personal experience with the problem, illness, or cause

You will probably have some special reasons of your own. Remember that the motivations you have to select the place to offer your services may not be the reasons why you stay. Once you're on the volunteer job, you will continue to serve as long as you feel that your efforts are accomplishing something, that your talents are appreciated, and that you make a difference. And if you also like the people with whom you work, so much the better!

As long as you are truly serving through your volunteer work, isn't it wonderful that such an exchange occurs? In fact, it tends to strengthen your commitment to volunteering when you can see the benefits to both the recipient of your efforts and to yourself. And it is much more comfortable than "charity" because it upholds the self-esteem of those with whom you volunteer.

By Susan J. Ellis, President, Energize, Inc.

"Found in the Energize online library at <http://www.energizeinc.com/a-z>"

June Birthdays

Donna Cheney 6/4

BJ Haslem 6/6

Audrey Williams 6/7

Daniel Canfield 6/18

Patricia Seperic 6/18

Mike Munfo 6/19

Margie Thomson 6/20

Jeanette Kelts 6/21

Lois Kesteloot 6/24

Guy Waggy 6/29

David Dickerson

in concert at the
Crawford County Commission on Aging
308 Lawndale St. Grayling



Thursday, June 15th at 5:45pm
FREE Concert! Everyone is invited!

The Commission on Aging & Senior Center is pleased to welcome David Dickerson. Whether you enjoy country music or not you will fall in love with David. David has had the privilege of working with some of Nashville's major recording artists and was also inducted into the Michigan Country Music Hall of Fame. He will entertain you with his monologues, poetry and songs.

Join us for a Lemon Baked Fish dinner at 5:00pm. The cost is a suggested donated of \$3.00 for 60 & over and a cost of \$5.00 for those under 60.

This event is free and open to the community. Donations will be accepted and appreciated.

Upcoming Concerts

At the Commission of Aging & Senior Center, 308 Lawndale St., Grayling



July 13th
Brian Ashton



Aug 10th
Contagious 2

Al Bondar
&
Diane
Beauchamp

Ann Doty

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



her own artworks. "Jay and I took painting lessons together," she said, showing me both his work and her own. Together they delivered meals on Wheels, traveled, enjoyed their church, their family, and giving to others.

When Jay died in 1991, Ann was faced with a choice. "I could sit down



and cry, or I could keep on living and enjoying life." She chose the latter. Her love for God, for people, and for serving others kept

her involved in her church, where she is now a High Priest. One of the great joys of her life is performing weddings. "I have pictures of all the couples I've married. I've buried my share of people too, of course."

Ann didn't stop teaching when she retired, either. She taught adult education classes to help people achieve their high

school diplomas. Today, she teaches line dancing at the Senior Center in Grayling, volunteers at Wellington Farm Park, and still goes to camp to teach young people about the things that have made up her own life; God, family, and enjoying life to the fullest. She was involved for many years with the Milltown Follies, too. "I've always been doing," she said.

"I don't do quite as much as I used to, though" she said, referring to canoeing and backpacking. "But I also love to sew. I make quilts. Lots of quilts." She showed me a stack of bright patchwork; gifts for loved ones. She sews to give. "When I go somewhere, I like to take a little gift. The things I sew; the quilts and the tea towels, are to give to others."



She also gives the gift of her time. "I stay in touch with people. I call people just to listen. People need that... someone to listen to them. I have had a good and varied life with a lot of opportunities, but my love for God and for people is the most important thing to me. I just want to help bring peace to people. I have friends and family who take good care of me. I try to pass that along to others."

Whether it is the fresh air and exercise, having a faith community, the presence of a loving family, or a combination of these, Ann Doty has been blessed. "It has not always been an easy life. There were some hard times. But I learned that life is what you make of it. And my life has been rich."

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE

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MUNSON HEALTHCARE
Grayling Community Health Center

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



**Saturday, July 8th
10am to 12pm**

**In the Parking Lot of Spike's Keg 'O' Nails
301 N James St, Grayling**

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, the Crawford County Commission on Aging and the Michelson Memorial United Methodist Church Relay for Life Team are again partnering up to host the 2nd Annual Community Shred Day. Chemical Bank has generously offered to Sponsor this event.



Shred Experts, LLC will be on-site providing document destruction for individual households on a donation basis. You may view the entire

document destruction process via video monitors installed on the shredding truck. 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. Paper clips and staples **do not** need to be removed.

Please note that this event is **NOT** for businesses. All donations from this event will benefit Crawford County RELAY FOR LIFE and The Crawford County Commission on Aging.

Join us as we come together to help our local seniors in need of services and to honor cancer survivors, remember loved ones lost, and fight back against a disease that has already taken too many!



**This month DHHS Assistance Appointments
Wednesday, June 21st
from 1pm to 4pm**

Diane Howland, Eligibility Specialist from Crawford County Department of Health and Human Services (DHHS) will be here at the Crawford County Commission on Aging Senior Center to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have, and also take applications for assistance. Appointments are available by calling Aging at 348-7123.

Would you be interested in being a court appointed Legal Guardian or Conservator?

A **legal guardian** is a person who has the legal authority (and the corresponding duty) to care for the personal interests of another person (doctor appts, etc). Guardians are typically used in three situations:

- guardianship for an incapacitated senior (due to old age or infirmity),
- guardianship for a minor, and
- guardianship for developmentally disabled adults.



A **legal conservator** is a person who has the legal authority (and the

corresponding duty) to protect and manage the financial affairs (pay monthly bills) of a protected person due to physical or mental limitations or old age. Guardians are required to meet with the person at least once a week.

Both legal guardians and conservators are required to submit yearly reports to the court.

If you are interested in being a court appointed guardian or conservator send a resume or letter of interest to Crawford County Probate Court, 200 W Michigan Ave, Grayling, MI 49738. If you are selected we require a background check.



The Freedom

The Value

The Brook



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

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

Brookretirement.com
989-745-6500

We're pet friendly!



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

we're *Thankful*

A great big thank you to everyone who brought in silk flowers and styrofoam for the flowering arranging class. We have used them for many projects. Some of the items will be used for decorating the Senior Center.

"They are treasures to me."

Thank you Very Much,
Nancy MacDonald

Add Years to Your Life & Life to Your Years

ONGOING ACTIVITIES

Aerobic Drumming

Mondays, 10am
Thursdays, 3pm

Bible Study

Tuesdays, 10am
Thursdays, 12:30pm

Bingo

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

Bridge

Mondays, 1pm

Card Golf

Fridays, 9am

Clogging, Beginning

Mondays, 12:30pm

Clogging, Regular

Mondays, 1:30pm

Computer Club

Assistance by Appointment

Color Craze

Thursdays, 10am

Crafting

Thursdays, 10am

Dinner

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

Euchre

Tuesdays, 1pm

Exercise

Thursday, 10am
Friday, 10am

Flower Arranging

Monday, 10am

Legal Assistance

4th Wednesdays, 1-4pm

Line Dancing

Wednesdays, 10am

Lunch

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

Mahjong

Wednesdays, 1pm

Pickleball

Mondays, 3:30pm
At the Grayling Elementary

Pickleball

Monday-Thursday, 10am
At the Frederic Township Hall

Pinochle

Fridays, 10am

Pokeno

Thursdays, 10am

Pool

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

Soup (2 choices per meal)

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

Trips

Special trips for seniors are
planned May through October.
All priced under \$100.

Unlucky 7's

Wednesdays, 2:30pm

Wii Bowling

Wednesdays, 1pm

Zumba Gold

Tuesdays, 10am

Winners at the Spring Fling Dinner - 50/50 winner was Marlene Weir in the amount of \$82.50. Door Prize was donated by Matilda Walker and Carol Conklin and the winner was Kathy Shepherd.

Father's Day Dinner

Thursday, June 8th, 4-6pm

No Reservations Required!

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

BBQ Ribs
Baked Beans
Ramen Noodle Salad
Watermelon
Apple Pie

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

Join us for our chicken BBQ Dinner July 27th

Support Groups

11th Step Meeting

Mondays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group

3rd Wednesday, 11am
The Brook of Grayling; 503 Rose St.
For more info call the COA 348-7123

Choices (Anger Management)

Mondays, 2:30-4pm at River House
For more info call 348-3169

Diabetes Support Group

4th Tuesday 4:30pm, Milltown Rm
Munson Healthcare Grayling Hospital
For more info call 344-4826

Empowerment Group for Women

Thursdays, 4:30pm-6:am, at River House
For more info call 348-3169

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon
Sunday, Tuesday, Friday at 8pm
Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
Saturdays - Noon
Grayling Township Hall
Thursdays, 7pm in the Crawford Rm,
Munson Healthcare Grayling Hospital
For more AA info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am & 8pm
Women meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
Thurs. 8pm, Behind Hospital, Ausable Rm
For more info call Greg at 348-1382

Healing Together (Grief Support Pgrm)

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

Munson Hospice Grief Support Group

4th Monday, 11am
Munson Home Health; 324 Meadows Dr.

OA (Overeaters Anon)

Wednesdays, 6pm
St. Francis Episcopal Church, Grayling

OCOA (Adult Children of Alcoholics)

Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Narcotics Anonymous

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

TOPS Weight Loss Class

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

Senior Center Meal Program

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

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

2 Choices of Soups served daily

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

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

Satellite Meals

Frederic/Maple Forest
 @ Frederic Township Building
Lovells @ Lovells Township Bldg

Please call the Senior Center at 348-7123
 to make a reservation for a Satellite Meal.



Dads are too important to celebrate for just one day... so Art Van Furniture of Gaylord is celebrating dads the entire month of June!



Stop in and look at several gift ideas that are sure to fit him to the T!

VISIT US IN GAYLORD
LOCALLY OWNED & OPERATED

Ask us how you can buy furniture today and pay for it later with **NO INTEREST!**

2090 M32 West, Gaylord
 Next to Kohls | 989.448.2228

Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat	
	<p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King Must be a first time meal.</p>	<p>Crawford County Commission on Aging & Senior Center</p> <h1>June 2017</h1> <h2>At-A-Glance Meal & Activities Calendar</h2>			<p>1 10am AARP Class @ Free Methodist 10am Pickleball @ Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums</p>	<p>2 10am AARP Class @ Free Methodist 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	3
4	5 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	6 10am Bible Study 10am Zumba Gold 10am Pickleball, Frederic Twp Hall 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 12:15pm TrueNorth; Recycling Everything 1-3pm Neck Msg Appt. Req'd 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear	7 9:30am Commodities @ St. Mary's 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O'Berries	8 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study @ Burger King 1pm Wii Bowling w/Manton 1pm Penny Bingo 4-6pm Father's Day Dinner - BBQ Ribs, Baked Beans, Ramen Noodle Salad, Watermelon, Apple Pie	9 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	10 Mt. Hope Food Truck 11am	
11	12 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Stuffed Peppers, Prince Charles Veg Blend, Apricots	13 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	14 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus, Apple Slices 1-4pm Smart 911 Sign-up 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail, Cake & Ice Cream	15 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries, 5:45pm - David Dickerson Concert	16 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	17 Hazardous Waste Day	
18 Father's Day	19 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	20 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes 6pm COA Board Mtg	21 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand & Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices	22 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Wii Bowling at Kalkaska 1pm Penny & Medicine Shoppe Bingo 3pm Aerobic Drumming 5pm Dinner - Beef Enchilada, Corn, Peaches 6pm - USDA Food Safety Class	23 9am Card Golf 10am Pinochle 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo; Sponsored by Heartland Home Health Care 1pm Pool-9 Ball	24	
25	26 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	27 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes, 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	28 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 12:30-5pm Michigan Blood Drive HERE! 1-4pm Legal Assist-Appt. Required 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear,	29 9am Munson Breakfast Pres. 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce	30 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo; Sponsored by InteliCare Health Services 1pm Pool-9 Ball		

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

Health Services

Blood Pressure & Sugar Checks
by Munson Home Health Care
 Tuesdays, 4-5pm
By InTeliCare - Friday, 11am

Foot Care Clinic - by appointment
\$25 per visit - by Comfort Keepers
 2nd Tuesday, 11:30-6pm

Hearing Clinic - by appointment
by Advantage Audiology
 3rd Monday, 1-4pm, no charge

Incontinence Supplies
 Supplies are often available at no cost.

Medical Equipment Loan Closet
 Many items are available to be borrowed at no cost.

Neck Massage offered at no cost
 1st Tuesday 1-3pm
 3rd Tuesday 4:30-5:30

Nutrition Services

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

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

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

Home Delivered Meals
 (Meals on Wheels)
 Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

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

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

T.E.F.A.P. Food Distribution
 Quarterly @ American Legion Hall
 1-2:30pm

Resources

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

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

Medicaid/Medicare Assistance Program (MMAP)
 Trained counselors help seniors in deciding which health insurance options are best for them.

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

Resource Center
 Bookcase of loan materials, both videos and books.

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

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping
Bathing Assistance
Respite for Caregivers

Classes

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

AARP Driver Refresher Course
 Offered once each year.

Matter of Balance Program
 This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

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

Stress Less with Mindfulness

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

Cost for Services

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



Listen for our Calendar of Events every morning at 8:30am - 8:40am on Q100.3, WQON courtesy of the Grayling Chamber and Blarney Stone Broadcasting.



How We Served You in April 2017!
At the Senior Center

- We served **920** Congregate Meals
- We served **264** Soups
- Activities/Events Attendance **1,051**
- Average # of Daily Visitors **71**

In-Home Services

- Delivered **2,377** home delivered meals.
- Provided **67.25** hours of respite care.
- We provided **305.5** hours of homemaker services.
- We provided **71.50** hours of bathing assistance services.

Drop Off Your Old, Unused & Expired Medications

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

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

Help Us Protect our Rivers & Lakes!



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

WHAT YOU CAN TEACH YOUR GRANDCHILD ABOUT SOCIAL SECURITY

One of the greatest gifts you can give a grandchild is the gift of financial literacy. Helping them save money early in life and showing them how to make wise spending decisions goes a long way toward a bright financial future. As they get older, they may want to save for special purchases or their college education. You can



encourage them when they get their first job to begin saving for the future, including their retirement.

Planning for the Future with my Social Security

When you celebrate their graduation from high school, you can also remind them to set up a my Social Security account. They need to be age 18 or older, have a U. S. mailing address and a valid email address, and have a Social Security number. And while their retirement is many years away, you can explain the importance of reviewing their earnings record each year since Social Security uses the record of earnings to compute their future benefits. As they start their first major job and begin saving, they'll be able to monitor the growth of the estimates of benefits available to them. You can access my Social Security at www.socialsecurity.gov/myaccount.

Saving For Retirement with myRA

The U. S. Treasury recently introduced a retirement savings account for a simple, safe, and affordable way to save for retirement. It's perfect for people whose employer doesn't offer a savings plan. There are no costs or fees to open and maintain a myRA account. The account won't lose money and is backed by the U. S. Treasury. The individual chooses the amount to save. The account is portable and moves with them from job to job. The account owner can withdraw the money they put in without tax or penalty. You can learn more about myRA at www.myra.gov.

Share How Social Security Works

You can share your knowledge

about Social Security with your young savers by explaining how the program works and how it has worked for you. About 96 percent of all Americans are covered by Social Security. Social Security is financed through workers' contributions, which are matched by their employers. We use the contributions to pay current benefits. Any unused money goes into a trust fund. Nearly all working people pay Social Security taxes and about 61 million people receive monthly Social Security benefits. About 42 million of those beneficiaries are retirees and their families. Encourage them to watch our Social Security 101 video at www.socialsecurity.gov/multimedia/webinars/social_security_101.html.

Share Your Retirement Stories

Social Security replaces about 40 percent of an average worker's income, but financial planners suggest that most

retirees need about 70 percent to live comfortably in retirement. Americans need more than Social Security to achieve that comfortable retirement. They need private pensions, savings, and investments. That means starting to save early and monitoring your Social Security record for accuracy. You can share lessons from your own life about saving and planning for retirement. Remember, the best place anyone of any age can visit for quick, easy information about Social Security is www.socialsecurity.gov.


Your personal stories about how you prepared for retirement and what role Social Security plays can help them see what is needed for a secure financial future. Give them the gift of financial literacy today.

CRAWFORD COUNTY COMMISSION ON AGING BOARD VACANCY

The Crawford County Board of Commissioners is presently accepting applications for the Commission on Aging Board.

The Commission on Aging Board provides and initiates programs to help promote the well being and independence of senior citizens within the county. The board participates in the many decisions which take place at monthly meetings. Applications can be obtained from and submitted to County Clerk Sandra Moore by Monday, June 5th, 2017 at noon. Or may be obtained on line thru www.crawfordco.org and returned to Crawford County Clerk 200 W. Michigan Avenue, Grayling, MI 49738

Sandra Moore,
County Clerk



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Crawford Continuing Care Center

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Grayling, MI 49738

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\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00

Random Word Search Puzzle

(bring in for a prize)

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

1. sardegna
2. embryonal
3. workhorse
4. duplicator
5. rallye
6. womb
7. immediate
8. unpaternal
9. aestivating
10. frosting
11. unheard
12. defamed
13. bestud
14. nonrural
15. loungingly
16. cannizzaro
17. fibreboard
18. daftness
19. percipient
20. inflationism
21. lignify
22. focuses
23. unsentimentalized
24. press
25. milker
26. garget
27. electrostatic
28. auntlike
29. rebote
30. overjealous
31. pizza
32. ununitable
33. anteversion
34. adhere
35. gaius
36. mastitic
37. carnifying
38. bros
39. perspectival
40. unbirthday
41. kip
42. dubiously
43. restudied
44. obscurantist
45. refamiliarization
46. nonsane
47. prescient
48. chemotactic
49. seizer
50. caprifoliaceous

Cook's Corner

BLT Spread

If you love a BLT then you're going to love this!



- 1 (8-ounce) package cream cheese, softened
- 1/2 cup mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups chopped iceberg lettuce
- 1 (4.5-oz) package real bacon pieces
- 4 plum tomatoes, chopped
- 2 scallions (green onions), chopped
- 1 cup shredded sharp Cheddar cheese

In a medium bowl, combine cream cheese, mayonnaise, salt, and pepper; mix well. Mound on a serving platter, top evenly with remaining ingredients, and chill until ready to serve. Serve with toast points (slice diagonally into quarters) or pita chips.



Looking for you!

MSU Extension is looking for a co-facilitator for its upcoming Diabetes PATH Workshop that will take place September 5, 12, 19, 26, October 3 and 10 from 1:00-4:00 at the Grayling MSU Extension office.

Participants learn basic information about diabetes, management of blood sugars, healthy eating, label reading and practice menu planning. Participants develop action plans and participate in problem solving activities each week.

If you are interested in helping or becoming a PATH Leader, please contact Gretchen Stelter for more information.

MSU Extension
 501 Norway ST, Suite# 2, Grayling
 989-344-3264 office
 810-577-0902 cell



AARP Driver Safety Class

June 1st & June 2nd from 10:00-2:30pm

Free Methodist Church, 6352 West M 72 in Grayling

The fee for the class is \$15 / AARP members and \$20 /

non AARP members payable to the instructor in cash, personal check or money order payable to AARP. There is no lunch available at the church, however, the Senior Center serves lunch at 12pm. The cost for lunch is a suggested \$3.00 donation for those 60 and older and a \$5.00 charge for those under 60. Participants may bring snacks and beverages.

Participants need to bring their valid Michigan driver's license and AARP card if they have one. To register call the Senior Center at 348-7123.



Craig B. Denholm, DC

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

989-348-6600

www.denholmfamilychiropractic.com

Munson Free Breakfast Presentation, Thursday, June 29th at 9am at the Crawford County Commission on Aging & Senior Center



So that's why my shoulder hurts...

We take our shoulders for granted. They help us reach for things on a high shelf, we used them to comb our hair, and put on a sweater or jacket. The rotator cuff is a name given to a group of muscles and their tendons that provide strength and protection to our shoulder joint keeping it stable. The rotator cuff works to move your arms above your head and rotate your arm. There are four muscles that make up the rotator cuff and each play an important part in the movement of the shoulder joint.

Repetitive movements such as reaching, lifting and throwing, an injury from a fall and aging all can cause damage to the rotator cuff. Even simple movement can be painful when the rotator cuff is damaged. It is important to talk to your doctor if you are experiencing shoulder weakness, shoulder pain, or



Breakfast Menu
Scrambled Eggs, Fresh Fruit,
Blueberry Muffins,
Juice & Coffee

are not able to move your arm and shoulder freely.

An orthopedic surgeon is a doctor who diagnoses and treats bone and joint problems. The doctor will examine your shoulder and ask you about your symptoms to learn more

about your injury. Once the doctor has completed their evaluation, a treatment plan will be developed.

There are many different treatment options that are available for relieving shoulder pain and restoring shoulder strength. Your doctor will discuss treatment options and work with you to develop a plan that best meets your needs.

To learn more about rotator cuff injury and treatment options available to restore shoulder function, relieve shoulder pain, as well as surgical treatment options for rotator cuff injury, please join Dr. John R. Reineck, MD, Orthopedic Surgeon, from Great

Lakes Orthopaedics, who provides services for Munson Healthcare Grayling Surgical Services, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Thursday June 29, 2017.

iCanConnect

Hearing & Vision Resource

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



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Diana J. Whittaker, D.D.S.

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Connecting Patients to Care

Our Resource Coordination Department is here to help you with access to clinical services, medications, and community resources, as well as help uninsured patients understand their insurance options.

Resource Coordination Department
1250 E. Michigan Avenue, Grayling, MI 49738 || 989-348-0740



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& Pesticide FREE

June 14th 1-4pm Sign-Up



Smart911 is a free service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information – including medical issues, current location and even pets - can help Police, Fire and EMS locate and help you. This is a free service provided to you by Crawford County Sheriff's Office. It is private, secure and you control your information. What's important is that it saves time in an emergency, when seconds count!

Over 70% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location. This does not bode well in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or if there is a fire.

With Smart911, you can add key information about members of your household that would help emergency personnel in the event of an emergency, whether the call is from the home or any mobile phone.

If you would like to sign-up, staff from the Crawford County Sheriff's Office will be at the Senior Center on June 14th from 1-4pm to assist you. No appointment necessary, just come in during this time. For questions, contact the Crawford County Sheriff's Office at (989) 348-4911. To sign up on line, go to <https://www.smart911.com> and click on the "Sign Up Today" button.



**CRAWFORD COUNTY RESIDENTS
2017 HOUSEHOLD
Hazardous Waste Collection
Saturday, June 17
9:00am - 2:00pm
County Court House Parking Lot**

What is Household Hazardous Waste?

- **TOXIC:** poisonous or capable of causing acute illness
- **FLAMMABLE:** Burns easily
- **CORROSIVE:** eats other materials
- **REACTIVE:** explodes if exposed to water, heat or shock



If you have any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE this

is your chance to dispose of it in an environmentally responsible manner.

WE WILL TAKE: aerosols; batteries; oil based paint acid; used motor oil and other liquid automotive products; tires, pesticides; solvents; fluorescent light bulbs; herbicides; paint thinner; insecticides; swimming pool chemicals; and unknowns

Please call (989) 344-3273 if you have any questions.

PLEASE NOTE THESE ITEMS ARE NOT ACCEPTED:

- Latex Paints
- Controlled Substances
- Electronics
- Appliances
- Commercial Waste



things to Collect that Make a Huge Difference

Grayling Elementary School collects: **Box Tops** for Education, **Campbell Soup Labels**, and **Aunt Millie's Bread UPC codes** for many things including field trips, special programs & assemblies and parent/child activity nights.

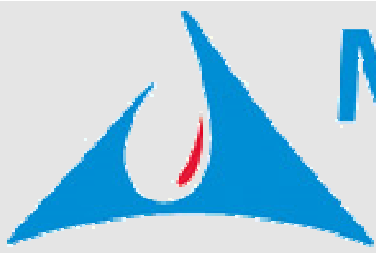
The American Legion collects: **Pop Tabs** for a program called Tabs for Tots which goes to purchase pediatric equipment for Munson Hospital Grayling and the various EMS vehicles in the Legion's district.

The Lion's Club collects **used eyeglasses** to be sent directly to those in need in countries abroad and **used hearing aids** to be refurbished by Munson Health System and distributed to people who are unable to afford them.

The COA and The Medicine Shoppe have a **medical equipment loan closet**. If you have any that you are not using, we will be happy to pass them on to others who need them. See page 10 on how to properly dispose of used medications.

We also accept old **American flags** to be properly disposed of. You can deliver them all to the Commission on Aging & Senior Center and we'll get them to the right organization.





Michigan Blood

MI blood saves lives.™

BLOOD DRIVE

Wednesday, June 28th from 12:30pm - 5:00pm

Crawford County Commission on Aging
308 Lawndale St. Grayling



How should I prepare to give blood?

You've made the decision to help save lives by giving blood. Now here's some information to help make your donation as easy as possible.

For two weeks or more before you donate

- ◆ Eat foods that are rich in iron.

The day before you donate blood

- ◆ Get plenty of rest.
- ◆ Drink extra fluids.
- ◆ Eat a good meal that includes iron-rich foods.
- ◆ Avoid drinking alcohol.

When you come to donate

- ◆ Plan on it taking about an hour for the full

donation process.

- ◆ Bring photo ID or two pieces of non-photo ID.
- ◆ Know the name and dosage of any medication you take.

Does donating blood hurt?

Most donors say it feels like a pinch on the inside of your arm at the elbow. Not bad for saving a life!

Michigan Blood. Michigan Lives.

Thanks for making a connection. Questions? Please contact Amy Fuller at 989-348-7123 or fullera@nemcsa.org.

Attempt to donate and you could win a \$100 Meijer Gift Card!

**Do you enjoy visiting with seniors?
Would you love to make a difference?
Are you a "seasoned citizen"? (55+)**

Aside from making a big difference in their communities, Senior Companions receive:

- A non-taxable stipend of \$2.65/hr
- Reimbursement for mileage
- Excess liability and automobile insurance
- Community service recognition, and much more!

Together, let's make the *rest* of your life the *best* of your life!

For a conversation to see if this is the right fit for you, please call (989) 356-3474.



SENIOR COMPANIONS
Make Independence a Reality

Stay in the Know!

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

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



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

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

**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

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

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

**YOU CAN MAKE A
CHANGE
FOR LIFE**



A 16 Week Diabetes Prevention Program

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

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

**Join us for an
informational session
Thursday, June 15
4:00pm - 5:00pm**

Location: Munson Healthcare
Grayling Hospital

Dates: Thursday, June 15 thru
October 19th 2017, weekly
for 16 weeks

Time: 4:00 pm – 5:00 pm

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

Grayling Save a Lot
Purchase of

1/2 Gal. White Milk 99¢
Skim, 1%, 2% or Whole

Valid June 1, 2017 thru June 30, 2017

Limit 2 Please
with coupon

2333 S. I-75 Business Loop

348-6690

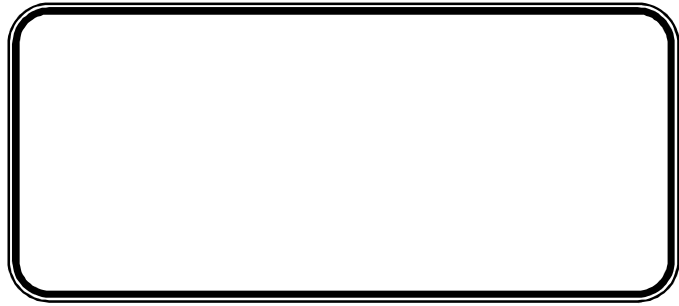
Look for printable coupons at www.Save-A-Lot.com



Smartphone Scan
to our Website

308 Lawndale St.
Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342

director@crawfordcoa.org



TrueNorth Presentation Tuesday, June 6th at 12:15pm

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

Please join us on Tuesday, June 6th at 12:15pm for a presentation on Recycling Everything. Gary Lamberg from True North Community Services will be here to talk with us about how to reuse common house hold waste. He will also help us save money on garbage disposals. Come in at noon for a Sweet & Sour Meatballs w/ Brown Rice. The cost is a suggested \$3.00 donation for those 60 and older and a \$5.00 charge for those under 60.

Mt. Hope Food Truck

The next Mt. Hope food truck will take place on Saturday, June 10th starting at 11 am at the Mt. Hope Church Property at 905 N. I 75 Business Loop, Grayling.

A Hot Dog and Potato Chip Lunch, along with all Food Distributed, are Free of Charge to any Crawford County Resident with photo identification.

It's our way of sharing a small part of the Blessings which God has richly provided!



Thursday, June 22nd at 6pm

At the Crawford County
Commission on Aging & Senior Center
308 Lawndale St., Grayling

Did you know that 1 in 6 Americans get sick from food poisoning each year? And older adults are at an even higher risk of serious complications because of their weakened immune systems.

The USDA Food Safety and Inspection Service, in collaboration with Michigan State University Cooperative Extension, is offering a FREE "Food Safety 101" to seniors and food service volunteers at the Crawford County Commission on Aging Center on Thursday, June 22nd at 6 p.m. Come and learn some great tips for keeping you and others safe from foodborne illness.

For more information and to **RSVP please call the Senior Center at (989) 348-7123.** For more information on food safety call the USDA Meat and Poultry Hotline at 1-888-674-6854, Monday through Friday, 10 a.m. to 6 p.m.



Senior Bowling League, Legion Lanes, Grayling, Michigan

On April 11, 2017, the Senior Bowling League had a Fun Day closing out another good bowling season. Team prizes were handed out, finger food enjoyed, and good camaraderie. The final standings follow:

		Won	Lost
1st	Flowers by Josie	74	46
2nd	Rysso & Wingfield	72.5	47.5
3rd	Spikes Keg O'Nails	71	49
4th	Legion Lanes	69	51
5th	Sylvester's Sports	62.5	57.5
6th	Silver Trails	59	61
7th	Bears Den Pizza	51	69
8th	Buy (need a team to fill this slot)	23	97

The Senior Bowling League meets on Tuesday, starting after Labor Day. League bowling is from 1pm – 5pm. Individuals must be 50 years old to play in this league. Teams are mixed and have four members each.

The league has a team opening and wants to get it filled. Join us, we are fun, hardy group of good people.



Rose Patrick, President
Pat Gillies, Secretary
Judy Liberty, Treasurer
Contact: Rose Patrick at 989-390-1916

Women, most improved average:

- Marilyn Ginther, 118 to 126
- Judy Liberty, 116 – 124
- Maureen Rysso, 130 – 138

Men, most improved average:

- Tim Francis, 118 – 132



Senior Gazette



Reaching Seniors and Beyond!