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Featured Article

Clarence & Delores Papendick Still Together After 64 Years

It was April of 1951 when Clarence Papendick, a Great Lakes sailor, walked into a bar in Manitowoc, Wisconsin because he "had nothing else to do." The iron ore freighter he was working on was frozen in at the harbor and the crew was "stuck there for more than 30 days." As it happened, a young lady named Delores didn't have anything better to do that evening either, so she and her friends went out dancing, she met Clarence, and the rest, as they say, is history. Their courtship was short, the two married in January 1952, Clarence was 25, and she just 22. Soon after, he quit his job on the Great Lakes, and they settled down in Grayling, built a house and raised their family.

Clarence was born and raised in Grayling. Born in 1926, he served in the US Navy from July 1944 through August 1946. "I was 18 months in the Pacific," he said, "and went all the way to China." Last June 18th he, and 55 other Veterans took an Honor

Flight. "That was something!"

Delores was born in Manitowoc in 1929 and was working in an aluminum manufacturing plant when she met Clarence. They built their house on the corner of Elm and Vine, and there they stayed for 27 years. All of their children: Ed, Rusty, Tina, Perry, and Renee were born during those years, and the couple worked for Bear Archery. Delores worked in the bow department, mostly, she said. "I'd work a while, have a baby, go back, have a baby, and go back again," she laughed. Clarence "did just about everything", from bows, to leather, to packaging and broadheads. When Bear Archery closed, like a lot of other families, the Papendicks were out of work, and life changed dramatically. "I found a job building houses in

Westminster, Colorado," Clarence said. "Our four oldest kids were grown by then, with just Renee left in school. We stayed out there about 10 years. The company I worked for... we built a house a day. There was a big building that we built the houses in while the foundation guys did their job. Then they'd move the house onto the foundation and we'd do it all



Celebrate with US
Dean McCray
See pg 6



See pg 5

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

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

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Cathy Beutler, On-Call Homemaker



Welcome David Darga...

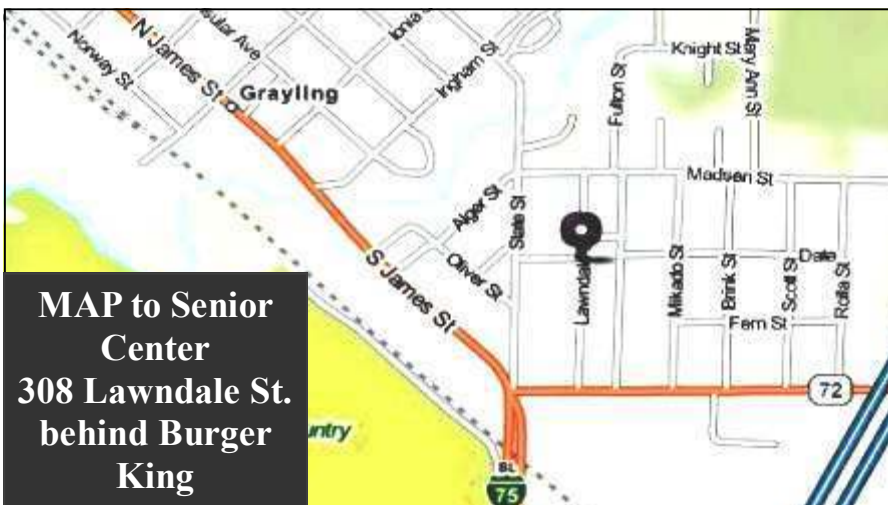
David Darga has always had a love for food and a desire to create culinary art masterpieces. He translated that desire into a career. In 1992 he started his apprenticeship through the American Culinary Federation and studied under Certified Executive Chef Jeff Clark at the Northfield Hilton. He obtained his Culinary Arts degree in 1995 from Oakland Community College. David furthered his education at Cleary University receiving his Bachelors in Business Administration After college he was hired at Marsh Supermarkets as corporate Research and Development Chef where he worked for several years developing his craft.

David started a coffee company, *Harvest Café Coffee & Tea*, after leaving Marsh which developed into a successful business. While at Harvest Café Coffee & Tea he worked at the Lansing Center with Chef Jeff Langer honing his skills further. He sold the coffee company and went to work at Michindoh Conference Center as lead Chef.

David moved to the Grayling area after taking a job at Fred's of Roscommon as Executive Chef. He now joins the team at the Commission on Aging and Senior Center.



Do you have unclaimed property waiting for you? Uncashed checks and unclaimed stock certificates are just two of the one hundred different types of property that are turned over to the State of Michigan every day as unclaimed. The state holds these items indefinitely and citizens can claim them at any time. In 2015, over \$100 million was returned to individuals and their heirs. To find out if you have unclaimed property, go to the Michigan Money Quest searchable website at www.michigan.gov/unclaimedproperty. You can also call (517) 636-5320 between 9 am and 4 pm Monday through Friday.



MAP to Senior Center
308 Lawndale St.
behind Burger King

Crawford County Commission on Aging Vacancy Notice

The Crawford County Board of Commissioners are presently accepting applications for a position on the Crawford County Commission on Aging Board through Monday, June 6, 2016 at 12:00 p.m. Applicants are required to be county residents, and requested to have a genuine interest in the lives of all seniors within Crawford County. Applications can be obtained and submitted to Sandra Moore, Crawford County Clerk/Register of Deeds, at the Crawford County Courthouse 200 W. Michigan Ave, Grayling, MI 49738.

Sandra Moore
County Clerk/Register of Deeds

NEMCSA BOARD VACANCY



The Northeast Michigan Community Service Agency currently has an opening on their Board of Directors representing Crawford County.

The mission at NEMCSA is to provide quality programs and services to strengthen and enhance the self-sufficiency of individuals, families and communities through the best use of human and financial resources, focusing on those who are experiencing an economic hardship.

We are seeking an individual who:

- Expressed interest in programs involving the low-income, elderly, persons with disabilities, or otherwise disadvantaged and the community.
- Wide based community involvement.
- Any special purposes which are in concert with the purposes and goals of the corporation; and/or
- any special educational or experience background that will assist the board in its mission.

If interested, please contact Alice Snyder at (989)-348-7123.

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.

TO OUR VOLUNTEERS WE THANK YOU

Kelsey Andrus	Alice Maxwell
Justin Baldwin	Ann Mitchell
Paula Barton	Mel Moore
Sheryl Biggs	Wayne Mott
Nancy Billinghamurst	Marcus Niedzielski
Roy Bryant	Dolores Norton
Gloria Buskirk	Tina Parcell
Donna Cheney	Mary Parker
Nadine Debolt-	Ward Parker
Holzbauer	Rosemary Patrick
Dick Dodge	Andrew Pepsin
Lyn Dodge	Sharen Perkins
Diana Doremire	Carol Peterson
Kathy Ellison	Karen Poll
Tina Foster	Dave Pratt
Pat Fowler	Roger Priest
Mary Jo Gingerick	Deb Rawlings
Sharron Hagerman	Tom Rawlings
Susan Hensler	Jack Richards
Dan House	Orvetta Roggow
Ron Kemerer	Gloria Ruckle
Dennis Kemerer	Donna Schnoor
Glenn King	Dawn Sells
Eileen Langhorne	Karl Schreiner
Abby LeClair	Betty Shurkey
Alice Lee	Nancy Smith
Cathy Lester	Donald Sommerfeld
Kirsten Lietz	Jason Thompson
Marianne Lloyd	Mary Trombley
Nancy MacDonald	John Wejrowski
George Mascarello	Harry Wojcik
Sharlene Mascarello	Cathy Wyatt

Volunteer Spotlight Sheryl Biggs



Meet one of our newest volunteers-Sheryl Biggs.

Sheryl comes to us out of our desperate need for kitchen help. She pitched right in learning the dishwasher, where everything is located,

cupping fruit and making sandwiches. Wow, what a big help!

Sheryl was born in Detroit, attended school in Livonia and graduated from Brighton High School. She was a stay at home Mom. Sheryl was involved with her children's school activities, such as football and cheerleading. She volunteered as a Girl Scout Brownie Co-leader. Sheryl has lived in several of our states, coming back to Michigan and settling in Grayling to be closer to her elderly parents. After her children were grown, Sheryl went back to school to be a pharmacists' technician. She worked at the Gaylord Walgreens and transferred to other Walgreen Stores in many different states for seven years.

Sheryl finds time on her hands and wants to give back to the community. She said this was her first volunteering by herself. She likes working in the kitchen at the senior center

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.



...because every cent helps!

Great Lakes Energy members help to enhance the quality of life for people in local communities through the People Fund. Bills of participating members are "rounded up" to the next dollar amount and grants are awarded to non-profit

organizations and charitable activities throughout the GLE service area which includes the Crawford County

Commission on Aging and Senior Center. There are no overhead costs – 100 percent of the money collected is returned to our communities.



In June, the Crawford County Commission on Aging and Senior Center will be

applying for a grant from the People Fund to pay for a new Refrigerator. Our current refrigerator is over 25 years old and needs to be replaced. If you have Great Lakes Energy as your service provider, please consider joining the People Fund program. To enroll call 888-GT-LAKES or visit: www.gtlakes.com/enroll-in-the-people-fund/

June Birthdays

Donna Cheney 6/4
BJ Haslem 6/6
Audrey Williams 6/7
Daniel Canfield 6/18
Patricia Seperic 6/18
Mike Munofu 6/19
Margie Thomson 6/20
Jeanette Kelts 6/21
Lois Kesteloot 6/24
Guy Waggy 6/29

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

Sorenson Lockwood Funeral Home Inc.
Terrie L. Lockwood, Manager/Owner

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Fax: (989) 348-4968
1108 North Down River Rd, Grayling MI 49738

Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

MUNSON HEALTHCARE
Grayling Community Health Center

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

\$15.00

Senior Discount on Septic Tank Cleaning

Jack Millikin, Inc.
4680 North Down River Rd.
Grayling, MI 49838

Call us today at
989-348-8411
to make an Appointment!

\$15.00

Senior Discount on Septic Tank Cleaning

Expires 12/31/16

FIREWISE

Thursday, June 23rd, at 6:00 p.m.

At the Crawford County Commission on Aging & Senior Center

Learning about the dangers of wildfires can help save your home and those you love. According to experts, wildfires across the country are burning hotter and faster than ever before. The National Fire Protection Association has created the Firewise Program. This program offers simple ways community members can work together to prevent their properties from



becoming fuel for a wildfire. Residents can reduce the risk of their home's ignition by simply modifying

their homes and immediate surroundings.

Join us on Thursday, June 23rd, at 6:00 p.m. at the Crawford County Commission on Aging as we present the Firewise Program. Learn how to reduce the threat of wildfire to your home and property. A special grant has been made available so that free home and property inspections can be made at no charge to the homeowner. If you would like to schedule an inspection please call Doug Pratt at (989) 348-8190.

AuSable Family Dental, P.C.

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

800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629



again. I worked on the plumbing and electrical systems, once the houses were in place. We built 700 in one subdivision, and 144 in the one across the street from it."

And then it was "time to come home," said Clarence. "My parents, our kids...we're related to half the town... are here."

Delores, who is deaf, smiled, nodded, and showed me some pictures of the family, as well as some ceramics she made, and some her daughter made. Their house is filled with evidence of love and happy times



together, as well as the aroma of something sweet just out of the oven. Clarence said, "She is always baking. If you ever want some cookies, come on by!" Sure enough, out came the cookie jar, full of spicy, soft, molasses cookies.

Though she doesn't do ceramics anymore, Delores is passionate about quilting; a hobby that she uses to create one-of-a-kind gifts for her family. "She spends a lot of time in her sewing room," said Clarence. "It gives her a lot of pleasure, so why not?"

He, on the other hand, has been an avid outdoorsman all his life. In

1991, ("maybe it was '92... I can't remember anymore") the two pulled a 5th wheel with a canoe on top to Alaska. "We were gone about 5 months, I guess," recalled Clarence. "We did a lot of fishing up there." He has also enjoyed trapping and tanning hides up until last winter when he decided it was too much work. "Some years I made a lot of money at it, but recent years have been poor.



The prices are down so low. But I love the outdoors. That's why we live here. We see a lot of wildlife out here in the woods...deer, squirrels, rabbits... bears."

And they enjoy their grandchildren, all of whom live in Michigan, and their 5 great-grandchildren. "All of our grandkids are girls, except one, and he is Renee's son. So the Papendick name will be gone when we are."

Clarence shrugged, plucked a cookie from the jar, and smiled at his wife of 64 years. "But that's ok."

I asked them what advice they might offer to young people who are contemplating marriage. "I wouldn't give them any advice because they don't listen!" he said. "There's no secret to staying married. You just stay together, that's all."



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Celebrate With Us



Please join us on the evening of **Tuesday, June 21st** to help us celebrate Dean McCray's 10 years of service to the Crawford County Commission on Aging and Senior Center.

Dean and his wife, Barb, have spent many more years as volunteers with the agency as well, but this night we are honoring Dean for his service as a Board Member. Dean will be retiring from the Board at the end of June. A Pork Roast dinner will be served at 5pm with a reception to follow. The cost for dinner is a suggested \$3.00 donation for those 60 and over and a \$5.00 charge for those under 60. Looking forward to seeing everyone there to help us honor Dean!



DHHS Assistance Programs

We are pleased to announce that 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 **Wednesday, June 15th, from 9:00 a.m. to Noon**. 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 will become a monthly opportunity based on the demand.

Grayling Save a Lot
Purchase of
1/2 Gal. White Milk 99¢
Skim, 1%, 2% or Homo.

Limit 2 Please
with coupon

Valid June 1, 2016 thru June 30, 2016

2333 S. I-75 Business Loop 348-6690

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

Nine 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.

Personal Action Toward
Health (PATH)
Self-management
Education Program



Be a **LEADER** on the **PATH** to a healthier lifestyle!

2016 Chronic Disease, Diabetes & Pain PATH Leader Trainings

Learn how to facilitate the PATH Self-Management Program, a six-week course for individuals with chronic conditions. This National Evidence-Based, Disease Prevention Program was developed by Stanford University on the belief that individuals can manage their chronic health conditions and live a healthier lifestyle.

Training Topics Include:

- Managing symptoms
- Communicating with health care professionals
- Dealing with anger, fear, pain, frustration and depression
- Value of activity/movement
- Problem solving
- Relaxation and stress management techniques

Northern Michigan Leader Trainings 2016

Diabetes PATH Training

June 22, 23, 29 & 30

9:30am - 4:30 pm

Grayling MI Works! Office

Register by contacting Alice Snyder at 989-348-7123.

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**



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

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

Bible Study
 Tuesdays, 10am

Euchre
 Tuesdays, 1pm

Pokeno
 Thursdays, 10am

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

Exercise
 Thursday, 11am
 Friday, 10am

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

Bridge
 Mondays, 1pm

Karaoke
 Fridays, 3:30pm
 3rd Tues. 2pm at the Brook

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

Card Golf
 Fridays, 9am

Legal Assistance
 4th Wednesdays, 1-4pm

Clogging, Regular
 Mondays, 1:30pm

Line Dancing
 Will resume Fall 2016

Computer Club
 Mondays, 2:30am

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

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.

Color Craze
 Thursdays, 10am

Crafting
 Thursdays, 10am

Mahjong
 Wednesdays, 1pm

Unlucky 7's
 Wednesdays, 2:30pm

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

Pickleball
 Mondays, 3:30pm
 Grayling Elementary School
 Wednesdays 10:00am
 Frederic Township Hall

Wii Bowling
 Wednesdays, 1pm

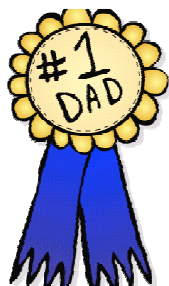
Dulcimer Group
 Will resume Fall 2016

Zumba Gold
 Tuesdays, 10am

Winners at the Spring Fling Dinner - The door prize of the
 Weathermax Plus Radio went Gene Rauch and handmade pot holders went to
 Karen Gribb. The 50/50 drawing of \$59.50 went to Wayne Nelson.

Father's Day Dinner
 Thursday, June 9th

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



BBQ Ribs
 Smoked Baked Beans
 Ramen Salad
 Fruited Jell-O
 German Chocolate Cake

Serving Dinner
 4-6pm
 No
 Reservations
 Required!

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

Join us for our Chicken BBQ
 Thursday, July 14th

HAPPY Father's Day!

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 - 6pm
 Crawford Center
 Behind Munson Hospital
 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

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.



25% off EVERYTHING!

Excludes clearance center, floor samples & some mattresses. Some restrictions apply see store for details. 6/1/16 thru 6/30/16



2090 M-32 West (Just East of Kohl's)
 GAYLORD, MI (989) 448-2228

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1			1 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast in Gravy, Boiled Potato, Green Beans, Apple Slices	2 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches	3 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	4
5	6 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	7 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre No Neck Massage Today 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	8 9:30am Commodities @ St Mary's 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Pear	9 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges Wii Bowling w/Manton 1pm Penny Bingo 4-6pm Father's Day Dinner - BBQ Ribs, Smoked Baked Beans, Ramen Salad, Fruited Jell-O, German Chocolate Cake	10 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke 5:15pm Beach Bums Trip	11
12	13 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	14 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelette, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	15 9am-Noon DHHS Eligibility Specialist 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums, Cake & Ice Cream	16 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 6pm Arauco Presentation	17 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Hilltop Manor Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	18 Ct. Hazardous Waste Collection House Pkg Lot 9am-2pm
19	20 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	21 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt. Req'd 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Pear 5pm Dean McCray's Ret. Party 6pm COA Board Mtg @Center	22 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	23 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots Wii Bowling at Kalkaska 1pm Penny Bingo 5pm Dinner - Beef Taco, Corn Refried, Beans, Apricots 6pm Firewise Presentation	24 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Michigan Premier Pantry Bingo 1pm Pool - 9 Ball 3:30pm Karaoke	25
26	27 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	28 9am Munson Free Breakfast Pres. 10am Bible Study 10am Zumba Gold 12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	29 8pm Detroit Tigers Trip - Mini Mall 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Mahjong 1pm Wii Bowling 1pm Pool- Ball in Hand 2:30pm Unlucky 7's 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	30 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Pear 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	<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>	

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

Community Garden

Cooperative community garden space available free of charge.

Congregate Meal Program

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

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 April 2016!
At the Senior Center

- We served **859** Congregate Meals
- We served **311** Soups
- Activities/Events Attendance **1019**
- Average # of Daily Visitors **65**

In-Home Services

- Delivered **2478** home delivered meals.
- Provided **235.75** hours of respite care.
- We provided **318** hours of homemaker services.
- We provided **67.50** 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,
Traverse City Social Security Office



Question:
I work in retirement. How much can I earn and still collect full Social Security retirement benefits?

Answer:

Social Security uses the formulas below, depending on your age, to determine how much you can earn before we must reduce your benefit:

If you are younger than full retirement age: \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2016, that limit is \$15,720.

In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but we count only earnings before the month you reach full retirement age. For 2016, this limit is \$41,880.

Starting with the month you reach full retirement age: you will get your benefits with no limit on your earnings.

Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm.

What is RESPITE CARE?

Written by:

Matt LeBlanc; Administrator
of Northern Pines Assisted Living

There are 44 million people living with some form of dementia in the world today, and Alzheimer's disease is the most prevalent form. It is so common that most children could describe the symptoms of the disease. How many other diseases can this be said about?



I'll forever remember the first time Alzheimer's disease was explained to me as a youth. The thought of a sickness that causes someone to lose their short term memory – of a parent not recognizing their own child or their spouse - was scary.

The toll of caring for someone with Alzheimer's disease can be exhausting.



The difficulty for the caregiver increases when you add in a physical disability, and even more so if the person you're caring for is a parent, spouse or a friend. Families know that Alzheimer's disease is difficult for numerous reasons. For example, it can confuse and agitate someone so much that they may say terrible things to those

closest to them. Many people caring for their loved ones also find their own health declining because they have no reprieve.

This is why many families have turned to respite care.

"Respite care" is not a widely-known term to most. It can be defined as short term or temporary relief for people caring for those who cannot safely live by themselves anymore.

There are many advantages to respite care in an assisted living setting - reducing the caregiver's stress, enhancing the family's ability to cope, allowing family members to engage in social engagements, improving the relationship with the disabled loved one, and strengthening a family's ability to care for their loved one at home.

Perhaps the greatest advantage of respite care is the fact that residents receive care from staff that are not only trained in dementia care, but who also provide companionship and opportunities to engage in meaningful activities designed for those with memory loss.

If you or someone you know is struggling to care for someone with dementia or some other disability, look within your community for help. For many, respite care has proven to be a great option for those with dementia and for the family that cares for them.

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE
Call Store For Details

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The Medicine Shoppe
500 N. James St. • Grayling
989-348-2000
Senior discount available daily.

Come visit us at
Northern Pines
ASSISTED LIVING

A Non-Profit, Faith-Based organization

For more information, Photos, Menus, Activities Calendars and Monthly Newsletters, visit our website:
NorthernPinesAssistedLiving.org

BARUCH a program of Baruch Senior Ministries
130 Mary Ann Street • Grayling 49738
p: (989) 344-2010 • f: (989) 344-2011

Random Word Search Puzzle (bring in for a prize)

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

1. antireflexive
2. ascetic
3. cambridgeshire
4. cavillingness
5. celiac
6. comfortable
7. creolize
8. cuppy
9. dissimulator
10. doughiest
11. exactable
12. excursive
13. facsimileing
14. fingerboard
15. fungibility
16. giessen
17. grebe
18. hypercatalectic
19. idiotic
20. jaspers
21. jetsom
22. lateral
23. loweringly
24. marcelle
25. maund
26. memphremagog
27. multiplied
28. mysticity
29. nightmarishly
30. okoume
31. outtrick
32. pearliest
33. protozoon
34. recompiled
35. riv
36. separably
37. slightly
38. socinian
39. sociopathic
40. sour
41. substation
42. synarchy
43. ticklishly
44. triphyllous
45. unlexicographical
46. unpoisonous
47. unsavory
48. vtol
49. wickerwork
50. yggdrasil

Cook's Corner Banana Split Dessert

- 2 cups graham crackers crumbs
- 1 stick melted butter
- 2-8oz. pkgs. cream cheese –softened
- 1 box powder sugar
- 1 teaspoon vanilla
- 4 or 5 bananas
- 1 large can of crushed pineapple-drained
- 1 large tub cool whip
- Nuts, cherries, chocolate syrup

Mix cracker crumbs and melted butter together. Put it in a 9x13 inch pan. Blend cheese, powder sugar and vanilla together until creamy. Spread over the cracker crumbs. Slice the bananas on top of this and then spoon pineapple on top of this and then spread cool whip on top. Add nuts, cherries and pour chocolate over the top. Refrigerate for one hour. Enjoy.

Submitted by Mary Jo Gingerick



Introducing Arauco...

On Thursday, June 16th at 6 pm at the Crawford County Commission on Aging

ARAUCO

and Senior Center, there will be a presentation from Arauco North America to introduce their company and why Arauco decided to build a state of the art wood panels manufacturing plant on four mile road in Grayling. This will be a great opportunity to meet representatives from Arauco as they introduce themselves and the project to the Grayling community.

Join us for a Beef Stew dinner at 5:00pm. The cost for dinner is a suggested \$3.00 donation for those 60 and over and a \$5.00 charge for those under 60. This event is open to the community so invite your family and friends!

Grayling Generating Station

Celebrating "14 Years" as a

Michigan Clean Corporation Citizen

**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

Safeguarding Your Prescription Medications

Featuring Kirsten Copus, Clinical Pharmacy Manager, & Bonnie Gaiser, Medication Access Coordinator

Free Breakfast Presentation, Tuesday, June 28 at 9am at the Commission on Aging & Senior Center



Safeguarding Your Prescription Medications –

We all have a role in Helping Prevent the Abuse and Misuse of Prescription Medicines

As people age, they tend to develop chronic illnesses such as heart disease, diabetes, high blood pressure, arthritis, and osteoporosis. As a result, it is quite common for older adults to be on several medications -- a practice referred to as polypharmacy. The average older adult takes between three and five prescription drugs, and many older adults take over-the-counter drugs and supplements as well. Medication safety takes on special importance as we age.

The effects of aging can cause older adults' bodies to process and respond to medicines differently than those of younger people. Age-related changes can contribute to elderly people being more at risk for overdose and side effects. It is important to keep a detailed list of your medications and the doses prescribed, or bag up all of your medications and supplements and bring the list or your bag of medications to medical appointments for a quick review by your healthcare provider.

There's a reason that prescription medicines are intended to be taken under the direction of a doctor, if used improperly they can be dangerous, even deadly. Prescription medicines are not

safe unless they are prescribed and healthcare professional's orders are followed.

Yes, it's dangerous not to follow the directions for taking medications, but some factors can make that hard as people get older. Seniors should consider asking for help from their family, caregiver, doctor, or pharmacist if they:

- Live alone.
- Take 3 or more medications, including nonprescription medicine and herbal or dietary supplements.
- Have memory problems or are not as sharp as they used to be.
- Have poor eyesight.
- Get prescriptions from more than one doctor.
- Fill prescriptions at more than one pharmacy.
- Use both online and community pharmacies.

At times, financial issues may also prevent seniors from filling prescriptions or taking medications as directed.

Resources and programs are available for prescription medication access assistance.

How to Safeguard Your Prescription Meds



When used as directed, prescription medicine provides great benefits for people with a wide range of short-term to debilitating chronic diseases and medical conditions. These important

medicines are found in nearly every U.S. household, yet many people don't realize the responsibilities that come with having them in the home. These responsibilities start by taking medicine as prescribed by healthcare professionals, and continue with safely storing and disposing of them so they are not used or abused by others.

Breakfast Menu

**Farmers Omelette,
Fresh Fruit, Muffin,
Coffee & Juice**

According to the Substance Abuse and Mental Health Services Administration, results from the 2011 National Survey on Drug Use and Health, seventy percent of



people 12 and older who abuse prescription drugs say they get them from a friend or relative.

Safeguarding your prescription medicine properly is easy once you know what to do, and it's important not only for your health, but for the health and safety of your family and others who come into your home. To learn more about how to take prescription medications safely, resources available to help pay for prescription medications when you can't afford them, and how to properly store and dispose of prescription medication to help prevent them from falling into the wrong hands, please Kirsten Copus, Clinical Pharmacy Manager, and Bonnie Gaiser, Medication Access Coordinator, for a free seminar at the Crawford County Senior Center at 9 a.m. on Tuesday June 28, 2016. Breakfast will be available.

Grayling Community Health Center now offers

Walk-In Care Services for Minor Injuries & Illnesses.

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

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



MUNSON HEALTHCARE
Grayling Community Health Center

Fox Run Country Club

♦ 18 Hole Public Golf Course

♦ 4 Star Rated by Golf Digest

♦ Mulligan Mondays are Back!
9 holes w/cart only \$20 and
18 holes only \$30 every Monday

♦ New this Season: *Gold Senior Tees*

Friday Night Fish Fry

Authentic Cod, Baked Potato/Fries,
Cole Slaw or Salad

Serving 5 to 9 pm

Bring this ad in for a **FREE** Fox Run
Signature Brownie Dessert

Offer good 6-1-16 thru 6-30-16

5825 W 4 Mile Rd
Grayling, MI 49738

989-348-4343
foxruncc.com

Walk this Way

Gretchen Stelter from MSU Extension

Over and over again we hear walking is important to our health no matter what

YOU could **BENEFIT** from **WALKING** **MORE** Every Day

our age: We see this in magazines and on TV, so often that many of us just want to tune the information out. Well, it is

important to walk, though many of us feel we have roadblocks. We have all heard the cliché “Use it or lose it”. How true this statement is especially as we get a little older. If we do not walk our legs become stiff, our heart muscle becomes weaker and we cannot breathe as deeply as we should, along with more frequent negative emotions. To compound problems all this leads to our deterioration and chronic pain.



Roadblocks are challenges we vision as a hurdle to get through in our everyday life. Below is a list of ways you can remove

some of the roadblocks and enjoy some pain free days:

- ◆ Every week plan an “appointment to walk” with yourself. You wouldn’t cancel a Doctor appointment, so don’t cancel a walking appointment. (Ten short minutes can give you more energy to go about your daily chores and to forget about your chronic pain!)
- ◆ Consider a walking partner. You will

be surprised how fast the time goes when you are talking to a friend.

- ◆ Walking regularly will increase your energy: one needs this when they have chronic pain. It is surprising, but when you are tired a walk will increase your energy.
- ◆ If the weather is not agreeing with an outdoor walk, walk in at the Elementary School, your home, or even at a store.
- ◆ Never think you are too old to begin walking. Older adults that walk prolong their independence! That is something we all want!

You don’t have to walk a mile. Build yourself up. Start with just a few minutes a day and add a little time each week. You will be physically and mentally healthier and happy!

Let’s Play Pickleball!

You can NOW play Pickleball two times a week! Play at the Frederic Township Hall on Wednesday mornings from 10:00am to 12:00 and play on Mondays at the Grayling Elementary School from 3:30 pm to 5:00pm. No experience needed. Come and have some fun while learning a new game. Pickleball is an active game with a mix of Ping-Pong, Tennis, Badminton and Volleyball. There is no charge for this Activity.



Do You Know Someone Who’s Going to be 100 Years Old?



A century of life! No doubt a person who has achieved the rank of centenarian...that’s 100 years of life...can look back with amazement at the remarkable changes that have transpired over their lifespan.

The Governor of Michigan, along with the Michigan Commission on Services to the Aging, applauds them and is pleased to present these special individuals with a certificate honoring their status as centenarian in the state of Michigan

If you know someone who is approaching their 100th birthday, please contact our office with their name and birth date. Be sure to provide ample time to prepare the certificate and mailing.



We are also looking for couples who have been married for 65 years or longer. Please let us know by contacting the Senior Center.

Contact: Alice Snyder at the Crawford County Commission on Aging and Senior Center at 989-348-7123.

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Top 5 Reasons Families Choose Grayling for short stay Rehab-to-Home & Extended Nursing Care

- ◆ Long Term Living
- ◆ Short Term Rehabilitation
- ◆ Air Conditioned Private Rooms
- ◆ Physicians/NP Available 24/7
- ◆ 5 Star CMS rating

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www.atriumlivingcenters.com

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For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.

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Phone: 989-348-2931



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Conveniently located next door!

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Mon-Sat 8-4:30
Phone: 989-348-1003



**CRAWFORD COUNTY RESIDENTS
2016 HOUSEHOLD
HAZARDOUS WASTE COLLECTION**

**Saturday, June 18
9:00 am until 2:00 pm
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; 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 (water based)
- Controlled Substances
- Electronics
- Appliances
- Commercial Waste
- Tires.

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

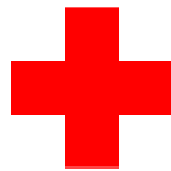
For more information or to register please contact: Gretchen Stelter,
989-344-3264 ext. 1

MICHIGAN STATE UNIVERSITY | Extension



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.

- **Computer Assistance**
Looking for someone with expertise in technology to assist seniors with questions about computers, tablets, iPad and other electronics. No degree necessary. If interested, call Helen at 989-348-7123.

- **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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Grayling, MI 49738



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

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

Hospice of helping hands
John Tolfree health system
A non-profit hospice serving Northeast MI since 1979.
Call the Experts... 800.992.6592



Smartphone Scan to our Website

308 Lawndale St.
Grayling, MI 49738
989-348-7123 phone
989-348-8342 fax

director@crawfordcoa.org

RETURN SERVICE REQUESTED

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



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.



Join the Crawford County Commission on Aging & Senior Center for a Detroit Tigers Game!

We will be going to Comerica Park-Detroit Tiger's Baseball Game on **Wednesday, June 29th**

by Charter Bus departing from the Grayling Mini Mall at 8:00am and returning around 9:30pm. Trip includes transportation, game ticket, lunch voucher at the stadium and dinner at Cracker Barrel for the cost of \$90.00. Tigers play MIA. Call register at 989-348-7123 or stop in at the Senior Center.



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 meeting once weekly for 6 weeks.

Classes begin **Wednesday July 6th, 2016**
10:00am-Noon

At the Grayling Nature Center, 1-75 business Loop
To register contact Crawford County Commission on Aging at 989-348-7123



Join the Commission on Aging and Senior Center for 3 trips to see the Traverse City Beach Bums!

Travel to the Beach Bums-Traverse City by CCTA Bus (Dial-A-Ride)
Fridays, June 10th - (Deadline to register & pay is June 1st)
July 15th - (Deadline to register & pay is July 1st)
August 5th - (Deadline to register & pay is July 25th)

The Bus 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!!!



New Route this Year!

Join the Commission on Aging & Senior Center as we march in the 4th of July Parade. Everyone is welcome! If you are interested in joining us call Helen Nolan at 989-349-7123.

Coming soon.....

Our annual Rummage Sale will be August 26th & 27th. It will be at the old Fred Bear building on West 72. Please start saving your items. Drop off dates and details to follow in next month's Senior Gazette.

