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Featured Article

Barb Selesky *An Old Soul*

"When Alice Snyder asked me about being interviewed, I wondered if it was a good idea." Barb Selesky smiled wryly at me before continuing. "I thought she was being mighty brave since I tend to speak my mind." As we talked together, I learned that her outspokenness tends to be toward the good of others.



Born in the old Grayling hospital in 1944, Barb says she was "born with an old soul" and always felt most comfortable in the company of older people. "I have always had an interest in old people...as though I belong with them. I got along with my aunts, my grandparents...I had friendly relationships with old, frail people. As a result, I had a lot of mentoring...lessons in growing older."

At age six, her family; her parents and four siblings, moved from the yellow house on 4 acres that is across from the Family Practice, to Rose City, where she graduated from High School. But she knew, years before graduating, what she wanted to do with her life. "I felt I heard the call to be a nun when I was about 14 years old," she said. "In my opinion, you have to answer the call when you hear it. People who wait often miss their calling. They can't hear it over the other voices; voices of professors, voices of employment... Life gets full and we stop listening."

So after high school, Barb went to Grand Rapids to attend Aquinas College and to answer the call to be a nun. From that point on, it seemed that every step, every turn along her path was leading her to the exact

place she was meant to be.

With a degree in business administration, Barb went immediately to work in nursing homes in the Grand Rapids area. "I observed a lot of things that reinforced my belief that I could do a better job of it."

She was working alongside a friend, Marge Wall, who suggested, "Why don't we just go up to Grayling and do what you want?" In answer to the question, Barb got her Nursing Home Administrator's license, and she and her new business partner bought the old Frederick Hotel in 1976 and went to work making it into an old folks home.

"There was a lot to do, and I'll spare you some of the details, but my dad was a carpenter, I knew how to do plumbing, and Marge did the bookwork. My dad believed in the idea enough that he mortgaged the farm to help put the addition on. It was a good time to come back north. My brother had been killed in an accident, and my mom was glad to have me close again.

For the next 35 years, Barb made a home for old people. "Eventually, we had 4 homes. 37 beds and we never had a vacancy. We took whoever the Lord sent; money or no money. We were really blessed."

"Because my family has been in the area so long, a lot of the people

Cont. Pg 5



Straight Forward Bluegrass Concert See pg 5



Take Me Out to the Ball Game! 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

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Outside



Time to Be Outside *MSU Extension*

Well, here we are at the beginning of May which means we will be able to get outside and enjoy longer days and warmer weather. In Michigan that is a long time coming, but "Northern Michiganders" certainly enjoy and appreciate the spring more so than other state residence. This is the time of year we enjoy being outside and participating in outdoor exercise and activities such as walking, riding a bike, playing with our children and grandchildren and enjoying the company of others that we have not seen since winter. All these activities are safer with clear roads, walks and warmer weather. The fresh air and movement not only is good for you physically, but mentally the spring time gives most of us a true lift.

Unfortunately there will be days that we cannot be outside due to inclement weather, so always have an alternative to your exercise routine. What are some of the activities you enjoy and are safe? In Crawford County our residents have the opportunity to swim indoors at the Ramada Inn two days a week. There are FREE fitness classes at the Senior Center. We also have a safe walking club at the Elementary school Monday – Friday. The library has fitness DVD's and Videos you can check out to exercise in the comfort of your home on



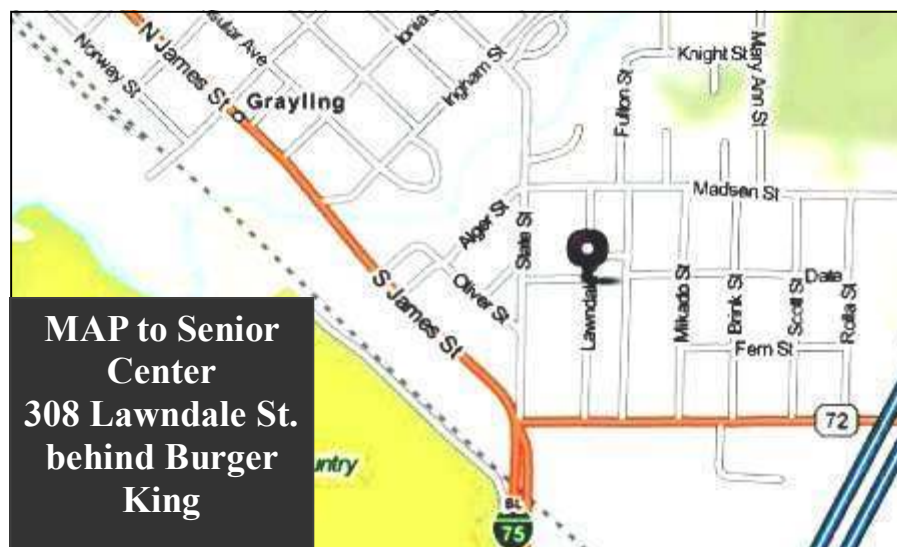
gloomy days. Just remember that there are a variety of ability levels, so choose a video or DVD appropriate for you.

If you are one that does not like physical activity, ask a friend to walk with you, or listen to music. Try an activity you haven't done before and you may find out it is enjoyable. If you feel you just don't have time to exercise, first remember the benefits of exercise such as better breathing, better mental and physical health and just feeling healthier. Then break down your routine into perhaps three ten minute sessions a day. You do not have to walk for 30 minutes a day. You can exercise in increments and it is still very good for you! Plan a walk or exercise session with a family member or a good friend. This should encourage you never to give up.

Remember you do not have to glisten (woman) or perspire (men) for the benefits of exercise. Perspiring is not dangerous. It is part of your body's natural response to exertion. You may want to bring a cool damp towel with you as the days get warmer. Put the cool towel around the base of your neck and that will cool you off.

Just keep moving. The more you move the better you will feel and the healthier you will be. ENJOY and HAPPY SPRING!!!

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



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 Donations were made by:
Richard & Nova Anderson
William & Laurie Sauer
 In Memory of
Jack Mahank

Memorial Donations were made by:
Grace Seperic
 In Memory of
Richard Seperic



Donate in Memory or Honor of Someone Special

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

Memorial Donations were made by:
Thomas & Laura Purtil
 In Memory of our
Father Joseph

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.



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

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- Connie Sedgwick
- Dawn Sells
- Grace Seperic
- Betty Shurkey
- Joyce Sorensen
- Virginia Watson
- Pam Williams
- Janet Wood

Senior Center Wish List...

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

Important Phone Numbers

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

Sponsoring Agencies

The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Crawford County Commission on Aging & Senior Center

Make a Donation Today & Create Golden Opportunities for a Lifetime!

Please make check to COA
 308 Lawndale St.
 Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check **Gift Amount \$** _____

I would like to receive monthly emails about activities and events.
 I would like to be contacted about planned gifts.
 I would like to volunteer for the Commission on Aging & Senior Center.
*****All Gifts are Tax Deductible*****

Name _____
 Mailing Address _____
 City/State/Zip _____
 Home Phone () _____ Cell Phone () _____
 E-Mail Address _____

Volunteers and Contributions received after April 8th will be acknowledged in the next edition of the Senior Gazette.

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

WE ACCEPT

COA Volunteers

Thank you for all you do!

- | | |
|---------------------|--------------------|
| Kelsey Andrus | Fleda McWatters |
| Rose Archambeau | Ann Mitchell |
| Roy Bryant | Mel Moore |
| Gloris Buskirk | Wayne Mott |
| Earl Corpe | Marcus Niedzielski |
| Pat Corpe | Dolores Norton |
| Kevin Darlak | Bill Nuckolls |
| Dick Dodge | Tina Parcell |
| Lyn Dodge | Sandy Parks |
| James Duncan | Mary Parker |
| Tina Foster | Ward Parker |
| Pat Fowler | Rosemary Patrick |
| Mary Jo Gingerick | Seth Patterson |
| Ron Gribb | Andrew Pepsin |
| Sharron Hagerman | Sharon Perkins |
| Susan Hensler | Carol Peterson |
| Dan House | Dave Pratt |
| Eva Hulbert | Roger Priest |
| Sharon Johnson | Deb Rapelje |
| John Keir | Deb Rawlings |
| Ron Kemerer | Tom Rawlings |
| Dennis Kemerer | Jack Richards |
| Glenn King | Orvetta Roggow |
| Matt LaBlance | Karl Schreiner |
| Eileen Langhorne | Donna Schnoor |
| Abby LeClair | Connie Sedgwick |
| Alice Lee | Betty Shurkey |
| Kristin Lietz | Nancy Smith |
| Karen Luark | Joyce Sorenson |
| George Mascarello | Cheryl Starr |
| Sharlene Mascarello | Jason Thompson |
| Jamie McClain | John Wilcox |
| Dean McCray | Harry Wojcik |

Volunteer Spotlight Ann Mitchell

Ann was born in 1946 in Detroit, Michigan. "That was back when they started building cars again instead of tanks" says Ann. She remembers walking with her Mother pass a huge poultry company. "It was fascinating to a city child", says Ann. She goes on, "There were so many different types of chickens, ducks and an occasional turkey." That started her enjoyment of raising her own chickens.



Ann graduated from Waterford High School. She married the following year. Her husband was in the army and stationed in Germany. While he was on maneuvers, Ann would travel visiting many of the small villages, churches and castles as much as possible knowing she might never get the opportunity again. While there Ann found time to volunteer for the Red Cross. She worked on the surgical floor, giving out paper, pen and stamps, so the soldiers could write home. Ann also became a Mother to her first born son while in Germany. Later they moved to Washington State where her husband finished his last year of duty. It was there that Ann gave birth to a daughter.

They moved back to Michigan, rented a cottage on a pond connected to White Lake. Later bought a house in Farmington where her last two sons were born. Five years passed before moving back to Grayling. After raising her family, Ann decided to pursue a career in nursing at Kirtland Community College. She received her LPN License and went to work at Mercy Hospital. During her ten years at Mercy she worked in the medical, surgical, OB and ICU.

Ann traveled on to Louisiana, Tulane

Medical Center in downtown New Orleans, then on to Fawcett Memorial Hospital and St. Joseph Hospital in Port Charlotte, Florida, then at Toure Infirmiry in New Orleans. Meanwhile Ann's

Mother's health was failing, so Ann decided to move back to Michigan.

Ann found a house in Kalkaska and after settling in she started volunteering at St. Francis Thrift Store. In 2008 Ann was working 6 days on and 8 days off. During her free time she read an ad in the local Avalanche for volunteers to do taxes. She applied and received some

training and enjoyed helping people file their taxes. Ann stated, "I thought I was helping others by doing their taxes, but I ended up getting more than I could have imagined." Ann said, "Time flies when you are having fun." She is now looking forward to planting her vegetable garden.

Ann Mitchell is not a stranger to the world of volunteerism. You can find her volunteering at the Senior Center for special dinners, calling bingo, helping with meals on wheels and the tax program filing the home heating credit for seniors. If not at the senior center you can find her doing volunteering at St. Francis Thrift Store.

Greeting Cards for Sale!

For your convenience the Senior Center has greeting cards for sale every day. This month we are featuring Mother's Day, Father's Day and Graduation cards. The cards are \$.25 each or 5 cards for \$1.00.



May Birthdays

- Shirley Bordeaux 5/3
- Beverly Wilcox 5/3
- Joyce Sorenson 5/18
- Dolores Norton 5/23
- Larry Roggow 5/23
- Bill Brooks 5/29

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



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Straight Forward Bluegrass Band

will be performing at the Crawford County Commission on Aging & Senior Center

Thursday, May 19th at 6pm

Straight Forward Bluegrass Band is a northern Michigan Band instilled in hard-driving traditional bluegrass. They have performed at Farmfest, Buckley Old Engine Show and many festivals, jamborees, square dances, street music, parties and many others.

Please join us for a Pork Roast dinner beforehand at 5:00pm. Cost of the dinner is \$5.00 for those under 60 years of age and a suggested donation of \$3.00 for those over 60 years of age. There is not a charge for this event. Donations will be accepted and appreciated.

who lived with us knew my mom or knew my grandma. The joy of my life has been working with these people.”

Barb’s commitment to community has not been limited, however, to the homes. Since retiring, she’s been the Region 9 Agency Commission on Aging Advocacy Representative to the Lansing legislature. She’s been active with the National Council on Aging, promoted the Older Americans Act, served the Crawford County Commission on Aging, the Peace Seekers group in Grayling, and others.

“Seniors are the majority of the population. Crawford County is, quite honestly, behind in taking advantage of the available resources. It’s no reflection on the current services. It’s a matter of space. The current facility simply isn’t big



enough to accommodate everything that needs to be done. The current Center is the recreation part of the housing. It serves a lot of people, and serves them well, but at

the expense of Housing. The county needs a Sr. Day Care. We need to look at the 60 – 70-year-old population and be preparing programming.” She looks at her hands. Her kind face softens. “In the Lord’s time; not in mine.”

“About 5 or 6 years ago,” she says, she was on her way to a peace and justice workshop, and the driver of the car said, “What are you dreaming about?” She was dreaming of a community garden. Soon after, she spoke with Alice Snyder about a potential locale, worked with the VFW, and made it happen. Each year the gardens have brought more community

groups together to work toward a common goal; a fresh, sustainable source of food for local people.



“Fresh and green. Fresh and green. Our hope this year is to plant the back portion to supply the Christian Help Center.”

Barb’s commitment to local food and commerce has drawn her to be a recruiter for the Farmers’ Market as well. “It’s a good network for the whole community. People stop in and talk...and sometimes take home a squash. I’ve met people from all over the

world...from Japan, from Capetown, S. Africa...”

I asked her if she’d traveled. She said, “I’ve been all over the US. I remember a place in Yosemite where you could see the curvature of the earth. But I don’t look for places to go. I’m pretty entertained here. I like trees. I like water...the great lakes...I like where the quiet comes with dark sky and stars. I figure I’m planted where I am supposed to be.”

Barb says her hobby is figuring out how to do something new. Life-long learning. “There are no excuses (not to learn). The web has how-to for everything.”

What would she say to the next generation about how to live? It’s no surprise that the advice from an Old Soul would be a reflection of how she, herself, has gone about it. “Get to know your grandma,” she said. “Learn from your family; and if you don’t have one, create an extended family. Find out what issues they have because you are next.”



Donated Netbooks to the COA

The Crawford-AuSable School District has donated HP Netbooks with a Linux operating system to the COA for older adults who would like them. They are basically small laptops with a keyboard. They will most likely only be able to be used for accessing the internet in a WiFi environment. You could use email (*Gmail, Yahoo, Hotmail, etc.*), Facebook, internet games, shopping and browsing. If you are not familiar with computers, training will be available. Please contact Helen Nolan at 348-7123 if you are interested in obtaining a Netbook.



Nicole Rodriguez

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 HUB International Midwest East

600 East Front St. Suite 205
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 Cell: 231-590-2000
 Fax: 231-995-4366
 nicole.rodriquez@hubinternational.com



MUNSON HEALTHCARE Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital



Grayling Hospital for Animals

- ◆ Dr. Paul W. Mesack
- ◆ Dr. Troy Fairbanks
- ◆ Dr. Katherine Powning
- ◆ Dr. Jessica Christensen

5806 W. M-72 Grayling, MI 49738
 989-348-8622 • Fax: 989-348-1542



OLDER MICHIGANIANS DAY



A Voice for Michigan's Aging

**Wednesday, May 11th, 2016
10:30am-2:00pm**

OMD is an annual event that takes place on the East Lawn of the Capitol Building in Lansing. This FREE event draws hundreds of older adults from across Michigan, united in their passion for issues impacting older Michigan residents.

This year's hot-button platform issues are:

- Improving access to affordable long-term supports and services
- Preventing elder abuse, neglect, and exploitation
- Making communities more accessible for seniors
- Supporting caregivers



Join us, in this day of advocacy and celebration! Meet with your state legislators about the above platform issues, network with other advocates, hear from

legislative leaders and have fun spending time in and around the historic State Capitol Building.

If you would like to take this opportunity to advocate on behalf of Michigan's aging population, call Lori Darga at the Crawford County Commission on Aging & Senior Center 348-7123. We'd love for you to join the group travelling to Lansing this year!



MUNSON HEALTHCARE
Crawford Continuing Care Center

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317
munsonhealthcare.org

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.



Senior Gazette



Reaching Seniors and Beyond!

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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.

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE

Call Store For Details

Proudly Serving Our Community Since 1999

The Medicine Shoppe

500 N. James St. • Grayling

989-348-2000

Senior discount available daily.

Add Years to Your Life & Life to Your Years

ONGOING ACTIVITIES

Bible Study
Tuesdays, 10am

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

Bridge
Mondays, 1pm

Card Golf
Fridays, 9am

Clogging, Regular
Mondays, 1:30pm

Computer Club
Mondays, 2:30am

Color Craze
Thursdays, 10am

Crafting
Thursdays, 10am

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

Dulcimer Group
Will resume Fall 2016

Euchre
Tuesdays, 1pm

Exercise
Thursday, 11am
Friday, 10am

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

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
Grayling Elementary School
Wednesdays 10:00am
Frederic Township Hall

Pokeno
Thursdays, 10am

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

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

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

Unlucky 7's
Wednesdays, 2:30pm

Wii Bowling
Wednesdays, 1pm

Zumba Gold
Tuesdays, 10am

Support Groups

Alzheimer's Support Group

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

Healthy Relationships for Women

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

TOPS Weight Loss Class

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

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday - 12:00pm
Sunday, Tuesday, Friday - 8pm,
St. Francis Church, Grayling
Thursdays - 8pm,
Women's Meeting, Thursdays - 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

Winners at the St. Patrick's Day Dinner - The 50/50 of \$94.00 went to Barb Farkas. The door prize of THT Statues, donated by Shirley Rauch went to Cheryl Starr and the door prize of a cross stitch of your house donated by Nancy MacDonald went to Clara Gibbs.

Mother's Day Dinner

Thursday, May 12th

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



Roast Beef
Mashed Potatoes
Midon Blend Vegetables
Mandarin Oranges
Red Velvet Cake

Serving Dinner
4-6pm
No
Reservations
Required!

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

Join us for our Father's Day Dinner Thursday, June 9th

Senior Center Meal Program

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

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

2 Choices of Soups served daily

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

Art's Backyard Kick-off



It's finally here!
 Summer has arrived and so
 has your dream patio set!
 Pick yours out TODAY at your
 Gaylord Art Van Furniture!



M-32 Just East of Kohl's
 GAYLORD

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat																						
1	2 9:30-11:30am Matter of Balance at Frederic Twp. 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm-2:30pm TEFAP American Legion 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Pork Chop Supreme, Red Skinned Potato, Brussels Sprouts, Tossed Salad w/Tomato, Applesauce	3 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 1-3pm Neck Msg Appt. Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	4 9:30am Commodities @ St Mary's 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Pear	5 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges, 1pm Penny Bingo 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	6 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	7 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	8 9:30-11:30am Matter of Balance at Frederic Twp. 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	10 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 Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	11 Older Michiganians Day 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	12 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo Wii Bowling w/Rapid City 4-6pm Mother's Day Dinner - Roast Beef, Mashed Potatoes, Midon Blend Vegetables, Mandarin Oranges, Red Velvet Cake	13 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	14 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Hilltop Manor Pantry Bingo 1pm Pool - 9 Ball 3:30pm Karaoke	15 16 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 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	17 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 2pm Karaoke at the Brook 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt. Req'd 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots 6pm COA Board Mtg @ Center	18 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries, Cake & Ice Cream	19 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Pear 6pm Straight Forward Concert	20 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Hilltop Manor Pantry Bingo 1pm Pool - 9 Ball 3:30pm Karaoke	21 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	22 23 Home Heating Credit - Appt. Required 9:30-11:30am Matter of Balance at Frederic Twp 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	24 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	25 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	26 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Pear Wii Bowling w/Bell Oakes 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	27 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	28 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	29 30 OFFICE CLOSED  Memorial Day	31 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 w/Tomato, Winter Blend Vegetable, Red Grapes	<div style="border: 2px dashed green; padding: 10px; text-align: center;"> <p>Crawford County Commission on Aging & Senior Center</p> <p>May 2016</p> <p>At-A-Glance Meal & Activities Calendar</p> </div> <div style="border: 1px dashed black; padding: 10px; text-align: center; margin-top: 10px;"> <p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King <i>Must be a first time meal.</i></p>  </div>	30

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 March 2016!
At the Senior Center

- We served **889** Congregate Meals
- We served **300** Soups
- Activities/Events Attendance **796**
- Average # of Daily Visitors **60**

In-Home Services


- Delivered **2368** home delivered meals.
- Provided **202** hours of respite care.
- We provided **322** hours of homemaker services.
- We provided **64.75** hours of bathing assistance services.

Drop Off Your Old, Unused & Expired Medications

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

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

Help Us Protect our Rivers & Lakes!



Social Security Tips

From Bob Simpson,
Traverse City Social Security Office



Question:
Is it true that if you have low income you can get help paying your Medicare premiums?

Answer:
Yes, you can get help!

If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or health and human services office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs.

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

Also, see our publication, Medicare (Publication 10043), at www.socialsecurity.gov/pubs. For even more information, visit our website at www.socialsecurity.gov.

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



NORTHEAST MICHIGAN COMMUNITY SERVICE AGENCY, INC.

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.



Keep Pets & People Together

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

To be eligible for this assistance, a person must be a resident of Crawford County, age 60 or older, and have income at or below \$1,471 per month for an individual (\$1,991 for two people). In addition, a person will also qualify if they are on Federal Public Housing Assistance (including the old Section. 8 vouchers), in the Low Income Home Energy Assistance Program (LIHEAP), on Food Stamps, SSI or Medicaid. This program is designed to supplement, not replace, a person's pet food or veterinary spending.



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



Do Not Call Register

Put your telephone number on the Federal Do-Not-Call Registry by calling **1-888-382-1222** from the phone that you don't want telemarketers to call or go to **www.donotcall.gov**.

Don't forget to do this for both your landline and cell phone numbers. This needs to be renewed every 5 years!

\$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

\$15.00



Expires 12/31/16

\$15.00

Grayling Save a Lot

Purchase of

7up Products 2 Liters **79¢**
Plus Deposit Assorted Varieties

Valid May 1, 2016 thru May 31, 2016

Limit 2 Please with coupon

2333 S. I-75 Business Loop

348-6690

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

Random Word Search Puzzle (bring in for a prize)

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

1. adust
2. amain
3. anthropologist
4. antipapacy
5. aphotic
6. arylation
7. biriani
8. bogot
9. caenogenetic
10. decarburized
11. descaled
12. deva
13. disapprove
14. divination
15. entrancement
16. europeanised
17. fealty
18. female
19. girasole
20. hematoxylin
21. hinduizing
22. lavabo
23. machination
24. methylnaphthalene
25. mucoviscoidosis
26. nonmanifestation
27. overlinger
28. pachydermoid
29. pail
30. parthenopaeus
31. petrina
32. posticous
33. postlarval
34. prolonges
35. quadrumane
36. refracture
37. reharvest
38. rehypothecated
39. rewedding
40. soliloquising
41. subastrigent
42. substandardize
43. tablespoonful
44. thing
45. toughness
46. uncork
47. undefinite
48. ungeometric
49. unrelative
50. unwhispered

What a Great Idea!



Neighborhood Connections

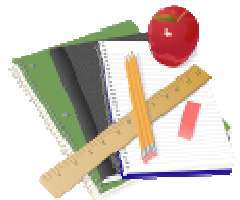
The Crawford County Neighborhood Connections Planning Committee is asking for your support again this year. We need household items, personal care items



and school supplies to distribute at the Neighborhood Connections event in August 2016.

Please consider making a donation of a **bottle of laundry detergent, body wash, shampoo or deodorant** when you come to the Senior Center. We will be sure they get to the event. We ran out of school supplies very quickly last year. We appreciate

spiral bound notebooks, pencils, pens, crayons, binders, etc. Numerous families with school age children attend the event each year, and they can always use school supplies.



Thank you for all you do to support Neighborhood Connections!

Cook's Corner

Cookies - Easy, Fast & Good

- 1-Instant Pudding & Pie Filling-3.4oz box, any flavor
- $\frac{3}{4}$ cup Bisquick Mix
- 1 egg-beaten
- $\frac{1}{4}$ cup Vegetable oil



Mix above ingredients together. Make small balls, drop onto ungreased cookie sheet & flatten. Put sugar, nuts or coconut on top before baking, if desired. Bake at 375 degrees for about 8 minutes. Recipe makes about 1 $\frac{1}{2}$ dozen cookies.

Recipe from the kitchen of Helen Hatfield

Do you and your co-workers need a little something to warm you up at Lunch?

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



**History of Mother's Day:
Julia Ward Howe**

The idea of official celebration of Mothers day in US was first suggested by Julia Ward Howe in 1872. An activist, writer and poet Julia shot to fame with her famous Civil War song, "Battle Hymn of the Republic". Julia Ward Howe suggested that June 2 be annually celebrated as Mothers Day and should be dedicated to peace. She wrote a passionate appeal to women and urged them to rise against war in her famous Mothers Day Proclamation, written in Boston in 1870. She also initiated a Mothers' Peace Day observance on the second Sunday in June in Boston and held the meeting for a number of years. Julia tirelessly championed the cause of official celebration of Mothers Day and

declaration of official holiday on the day. Her idea spread but was later replaced by the Mother's Day holiday now celebrated in May.



**History of Mother's Day:
Anna Jarvis**

Anna Jarvis is recognized as the Founder of Mothers Day in US. Though Anna Jarvis never married and never had kids, she is also known as the Mother of Mothers Day, an apt title for the lady who worked hard to bestow honor on all mothers. Anna Jarvis got the inspiration of celebrating Mothers Day from her own mother Mrs. Anna Marie Reeves Jarvis in her childhood. An activist and social worker, Mrs. Jarvis used to express her desire that someday someone must honor all mothers, living and dead, and pay tribute to the contributions made by them.

A loving daughter, Anna never forgot her mothers word and when her mother died in 1905, she resolved to fulfill her mothers desire of having a mothers day. Growing negligent attitude of adult Americans towards their mothers and a desire to honor her mothers soared her ambitions.

To begin with Anna, send Carnations in the church service in Grafton, West Virginia to honor her mother. Carnations were her mothers favorite flower and Anna felt that they symbolized a mothers pure love. Later Anna along with her supporters wrote letters to people in positions of power lobbying for the official declaration of Mothers Day holiday. The hard work paid off. By 1911, Mother's Day was celebrated in almost every state in the Union and on May 8, 1914 President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

www.mothersdaycelebration.com/mothers-day-history.html

SPOTTING 8 COMMON MEDICAL BILLING ERRORS



People often get upset when they see their medical bills. The cost of medical care in America is quite high, but it is also true that there can be billing errors.

These errors, if real, may result in millions of Americans overpaying, whether the error is one of duplicate billing, incorrect information, or some other inaccuracy. Thousands of dollars could be added to your medical bill because of these and other inaccuracies. Many times people suspect fraud when in actuality the problem is a simple billing error.

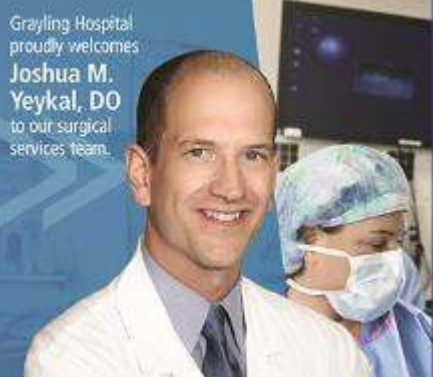
Here are some things to look for.

1. Duplicate charges: Check your bill to make sure you were not billed twice for the same thing.
2. Cancelled tests or procedures: Your bill could contain a charge for a test or

- procedure that was not performed, but for which you were billed. Dispute the charge if you think it is wrong.
3. Incorrect patient information: An incorrect name spelling or insurance policy number could lead to a claim denial or lack of full payment amount by the insurance company.
4. Upcoding charge: A hospital might inflate a diagnosis to represent a higher level of service than was actually received. Sometimes this is a simple error on the part of the biller. It could, however, be a deliberate practice which would be fraudulent.
5. Unbundling of charges: This is a separation of charges that should have been billed together. This is harder for you to notice and check on, but there are websites which can help.
6. Balance billing when in-network. The health care provider billed for the difference between what the original bill was and the amount actually authorized by the insurance company. It is often improper.
7. Incorrect quantity: Make sure you were

- not charged for an incorrect quantity of an item (e.g. billed for 6 pills but only receiving 3). This kind of practice is often a simple mistake, but could be fraudulent depending on the circumstances.
8. Operating room and anesthesia time: If you underwent surgery, your time in the operating room may be billed in 15 minute increments. Incorrect charges here can add up quickly.

Pay attention to your bills and do not hesitate to ask questions. If you need assistance, you can call Lori Darga at the Commission on Aging & Senior Center, 348-7123.



Grayling Hospital proudly welcomes Joshua M. Yeykal, DO to our surgical services team.

Please join us as we welcome general surgeon Joshua M. Yeykal, DO to our accomplished surgical services team. Dr. Yeykal graduated from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania and completed his internship and residency in general surgery at Saint Vincent Mercy Medical Center in Toledo, Ohio.

To learn more about our surgical services or to schedule an appointment call 989-348-0880 or visit us online at munsonhealthcare.org/graylinghospital.



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Grayling Farmers Market Delivery Service Proposal

The Grayling Farmers Market is looking at offering a free delivery service to the Crawford County Commission on Aging & Senior Center participants as well as those who receive Meals on Wheels.

This service would work somewhat like this:

- A. Shopping List would be composed of items vendors will be selling at the farm market on Friday.
- B. List would be dropped off at the Senior Center (or e-mailed to you if preferred) on Monday.
- C. Orders and payment would be collected at the Senior Center Reception window through Wednesday afternoon. EBT Bridge cards can be accepted for the Food Assistance Program (food stamps).
- D. Orders would be delivered to the Senior Center on Friday for disbursement. Purchases would be required to be picked up by the end of the business day on Friday.

Eating a diet with plenty of fruits and vegetables has been linked to improved health. Fruits and vegetables are loaded with vitamins, minerals, fiber, and antioxidants, which have been shown to protect against chronic diseases such as heart disease and cancer. It is important



that everyone has access to fresh produce. This program is targeted to help those individuals

who, for whatever reason, are unable to visit the Farmers Market themselves.

At this time, we are trying to gather information to see how many people feel they would take advantage of this fresh produce project.

If you are interested please contact Therese at the City of Grayling at 989-348-2131 or by e-mail at frontdesk@cityofgrayling.org.

Home Heating Credit Help Available



Appointments May 23rd

Many low income households can receive help for their heat costs. This help is funded through the Low Income Home Energy Assistance Program (LIHEAP). The Home Heating Credit is one type of LIHEAP payment. Both home owners and renters may be eligible. If you receive food assistance, you are encouraged to file. If you receive a Home Heating Credit in an amount greater than \$20 and your heat is included in your rent, you may be eligible for an additional deduction from income resulting in more food assistance through the Department of Health and Human Services.

The heating credit is for how much you were BILLED from 11/1/2014 through 10/31/2015. If you have natural gas than the amount you were billed was on your January and February statement. If you used wood to heat, whether you cut it yourself or purchased it, you can use the amount of wood you used to calculate the credit.

Income limits are \$13,727 annually for one person and \$18,472 for two people. Volunteers are available to assist you in applying for the Home Heating Credit. Appointments are available this year on May 23rd by calling the COA at (989) 348-7123.

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.

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



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

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

Brookretirement.com or call **989-745-6500**

We're pet friendly!



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Houghton Lake • Newaygo • Roscommon • West Branch

Join the New Craze!!! Adult Coloring at the Senior Center!

Coloring not only evokes happy memories of childhood; the act can also foster a sense of well-being and offer a relaxing respite from our digital world. Crafters have known this intuitively for years.



An accumulation of research shows that these creative activities can help you de-stress from everyday pressures. Recent studies suggest that structured, rhythmic endeavors such as coloring, knitting, crocheting or quilting are particularly beneficial because they ease you into a meditative state of mind that allows you to push away negative thoughts and worries.



Numerous studies have looked into how crafting benefits mood and physical health. In a 2006 study co-sponsored by the National Endowment for the Arts and several federal health agencies, researchers found that adults 65 or older who engaged in creative activities such as making jewelry, painting or writing had better overall health, made fewer visits to the doctor, used less medication and had fewer health problems than non-crafters.

Some experts say they've found evidence that coloring does have specific health benefits. Coloring engages both sides of the brain and it's been shown to reduce blood pressure and relieve stress.

Coloring is a great way to explore your creativity — it's easy, inexpensive and you don't have to know how to draw. The 10 to 20 minutes you spend coloring an image that gives you a sense of satisfaction can have a positive ripple effect throughout your day.

The designs appeal to every interest — from whimsical doodles to circular mandalas, nature scenes and fantasy worlds.

Join the Color Craze Thursdays at 10:00 am

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

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.

Thank you Pam for your generosity!

Pam Williams recently purchased a new Pickleball net for the Senior Center.
Thank you so much!

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!



Crawford County Commission on Aging & Senior Center

• 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.

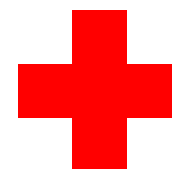
Examples include installing a handheld shower, building a ramp, widening a doorway, yard work, etc. We also need someone to help coordinate the program



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

• 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.

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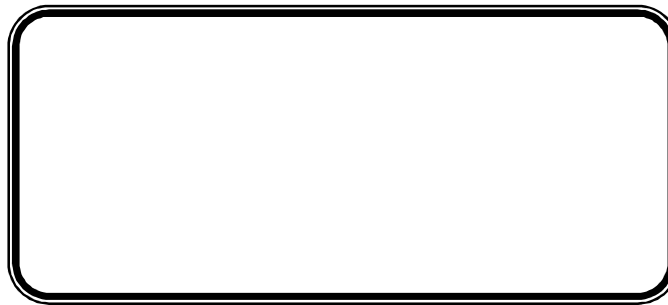


Smartphone Scan to our Website

308 Lawndale St.
Grayling, MI 49738
989-348-7123 phone
989-348-8342 fax
director@crawfordcoa.org

RETURN SERVICE REQUESTED

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Permit No. 62



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.



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, July 15th, and August 5th**

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!!!

Do you have concerns about falling?



A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by a trained facilitator.

May 2, 4, 9, 11, 18, 23rd & 25th
9:30am to 11:30am
Frederic Township Hall
6470 Manistee, Frederic

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and
- Balance

WHO SHOULD ATTEND?

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

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

MICHIGAN STATE UNIVERSITY Extension

NECK MASSAGE THERAPY

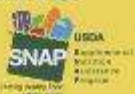


Neck Massage Appointments are available on the 1st Tuesday of the month from 1-3pm with Heidi Tuszynski and on the 3rd Tuesday of the month from 4:30-5:30pm with Cheryl Hopp.

Both are licensed therapist.

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

We Welcome SNAP EBT Customers



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

