

Crawford County Senior Gazette

September 2016



ADVANTAGE
AUDIOLOGY
& HEARING
CENTER
2375 Bus. Loop I-75
Grayling, MI 49738
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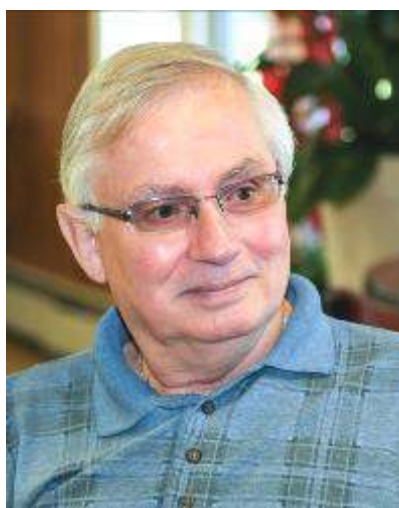
Rick Anderson *Close Encounters of the Worst Kind*

"I don't like war," said Rick Anderson, almost as an afterthought as he talked about the year he spent in Vietnam; from April 1969 – May 1970.

Born September 4, 1946, Rick grew up in Bay City until 1962 when the family moved to Rose City, just in time for him to go to high school. Four years later he graduated, and knowing that if he didn't choose a branch of the military to sign on with, he'd be drafted into one, with no choice. "I graduated in June, and then in September joined the US Navy. I wanted to see the world," he said.

His first stop was basic training at Great Lakes Naval Academy, followed by a lot of testing to see where his skills fit best. In 1967 he was certified and worked as a Corpsman at the Great Lakes Naval Station in the OB/GYN nursery. It was work he loved, and which he said he might have spent his entire career doing if not for a promotion by an officer who he "didn't care for". Two weeks after being promoted, he received orders to go to Vietnam.

"There was a transfer to San Diego. After a couple of years taking care of babies, I was a little bit soft, and it was like basic training all over again. We spent six weeks getting fit again, and then in April of '69 we were off to Vietnam for a year. Though we trained as Navy men, we served as Marines. I can wear either uniform."



A vision of an episode of the old TV show M.A.S.H. came to my mind when he told me that the Corpsmen are medics, in the field, caring for wounded soldiers. But in fact, Corpsmen were, and still are, "boots on the ground"; right there in the thick of the fighting. "In addition to the usual gear carried by soldiers, we (corpsmen) carried an extra 40 pounds of supplies. We were mobile all the time, tending to wounded men where they fell. There was no "rear"... we were all on the front lines. It was close encounters of the worst kind."

He spoke of the conditions he endured. "There wasn't any warm food. A shower was a rainstorm, and our clothes would rot off. Food and water came from helicopter drops, and when it was time to move again, anything that was left got buried. We didn't take any with us. Our primary job was fighting infections, because really, there was just no good sanitation."

Daytime temperatures were often 125° F. with humidity "right around 100%, and we'd freeze at night, wrapped in our poncho liners." And then there was monsoon season. "When the monsoons hit, nothing could fly. Nothing could move. We couldn't move, they couldn't move. It was a slow time for war. But we could drink fresh rainwater from leaves. We drank from streams a lot too, which caused a lot of problems."

Rick had been in the country only three days and was just 200 yards into his first "move" when a firefight broke out. "A young man I was treating had been gut-shot. But he was still awake and talking. He wanted water,



**Meals on Wheels
Loves Pets
See pg 14**



**BCBS Changes
Medigap Policies
See pg 15**

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

HOURS OF OPERATION

**Monday - Wednesday
8:30am to 6pm**

**Thursday
8:30am to 7pm**

**Friday
8:30am to 5pm**

**308 Lawndale St
Grayling, MI 49738**

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Grayling, MI 49738

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Join the Crawford County Commission on Aging & Senior Center for a FREE CONCERT!

**Thursday,
September 22nd
at 5:45pm**

Music will be provided by the Reflection Band. The band consists of Don Havenstein, who plays Alto and Tenor Saxes, Dee Boik on keyboard and the double bass player is Matt Lucas. Combined they have played for over 200 years. They come together and enjoy playing love songs, fox trots, Latin, polkas, waltzes and popular music from the Big Band Era.

There is no charge for the concert, but your donations would be appreciated. A BBQ Chicken Dinner will be served at 5:00pm with a cost of \$5.00 for under age 60 participants and a suggested donation of \$3.00 for those over age 60. This event is open to the public.



Are you interested in doing something different? How about Chair Volleyball? Shuffleboard? Pinochle?

Chair Volleyball is played with 6 players in chairs with a ball and net. Lots of fun! **Shuffleboard** is played with 2 or more players with a pole and disc. **Pinochle** is a card game with 4 or more players. If interested in any of these activities or you have a suggestion for a different activity, please see Helen Nolan at the Senior Center or call 989-348-7123.

**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

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

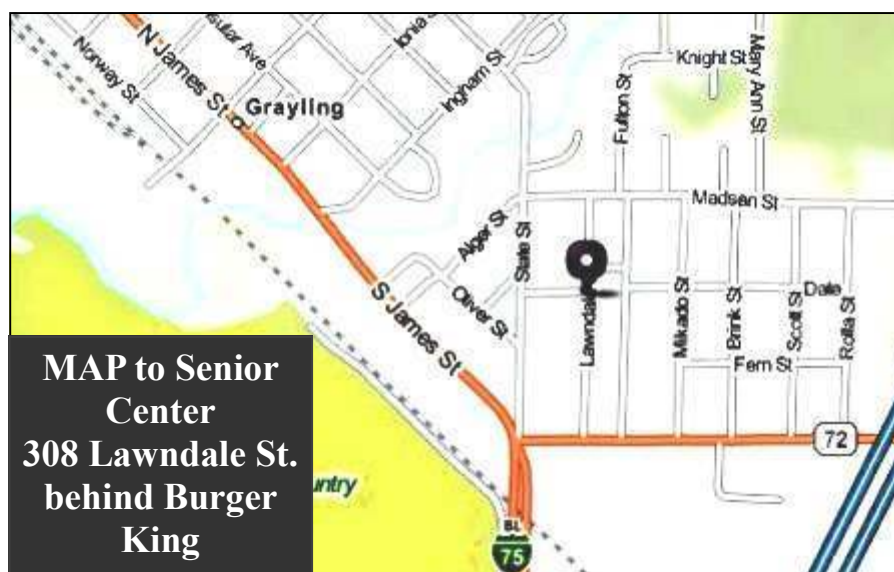
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www.advantagehearingonline.com
Phone: (989) 745-6667
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2375 Business Loop I-75
Grayling, MI 49738



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!



**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.

When someone you love becomes a **MEMORY**, that memory becomes a *Treasure*

Donate in Memory or Honor of Someone Special

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their

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

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



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

Only Available in Black with Gold Lettering

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

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

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

Senior Center Wish List...

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

Important Phone Numbers

Social Security
1-800-772-1213 or
1-866-739-4802

Medicare - 1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900



Our Sponsors

Advertising
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InTeliCare Health Services, LLC

Blood Pressure/Sugar Checks by
Munson Home Health Care

Birthday Dinner Flowers Donated by
Family Fare

Bingo Coupons Donated by
The Medicine Shoppe

Concerts Sponsored by
Hilltop Manor Health Care Center

Hearing Clinic
Offered by Advantage Audiology

Foot Clinic
Offered by Comfort Keepers

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

Pantry Bingo Sponsored by:
Hospice of Michigan
Hilltop Manor HealthCare Center
InTeliCare

Zumba Sponsored by:
Grayling Nursing & Rehabilitation
Community

Donations

- Edna Bendig
- Shirley Bordeaux
- Alice Burak
- Andrew Ciko
- Bob & Pat Gallagher
- Helen Hatfield
- Mary Hubbard
- Eva Hulbert
- Sandy Lakanen
- Robert & Marcia Leland
- Nancy MacDonald
- Michael Mathews
- Thelma McConnell
- Paul Osbeck
- Brian Owens
- Roger Priest
- Pat Sanders
- Karl Schreiner
- Connie Sedgwick
- Grace Seperic
- Joyce Sorensen
- St. Francis' Episcopal Church
- Marilyn Stevenson



Volunteers and Contributions received after August 12th will be acknowledged in the next edition of the Senior Gazette.

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 _____

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



Thank You!

COA Volunteers

Justin Baldwin	George Mascarello
Bill Bedford	Sharlene Mascarello
Edna Bendig	Fleda McWatters
Nancy Billinghamurst	Ann Mitchell
Roy Bryant	Judy Morford
Donna Burke	Wayne Mott
Pat Corpe	Marcus Niedzielski
Diana Doremire	Dee Niedzielski
Kathy Ellison	Dolores Norton
Ron Gribb	Bill Nuckolls
Sharron Hagerman	Sally Papendick
Susan Hensler	Tina Parcell
Nadine Holzbauer	Mary Parker
Robert Houghton	Ward Parker
Vicki Howden	Sandra Parks
John Keir	Rosemary Patrick
Dennis Kemerer	Sharen Perkins
Ron Kemerer	LuAnn Pickell
Glenn King	Dave Pratt
Loreli King	Deb Rawlings
Edna Kitchen	Tom Rawlings
Ruth Koci	Daniel Reuther
Fred Koci	Jack Richards
Sandy Lakanen	Orvetta Roggow
Eileen Langhorne	Nancy Smith
Abby Leclair	Don Sommerfeld Jr
Kirsten Lietz	Joyce Sorenson
Rebecca Marcilla	John Wilcox
Dave Markle	Harry Wojcik

Volunteer Spotlight Lyn & Dick Dodge



Our Volunteer Spotlight this month is upon Lyn and Dick Dodge. And what

found a house – their dream home, just what they wanted. Dick says, “Everyone is friendly, open and welcoming.”

Dick & Lyn have visited 120 light houses and would like to visit the other 100 on the East Coast. Lyn likes to use her spare time investigating into family genealogy and family history along with photography. When he is not golfing, Dick likes to keep up with the Michigan State Spartans.

an asset they have been to the Commission on Aging & Senior Center’s Volunteer Program! Lyn & Dick are drivers for our Meals on Wheels Program. They also team up and handle the Recycling Program at the COA and Christian Help Center and Dick is the backup person who handles our stock orders. They have 10 plus years of Elder Care experience and both believe in positive relationships. They go beyond what is required.

Lyn & Dick have been married for 50 years. They have two sons and two grandchildren. Dick retired in 2014 after 50 years in education. Twenty six years were spent as the Principle at Hale Schools. Dick also spent 35 years as a sports referee. He enjoys golf and also likes working on the golf course.

Lyn worked in Hale, Sandusky, and Mt. Morris for 20 years, and the University of Miami Title Company for 10years. When moving to the area they



We are in desperate need of Meals on Wheels Drivers

Enjoy driving? Can you give 2-3 hours per week? Volunteer Drivers are needed to assist with the delivery of meals to seniors on Mondays, Wednesdays and Fridays.

Volunteers are required 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. If interested or know someone who might be interested, please contact Helen Nolan at 989-348-7123 or stop by the senior center.

SEPTEMBER Birthdays

- Barbara Bunker 9/6
- Shirley Matthews 9/7
- Bob Chumack 9/9
- Crista Luella 9/9
- Elleen Kemerer 9/10
- Emadelle Weiman 9/10
- John Rosloniec 9/11
- Dean McCray 9/12
- Fay Bovee 9/15
- Sandy Lakanen 9/18
- Patricia Germain 9/19
- Robert Soltman 9/19
- Ruth Derry 9/26
- Ida Mae Walters 9/30

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



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

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

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

We're pet friendly!



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

CUT! SEW! STUFF!



Summer is over and it's time to think about our fall and winter projects. One of our most appreciated projects is the Pillow Project. This will be our 5th year in sponsoring this Christmas project for the Christian Help Center. The pillows are then distributed to children in the area.

Please join with other volunteers from the Crawford County Commission on Aging & Senior Center to help make these "Foot" Pillows (or other designs if you like). There will be patterns to trace and cut out, material to cut and sew and pillows to stuff. So whether you cut or sew or stuff, we need you. Many hands will make work light!

If you wish to donate items, such as fleece and polyfill for this project, please bring them to the Senior Center. We would like to complete the project this year by December 8th. It would be wonderful if we could surpass our previous totals and make about 250-300 pillows this year. For more information or questions, please see or call Helen Nolan 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.

MUNSON HEALTHCARE
Grayling Community Health Center

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

Rick Anderson

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

but I couldn't give him any because of his wounds. I gave him morphine... and he asked me to let his girlfriend know that he loved her." Rick's eyes brimmed with tears as he talked. "and then he expired. That was my first firefight."

He talked of another young man who had been shot in the leg, and who, looking at his wound began to laugh. "He said, 'this gets me out!' he was so joyful... I could understand that."

"You learn your job, and you know what to expect after a while," he said. "And... you get to a point when you get accustomed to war. I don't like war." He talked of how he prayed a lot and believes his faith helped him a lot for getting through the days that were difficult and heartbreaking.

"I saw a lot of very sad conditions. The Vietnamese people were, some of them so poor. They'd go to the military dumps in search of anything usable. Most didn't have a life expectancy past about 45 or 50 years. It was heart-wrenching."

And yet, Rick says there were more good days than bad. "Of the year I was there, 300 days were, actually, wonderful. I have to say it is the most beautiful place I have ever seen. There are huge bugs, but it is deep green and lush."

And in November of 1969, he was transferred to a different unit, working as an ambulance driver. "That was more like a M.A.S.H. unit. I make mail pick-ups, drove doctors around, picked up medical evacs and send them off to hospitals. And, because I could type, I typed up medals and things. But I also typed up death notices that were presented to families. You know how you see scenes in movies of a couple of guys in uniforms showing up on doorsteps, presenting flags to families? That really happened."

The next May, he returned to home soil. "The Navy asked me if I wanted to re-up. I



said no. I had served. I didn't want to go back. They let me out 6 months early. I was out in April 1970."

The next year he met the woman who would become his wife, and in 1972 Rick and Nova were married in the Lutheran Church in West Branch. They had two children,

a son and a daughter, and Rick worked in the LP gas business; first in West Branch, then in New Baltimore, until he was transferred to Grayling in 1986, where he was the District Sales manager for fuel Gas until retiring in 1998.

Since then, he's worked in real estate (2000 – 2013) and serves as a County Commissioner for the past 13 years. "There isn't any real retirement in me," he said.

He gave up golf a few years ago after 'a couple heart attacks caused by the effects of agent orange.' He is an avid sports card collector, with "too many. I have a 10 x 10 storage unit full of sets. It's a thing I started doing with my son, and I still love it."

You often can find him in his garden, tending his tomatoes which he says are the best ones he's grown in at least four years. And if you ask, he'll talk to you about Vietnam. He'll tell you that unlike some Vets, he's not bothered by fireworks, but 21 gun salutes make him jump. He'll tell you that his return home was a thankless welcome, though he didn't feel shunned personally. And he'll get misty-eyed talking about the Vietnam War Memorial Wall. "There are 58,000 souls on that wall. And that accounts only for the American souls killed there. Every time I see it I get chills."

And he'll talk about PTSD, the suicide rate of Vietnam Veterans, and the help that is available.

"Some try to block out what happened, but I don't. I resent some of it, but I'm not crippled by it. But some are. I wish everyone who was there could get assessed. Help is there."

And for one year, Rick Anderson was there to help. Thank you, Sir.



Living a Healthy Life with Chronic Pain



Healthy Eating and Chronic Pain

By Gretchen Stelter, MSU Extension

The USDA recommendations for healthy eating is the best plan for anyone with chronic pain. Eating well has a great deal of benefits such as:

- Having more energy
- Controlling weight
- Helps control fat, cholesterol and blood sugar (glucose)
- Kidney's and bones will function properly
- Maintain a chemical balance of the body
- Helps control blood pressure
- Helps fight off infection and may control some forms of cancer.

Those that suffer from chronic pain will see a reduction in inflammation, decrease stress and improved mood when they eat healthy.

Healthy eating does not mean you have to give up the foods you love, it means you are making and learning healthier food choices for a better quality of life. Small gradual changes are the most successful when changing the way we eat. Eat a variety of foods and eat your meals regularly, meaning about the same time every day. Watch your portion size. Many of us gain weight, not because of the foods we are eating, but the amount we are eating. Breakfast is the kick start our body needs every day. Therefore **eat breakfast!**

Eating a variety of foods every day is not difficult: Especially when we are surrounded by gardens, farmers markets and local grocery

stores that buy Michigan produce.

When we think of the Plate Method of Eating, your plate should be nine inches across. Approximately 1/4 of your plate should be fruit, and 1/4 should be vegetables. Use a variety of color when eating and preparing your fruits and vegetables. A variety of color means a variety of vitamins and nutrients. About 1/4 of your plate should be grains and try to prepare whole grain foods such as whole wheat tortillas, pasta, rice, barley, oats etc. Your protein group should be about 1/4 your plate and proteins should be from lean animals, fish or plant sources such as dried beans, peas and lentils. If you are not allergic to milk products you should also have a glass of low fat milk or other equivalent dairy product.

When eating three meals a day and two snacks, work toward 7 portions of fruit or vegetables or combination of the two every day. They are great source of fiber and vitamins and minerals. Depending on how they are prepared they usually have little to no fat and no cholesterol. Vegetables and fruits also help avoid constipation. Choose foods that are lower in fat such as leaner cuts of



meat. Try eating more fish. Avoid saturated fats (solid at room temperature like butter) and try unsaturated fats such as olive oil. (Liquid at room temperature.)

Limit foods that raise your cholesterol. Cholesterol is only found in animal products so eat some plant protein. You can combine plant and animal protein such as a small amount of meat with brown rice. Cholesterol will affect your blood pressure and to help prevent heart attacks and strokes we should be aware of the amount of cholesterol we are eating.

Reduce the amount of salt or other sources

of sodium. Too much sodium will increase the risk of blood pressure and heart disease. Read labels because in prepackaged foods sodium is many times a hidden ingredient. You do not necessarily taste it, but it is in great quantities in the packaged foods.

Do your best to maintain a healthy weight. Talk to your physician about what is the best weight for you. It will be determined by your height, bone structure, age and activity level.



There are foods that may impact chronic pain specifically:

- Food rich in Omega 3 fatty acids may reduce

inflammation. Deep water fish such as salmon, sardines, trout are very good for you. Try eating fish at least two times a week.

- Vitamin D may improve pain regulation. Get outdoors every day. You get vitamin D from the sun.
- Magnesium-rich foods may improve some pain conditions. Some foods rich in magnesium include seeds, nuts, fish, green vegetables and wheat germ.
- Limit the intake of caffeine. By doing this you can reduce the symptoms that affect pain and mood.; Limit caffeine to 400 milligrams a day.
- Under physicians approval drink lots of water to stay well hydrated. This may reduce muscle soreness.
- People with chronic pain may have food allergies or be sensitive to foods that trigger pain. Keep a journal to track what you eat for two weeks.

Chronic pain can be alleviated by what we eat. Talk to your physician or the Registered Dietician in your local hospital, Take a Chronic Pain PATH class through Michigan State University Extension. By being proactive about your condition you will find relief from the pain.

Grayling Save a Lot

Purchase of
Tipton Grove Apple Juice
64 oz. bottle **99¢**

Limit 2 Please
with coupon

Valid Sept. 1, 2016 thru Sept. 30, 2016

2333 S. I-75 Business Loop 348-6690

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



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www.spikes-grayling.com • email: spikes@freeway.net



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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, Beginning
Monday, 12:30pm

Clogging, Regular
Monday, 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

Euchre
Tuesdays, 1pm

Exercise
Thursday, 10am
Friday, 10am

Legal Assistance
4th Wednesdays, 1-4pm

Line Dancing
Wednesdays, 10am

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

Mahjong
Wednesdays, 1pm

Pickleball
Mondays, 3:30pm
At the Grayling Elementary
Wednesdays, 10am
At the 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 Lori at the
Senior Center, 348-7123

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

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

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

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

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

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

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

Winners at the BBQ Chicken Dinner - The 50/50 winner of \$61.00 went to Joyce Sorenson. The door prizes went to Margaret Hayes; cookbook donated by Carolyn Rakoczy, and crochet towels made & donated by Matilda Walker went to David Poynter.

Grandparent's Day Dinner

Thursday, September 8th



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

WE LOVE YOU!
HAPPY GRANDPARENTS DAY!

BBQ Ribs
Baked Potato
Fresh Asparagus
Mixed Melon
Cherry Pie

Serving Dinner
4-6pm
No
Reservations
Required!

At the Commission on Aging & Senior Center located at 308 Lawndale St. Grayling
Join us for our Harvest Dinner on Thursday, October, 13th

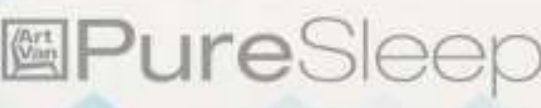
Senior Center Meal Program
Mon - Fri. Lunch served at 12pm
Mon - Thurs. Dinner served at 5pm
 Lunch and Dinner suggested donation of \$3.00. Under 60 cost \$5.00.
 2 Choices of Soups served daily

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.



Get a free gift with any purchase of a mattress.
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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><i>Must be a first time meal.</i></p> 	<p><i>Crawford County</i> Commission on Aging & Senior Center September 2016 At-A-Glance Meal & Activities Calendar</p>		<p>1 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo</p> <p>5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots</p>	<p>2 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	3
4	<p>5 OFFICE CLOSED</p> 	<p>6 10am Bible Study 10am Zumba Gold 1-3pm Neck Msg Appt. Req'd 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</p>	<p>7 10am Pickleball @ Frederic Twp Hall 9:30am Commodities @ St Mary's 10am Line Dancing 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p>	<p>8 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear Wii Bowling at Kalkaska 1pm Penny Bingo 4-6pm Grandparent's Dinner - BBQ Ribs, Baked Potato, Fresh Asparagus, Mixed Melon, Cherry Pie</p>	<p>9 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball</p>	10
11	<p>12 12pm Lunch - Breaded Cod, Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p>13 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic, Appt Req'd 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</p>	<p>14 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Eligibility Specialist 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</p>	<p>15 10am Color Craze 10am Crafting 10am Pokeno 11pm Food Truck @ Mt. Hope 10am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches 6pm BCBS Medigap Changes</p>	<p>16 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball</p>	17
18	<p>19 10:30am Chair Volleyball 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1-4pm Hearing Clinic Appt. Required 12:30pm Beginning Clogging 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</p>	<p>20 9am Munson Free B-fast Pres. 10am Bible Study 10am Zumba Gold</p> <p>12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt. Req'd 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana 6pm COA Board Mtg @ Center</p>	<p>21 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 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 Birthday Dinner - Pork Chop Supreme, Red Skin Potato, Brussel Sprouts, Tossed Salad w/Tomato, Applesauce Ice Cream & Cake</p>	<p>22 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges, Wii Bowling at Bellaire 1pm Penny Bingo 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear 5:45pm The Reflections Band</p>	<p>23 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball</p>	24
25	<p>26 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p>	<p>27 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check</p> <p>5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce</p>	<p>28 9am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p>29 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo</p> <p>5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums 6pm New to Medicare Seminar</p>	<p>30 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool-9 Ball</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 InTeliCare - Friday, 11am

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

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

Hearing Clinic - by appointment

by Advantage Audiology

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are often available at no cost.

Medical Equipment Loan Closet

Many items are available to be borrowed at no cost.

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

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

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go.

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

Quarterly @ American Legion Hall

1-2:30pm

Resources

Computers

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

Information and Assistance

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

SHARP

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

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

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

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

PATH (Personal Action Toward Health) Classes

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

Stress Less with Mindfulness

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

Cost for Services

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



Listen for our Calendar of Events every morning at 7:40am on Q100.3, WQON courtesy of the Grayling Chamber and Blarney Stone Broadcasting.



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

- We served **1029** Congregate Meals
- We served **240** Soups
- Activities/Events Attendance **969**
- Average # of Daily Visitors **75**

In-Home Services

- Delivered **2606** home delivered meals.
- Provided **181.50** hours of respite care.
- We provided **311.75** hours of homemaker services.
- We provided **66.75** 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!



Sleep Quality: A Key to Good Health

A great night's sleep is as important as food and water for your health and well-being. You need to rest well to perform at your best. Exercise, work and other lifestyle demands put significant stress on our bodies. High levels of hormones like HGH are released during sleep to repair stressed muscles and tissues. Sleep also allows key nutrients and oxygen to be delivered to your muscles and tissue. Leptin and Ghrelin, hormones released at night, help you maintain healthy weight by regulating appetite levels. All of these things are vital to your well-being.

Three key factors for a good night's sleep is Comfort, Support and Sleep Environment.

- **Comfort:** Staying in one spot longer is the key to a great night sleep. If you toss and turn in your sleep, you're probably losing sleep because your mattress isn't providing the right pressure relief for your body type. The most common factor that causes people to lose sleep is subtle pain. Your mattress should conform to your body to reduce pressure points. If it doesn't, pressure will build up on the areas that come in contact the most with your mattress.
- **Support:** Unlike comfort, you can't choose support. The only way to determine the proper support level is through the use of advanced technology. Your body depends upon the sustained support of the mattress to keep your spine in neutral alignment while you sleep. A properly supporting mattress will keep your spine in a neutral alignment throughout the entire night and help you get a great night sleep.

• **Sleep Environment:**

1. Keep your bedroom quite. Distracting sounds will disturb your sleep.
2. Turn out the lights. Too much light in the bedroom can contribute to sleeplessness or waking up throughout the night.
3. Keep it cool. The ideal sleep temperature is between 65 and 73 degrees with low humidity.

Three styles of mattress that will help ensure a great night's sleep are:

• **Premium Luxury Foam Mattresses**

A memory foam mattress is made of memory foam, latex, and gel infused foams. They provide optimal pressure relief, excellent support, minimize motion transfer, and prevent subtle pain which in turn reduces tossing and turning giving you a great night sleep.

• **Innerspring Mattresses**

This time-tested favorite offers a wide array of support and comfort levels. Once your proper support level is determined it's easy to find one that suits your choice of comfort whether you prefer soft, medium or firm.

• **Hybrid Mattresses**

Hybrid mattresses combine the support of traditional innerspring with the conforming properties of premium luxury foam. This combination of the latest materials into one sleep system gives you the best of BOTH worlds. Hybrids deliver both the optimal pressure relief you get with foam and the uncompromising



support of steel coils.

Most people keep their mattress well beyond its effective life. The warranty does not determine how long your mattress is right for you. It's all about the right fit for your body type. As your body needs change, so should your mattress.

Sleep Well to Live Well!

Shelly Miller, Store Manager Gaylord Art Van

MEDICARE 101

New to Medicare

**Thursday,
September 29th at 6pm**

*Are you turning age 65
before the end of the year?*

*Are you helping someone
who is turning 65?*

*Are you transitioning from Social
Security Disability to Medicare?*

Medicare can be confusing to some people. How does Medicare work and what does it cover? What options do you have to get the coverage you need? Join us at the Crawford County Commission on Aging & Senior Center on Thursday, September 29th at 6pm for a presentation that will help demystify the issues surrounding Medicare. Tina Foster, certified volunteer Medicare/Medicaid counselor will discuss the various parts of Medicare. Learn what is covered or not covered, and how Medicare Supplement plans and Prescription Drugs Plans work. There will also be some discussion of how people who have low income and assets can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

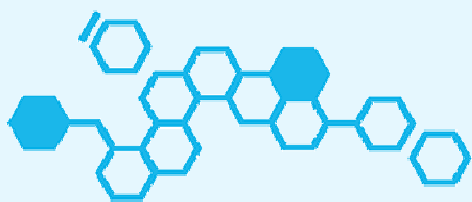
Prior to the presentation, you are invited to join us for a Beef Stew dinner at the Center at 5pm. People age 60 and older eat for a suggested donation of \$3.00. Those under 60 can eat for a cost of \$5.00.



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John Tolfree health system

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Sweets & much more!
We DELIVER Mon-Fri.
(Certain restrictions apply)

Great Michigan Made Products

\$3.25 8oz Block of Pinconning or Cheddar Cheese

\$2.99 Uncle Genes Backwoods Pretzels

\$9.00 2lb Jar Ebels Little Town Jerky Pickle Bologna

204 Michigan Ave, Grayling, MI (989) 745-4571



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



Random Word Search Puzzle

(bring in for a prize)

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

1. yardmaster
2. lightful
3. cuing
4. halbe
5. doldrums
6. unconnotative
7. zincoid
8. douppioni
9. oracular
10. unhectic
11. prenately
12. glassful
13. light
14. nebulising
15. oleomargarin
16. drawback
17. diversifier
18. houseling
19. astrolabe
20. sarky
21. unscrutinising
22. nairn
23. untransmissive
24. nonsculptural
25. oligotrophic
26. dionaea
27. centaurian
28. nonsulfurous
29. refractivity
30. sandhurst
31. bloch
32. brieuc
33. extremeness
34. interventral
35. coriander
36. project
37. overviolent
38. associatively
39. snootful
40. bivouacking
41. graveling
42. teleology
43. fluoresced
44. interphalangeal
45. philomela
46. speedy
47. nonprobative
48. linearize
49. ranunculuses
50. redemandable

Cook's Corner

Raw Candy

"Raisins and walnuts are blended and rolled in sliced almonds for sweet treats you'll feel good about eating."



Prep time 20 minutes, ready in 20 minutes, servings 40

Ingredients:
 1 cup raisins, 1 cup walnuts, 1 cup sliced almonds and 1 tablespoon vegetable oil.

Directions:
 In a food processor combine raisins and walnuts. Process until they form a sticky ball. Coat hands with oil and roll mixture into balls the size of large marbles, then coat with sliced almonds. Cover and refrigerate for up to 3 days.

Submitted by Mary Garcia

If you would like to submit a recipe call Helen Nolan at 348-7123.



**7th Annual Free
 Community Clothing Drive**
Saturday, September 3rd
10:00 am-2:00 pm
St. John Lutheran Church
710 Spruce St.

We will be collecting clothing donations of all sizes and various other children's items, now through September 1st, and on September 3rd we will be displaying all of the donations collected and giving them away for free to the public. Anyone is welcome. This will take place in the parking lot of St. John Lutheran Church, 710 Spruce St., behind the Catholic Church, rain or shine. Donations can be dropped off at the Crawford County Christian Help Center or can be picked up if the need arises. For questions or donation pickup call:

Christy at (989)745-5532 or
 Jamie at (989)390-7729
 Contact by email at
 communityclothingdrive@yahoo.com

CHAIR VOLLEYBALL... TRY IT OUT!!! Monday, September 19th at 10:30am



Chair Volleyball is played with 6 players seated in chairs (or wheelchair) on each side of the net. It is basically like regular

volleyball. It is played with a beach ball. It is an activity which improves cardiovascular fitness, increases joint flexibility, enhances or maintains muscle tone and endurance, reduces stress and many other benefits including lots of fun. Please join us on Monday, September 19th at 10:30am at the Senior Center. Any questions, please contact Helen Nolan at 348-7123.

Do You Have Age-Related Hearing Loss?

Featuring Nick Parmer, Audiologist from Munson Medical Center

Munson Free Breakfast Presentation, Tuesday, September 20th at 9am at the Crawford County Commission on Aging & Senior Center

Age-related hearing loss, one of the most common conditions affecting older and elderly adults, is the loss of hearing that gradually occurs in most of us as we grow older.

Approximately one in three people in the United States between the ages of 65 and 74 have hearing loss, and nearly half of those older than 75 have some difficulty hearing. Having trouble hearing can make it hard to understand and follow a doctor's advice, respond to warnings, and hear phones, doorbells, and smoke alarms. Hearing loss can also make it hard to enjoy talking with family and friends, leading to feelings of isolation.

Age-related hearing loss most often occurs in both ears, affecting them equally. Because the loss is gradual, if you have age-related hearing loss you may not realize that you've lost some of your ability to hear.

There are many causes of age-related hearing loss. Most commonly, it arises from changes in the inner ear as we age, but it can also result from changes in the middle ear, or from complex changes along the nerve pathways from the ear to the brain. Certain medical conditions and medications may also play a role.

Why do we lose our hearing as we get older?

Many factors can contribute to hearing loss as we get older. It can be difficult to distinguish age-related hearing loss from hearing loss that can occur for other reasons, such as exposure to loud noise over time.

Noise-induced hearing loss is caused by exposure over time to sounds that are either too loud or last too long. This kind of noise

exposure can damage the sensory hair cells in your ear that allow you to hear. Once these hair cells are damaged, they do not grow back and your ability to hear is reduced.

Conditions such as high blood pressure or diabetes, that are more common in older people, can also contribute to hearing loss. Medications that are toxic to the sensory cells in your ears (for example, some chemotherapy drugs) can also cause hearing loss.

Most older people who experience hearing loss have a combination of both age-related hearing loss and noise-induced hearing loss.

What can you do to prevent hearing loss?

At this time, scientists don't know how to prevent age-related hearing loss. However, you can protect yourself from noise-induced hearing loss by protecting your ears from sounds that are too loud and last too long. It's important to be aware of potential sources of damaging noises, such as loud music, firearms, snowmobiles, lawn mowers, and leaf blowers. Avoiding loud noises, reducing the amount of time you're exposed to loud noise, and protecting your ears with ear plugs or ear muffs are easy things you can do to protect your hearing and limit the amount of hearing you might lose as you get older.

What should I do if I have trouble hearing?

Hearing problems can be serious. The most important thing you can do if you think you have a hearing problem is to seek advice from your health care provider. To learn more about how to tell if you have a hearing



Breakfast Menu

Amish Casserole
Fresh Fruit, Muffin,
Coffee & Juice



September 20, 2016. Breakfast will be available.

Adapted from NIDCD Fact Sheet:
Age-Related Hearing Loss

50th Commemoration Ceremony of the Vietnam War

The Crawford County Veteran Services Office would like to invite all veterans and their



families to our 50th Commemoration Ceremony of the Vietnam War. We will be honoring and giving our Vietnam Veterans the proper "Welcome Home

Ceremony" that they never received.

We will also be celebrating POW/MIA Flag Day, the fallen Vietnam Veterans of Crawford County and plan to make this a positive experience for everyone in attendance. We encourage everyone to come and show their support to our men and woman of the uniformed services that served in that era. It is never too late to appreciate the veterans that sacrificed for our great nation. This event takes place on Thursday, September 15, 2016. It will begin at 5pm at the Rialto Theater, 302 Michigan Avenue, Grayling, MI 49738. Please contact the Crawford County Veteran Services Office at 989-344-3861 for more details or if you know of any Vietnam Veterans that would like to participate.

Walk-In Care Services for Minor Injuries & Illnesses

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

 **MUNSON HEALTHCARE**
Grayling Physician Network

GRAYLING

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

ROSCOMMON

Open Monday - Thursday from 9 am - 12 pm & 1 pm - 3 pm
234 Lake Street, Roscommon, MI 48653 || 989-275-1200

PRUDENVILLE

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

Social Security Tips

From Bob Simpson,
Traverse City Social Security Office



YOU CAN STILL FILE AND SUSPEND, EVEN WITH THESE CHANGES

You probably heard that changes in the law now affect the way you file for certain benefits. These changes place limits on when voluntary suspension and reinstatement can begin for you and your family members who might also be entitled to benefits on that record. This is not the demise of “file and suspend.” It’s still one of your best tools for boosting your Social Security benefit after you reach your full retirement age.

The Bipartisan Budget Act of 2015 made changes to the Social Security claims filed by married couples. The law affected an unintended loophole primarily used by married couples to gain more money.

If you’re full retirement age or older and apply for Social Security retirement benefits, you can suspend your benefits for any amount of time up to age 70. You may do this to earn “delayed retirement credits,” which result in a higher benefit payment when you turn 70 or when you request reinstatement of benefits, whichever comes first.

Under the new law, when you submit a request to suspend your benefits to earn delayed retirement credits on or after April 30, 2016, you will no longer be able to receive spouse’s or widow(er)’s benefits during this voluntary delay period. In

addition, if you suspend your benefit, any benefits payable to your spouse and children on your record (except for a divorced spouse) will also be suspended for the same time period.

There is an exception. A request for voluntary suspension will not suspend a divorced spouse’s benefit. Also, your divorced spouse can receive benefits on your record during this voluntary delay period.

Remember, you can still plan and make the most of your retirement benefit by filing and suspending. These new rules don’t prevent you from doing what’s best for you and your family. We have a wealth of retirement information at www.socialsecurity.gov/planners/retire. For more information and answer to your questions about these changes in the law, go to www.socialsecurity.gov/planners/retire/claiming.html.



DHHS Assistance Program

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, September 14th from 1pm to 4pm**. She will be available to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have regarding eligibility requirements, case specific questions, and also take applications for assistance. Half hour appointments are available by calling the Commission on Aging at 348-7123. Walk-in appointments may be available on a first come, first serve basis as time permits. This is a monthly opportunity.

MEALS ON WHEELS
LOVES PETS



Knowing that seniors with pets are 36% less likely to report

loneliness and have 21% fewer doctor visits, the Crawford County Commission on Aging is proud to announce that it has received another \$2,500 grant from Meals On Wheels America to assist low-income Crawford County older adults with pet food and vet bill assistance.

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 Food Stamps, SSI or Medicaid. This program is designed to supplement, not replace, a person’s pet food or veterinary spending. A



person may receive up to 1 bag of pet food quarterly and one time assistance with a vet bill up to \$75.

People who believe they may qualify for this assistance should call the Commission on Aging at (989) 348-7123 to be screened for eligibility.

\$15.00

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Blue Cross Blue Shield Changes Legacy Medigap Policies

Thursday, September 15th at 6pm at the COA

Beneficiaries have already begun getting notices from Blue Cross Blue Shield (BCBS) with their new 2017 premium rates. Most have been very shocked about these increases. Here's what's been happening.....

The Community-Rated Legacy Medigap plans A and C have been subsidized by the State of Michigan for a long, long time. The Blue Cross Legacy program was established under the Michigan Public Act 350 of 1980 and provided direct subsidy to beneficiaries as a condition of the program's tax exempt status. In other words, policy holders got a break in the premium and BCBS was allowed to run as a tax-exempt entity. The subsidy program has now ended.

Now as of January 1st, BCBS will have to pay a business tax, establish the fund reserve that all other insurances do now and contribute to the Health Endowment Fund. Their plans are changing from "Community-Rated" (where everyone pays the same rate) to an "Attained Age Rated" for profit plan (premiums are based on your age and gender).

A subsidy program will continue, but it is now funded by the Michigan Health Endowment Fund separate from insurance companies. In order to qualify you must meet the following:

- Be a Michigan Resident
- Qualify for Medicare
- Have Medigap coverage from a

participating insurer (not all plans may participate)

- Have a household income of \$17,820 or less for one person or \$24,030 or less for two people.

Applications will not be available until October 1st and you have until December 15th to apply for the subsidy which starts on January 1st. If you are eligible, you will receive a \$40-\$125 monthly discount on your Medigap premium based on your age or disability.

What do I do about my existing plan?

Each year during Medicare's Open Enrollment period (October 15th – December 7th) it is important to review your existing insurance plan to see if it's still the best option for you. You can make an appointment with your insurance agent to complete this review. The Michigan Medicare/Medicaid Assistance Program at the Crawford County Commission on Aging (COA) also has certified volunteers who can review your plan with you. Appointments will begin at the COA on Monday, October 17th. You can make an appointment toward the end of September by calling the COA at 348-7123. We cannot do any counselling at this time because the 2017 plans have not been announced yet.

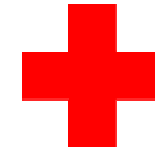
If you'd like more information about these changes, you can attend an informational session on **Thursday, September 15th at 6pm at the COA** with certified counselor, Karl Schreiner.

Join us for a Beef Enchilada dinner beforehand at 5:00pm. People age 60 and older eat for a suggested donation of \$3.00. Those under 60 can eat for a cost of \$5.00.

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



- **Medical Transporter**- Volunteer drivers are on an "as needed basis" when older adults



MEDICAL TRANSPORT

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.

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

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



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

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Grayling Middle School is 100 Years Old

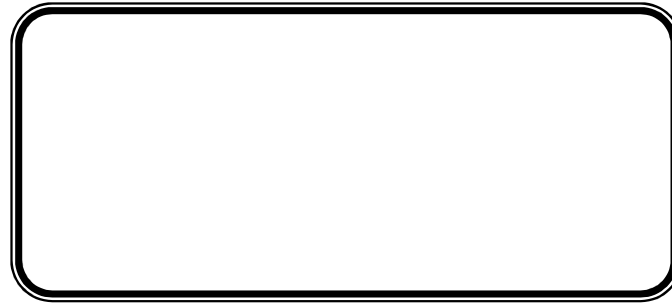
The public is invited to the 100th year celebration of Grayling Middle School on Friday, **September 23, 2016**. All former students, staff, and all interested community members are invited to celebrate 100 years. The celebration will start at **3:30 pm** in the front courtyard with tours from current students showcasing the building and the many changes over the years. Guests will have an opportunity to socialize and reminisce about the good ole years of Grayling High School and Grayling Middle School. A community cookout will follow beginning at **5:00 pm**.

We are also trying to collect as many photographs as possible to put together a digital slide show of the past 100 years. This will be a great way to highlight this wonderful building that holds so many memories for our community.

Beginning Clogging Classes



Are you interested in learning something new? The Commission on Aging & Senior Center is sponsoring clogging classes for beginners starting on **September 12th at 12:30pm** for one hour. There is not a charge for these classes. Please call the senior center to preregister for these classes at 989-348-7123.



PREVENT T2

You Can Prevent Type 2 Diabetes with the PreventT2 Program

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from others like you as you learn new skills
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months.

You can participate in the PreventT2 lifestyle change program offered by the Munson Healthcare Grayling Hospital based on the following eligibility criteria:

- 18 years or older BMI ≥ 24 kg/m² (≥ 22 if Asian)
- No previous diagnosis of type 1 or type 2 diabetes
- Diagnosis of prediabetes within the past year or GDM based on one or more of the following:
 - ◊ HbA1C: 5.7%–6.4%
 - ◊ Fasting plasma glucose: 100–125 mg/dL
 - ◊ 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
 - ◊ Previous diagnosis of GDM (may be self-reported)

Join the PreventT2 program — so you can keep doing the things you love!

Orientation: September 13th, 2016 at 4:00 PM

Location: The Huron Pines Room at the Munson Healthcare Grayling Hospital, 110 E. Michigan Avenue, Grayling, MI 49738

Cost: 50.00 (Payment plans are also available. Please ask for details.)

Call or Visit us on the Web Today.
Britny Schwartz: 989-344-5857

Crawford County Commission On Aging Senior Center Raffle

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

Thursday, September 8th from 4-6pm

Join us for Grandparent's Day Dinner

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

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

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