

Crawford County Senior Gazette January 2023

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Featured Article *Celebrating Our 50th Anniversary Together!* By Toby Neal

One of my favorite parts about working for the Commission on Aging is hearing about people celebrating high numbered anniversary milestones. Longevity, perseverance and commitment are things that resonate with many of us, but often seem fleeting in this "day and age." To celebrate a ten year anniversary of something seems farfetched, let alone a 50 year anniversary! Yet, here we are as an organization starting the celebration of fifty years in operation. Fifty years of working toward fulfilling our mission to advocate and promote the well-being and independence of all older-adults of Crawford County! Fifty years of building the vision of a

community of active, informed, healthy and carrying older adults living and aging together.

2023 marks the 50th anniversary for the establishment of the Crawford County Commission on Aging. A lot has changed since then! During the next year, we will be celebrating in different ways and sharing stories from our history. Were you around when the COA started? We need to hear from you.



Past employee, volunteer, board member? Give us a call. Do you have any old pictures to share? Or maybe you don't know anything about the COA but would like to interview people and write stories or help put scrapbooks together or plan a party. We are looking for people who would like to be involved in our 50th

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

Our Mission...

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

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

HOURS OF OPERATION

**Monday - Friday
8:30am to 4:30pm**

**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

Director@crawfordcoa.org

www.facebook.com/crawfordcoa



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Smartphone Scan
to our Website



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308 Lawndale St.
Grayling, MI 49738

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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

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

Commission on Aging Board Members:

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Karl Schreiner, Vice Chair
Sandy Woods, Secretary
Susan Hensler, Member
Jason Thompson, Member
Jeanne Weible, Member
Shannon Sorenson, Member

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Helen Nolan, Receptionist
Denise Conte, Cook
Megan Hagle, Cook
Kathy Jacobs, Homemaker
Sarah Pollock, Homemaker
Susan Randall, Homemaker
Jan Williamson, RN

THANK YOU!

\$2,685 Raised for Meals on Wheels

The Crawford County Commission on Aging is excited to announce that your giving efforts during the worldwide giving event, #GivingTuesday November 29th was a huge success!! We came close to our total from last year, raising \$2685 for the Meals on Wheels program—enough for almost 500 meals!

Our Meals on Wheels program allows every participant to receive not only a hot lunch on Mondays, Wednesdays, and Fridays but also frozen meals for dinner and non-delivery days. Another benefit of this great program is the social connection, and support Meals on Wheels drivers bring to help recipients stay out of nursing homes and hospitals. No one is ever turned away from Meals on Wheels because of an inability to donate so we rely on the community to help make this program possible.

We wanted to give a special thank you to all of you who donated during this event to help us raise the money we need to fulfill our mission!

St. Mary's Catholic Church - Womens Club

Abigail Ertel
Betty Jo & Lee Bresman
Brian & Elizabeth Chace
Bruce & Jan Zalobsky
Carol Wilder
Charles Curro
Glenn & Lorelei King
Jack & Phyllis Richards
Jane Croze
JoAnn Yoder
Joe & Kathy Ellison
Joseph V Wakeley
Kirsten Lietz
Lockey & Don Fredlund
Marlyn Neuberger
Michael Clark
Michael J. Harte
Pamela Charney
Patricia C Johnson
Paul Lerg
Rosemary Patrick
Vicki Bennett
Wayne & Rosemary Nelson

Senior Center Manager Moves On

It has been a privilege to be the Commission on Aging's first Senior Center Manager. When I walked through these doors back in June of 2021 I was unsure of what to expect. Of all the things I expected, finding a new family was not one of them!



I found a home here at the COA and with the people it serves. My heart is here and I wanted to thank everyone for embracing me and welcoming me and allowing me to grow and learn in this position. My opinion and beliefs about aging have changed as a result. As many of you have heard me say, "you are the people I want to be when I grow up." Thank you for allowing me to serve you.

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

**ONLINE @
CRAWFORDCOA.
ORG/MAKE-A-
DONATION!**

**MAIL A CHECK
SEE PG. 3 FOR
A CUT OUT
SLIP TO SEND
IN!**

**IN PERSON @
THE SENIOR
CENTER**

**BY CREDIT
CARD OVER
THE PHONE:
989-348-7123**



General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

General Donations Made

Arlene Czuba
Bea & Bruce Patrick
Cheryl Millikin
Cornell Insurance
Dave Robinson
Diane Dawson

Gina Bean
Hsiu Lien Cherry
Joseph Kay
Juanita Bilinski
Kodiak Group
Linda Bostic

Richard & Nancy Kiessel
Richard & Pam
Alexander
Bobbie Martinez
Rosemary Patrick

St. Mary's Catholic
Church – Women's
Club
The Brook
Tim & Olie Miller

Theresa Wright
Upper Lakes Tire



Memorial Gifts

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 provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also buy a Plaque to be displayed in the Dining Room.

Memorial Donations

In Memory of Dawn Haag Pindell
Sherry Haag

In Memory of Linda "Brooks"
Thomas
Farrell Thomas

Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA will benefit many seniors and help us continue vitally needed several for years to come.

Volunteers

Volunteers give of their time and we could not do what we do without them. Volunteer applications can be found at www.crawfordcoa.org/volunteer/volunteer-application. See Page 7 for Volunteer opportunities!

Volunteers and
Contributions received
after **December 15h** will
be acknowledged in the
next edition of the
Senior Gazette.

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. Sponsorship can be one-time or continual and is available at any financial level.

Our Sponsors

Foot Clinic Offered by
Comfort Keepers

Hearing Clinic Offered by
Advantage Audiology

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Birthday Lunch Flowers
donated by Family Fare

Medicine Shoppe Bingo by The
Medicine Shoppe



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

Name _____
Mailing Address _____
City _____ State _____ ZIP _____
Home Phone (_____) _____ Cell Phone (_____) _____
E-Mail Address _____
Method of Payment ☐ Cash ☐ Check Amount Enclosed \$ _____

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.
All Gifts are Tax Deductible

- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about Legacy Giving.
- ☐ I would like to volunteer for the Commission on Aging.

Thank you! to our COA Volunteers

- | | |
|-----------------------|--------------------|
| Charolette Bloomquist | Judy Marchlewicz |
| Debbie Carrigan | David Markle |
| Judy Crook | Judy Morford |
| Joan Culbertson | George & Sharleen |
| Charlie Curro | Mascarello |
| Mark Dingwall | Dan McCarthy |
| Carolyn DiPonio | Dean & Barb McCray |
| Dick & Lyn Dodge | Tim & Olie Miller |
| Diane Doremire | Wayne & Rosemary |
| Rich Ferrigan | Nelson |
| Mary Garcia | Bev O'Conner |
| Mary Jo Gingerick | Sharen Perkins |
| Sherry Haag | Brooklyn Petersen |
| Donn Handy | Ruth Pilon |
| Valerie Hendricks | Tad Randolph |
| Susan Hensler | Tom & Deb Rawlings |
| Cheryl Hopp | Orvetta Roggow |
| Donna Hubbard | Karl Schreiner |
| Francis Hummel | Jon & Gail Schultz |
| Eileen & Ron Kemerer | Liedewey Sims |
| Glenn & Lorelei King | Richard Smith |
| Edward Kinkle | Cheryl Star |
| Jim Kitch | Judy Steffen |
| Cindy Johnson | Maze Stephan |
| Sandy Lakanen | Farrell Thomas |
| Ron Larson | Ellen Thompson |
| Jim & Sarah Lawless | Mark & Susan |
| Alice Lee | Topham |
| Nancy Lemmen | Martha Trenkner |
| Karen Leslie | Vera Trimble |
| Cathy Lester | Janet Weaks |
| Alexis Lott | Nicole Wethington |

January BIRTHDAYS

Lenora Beckett 1/22
 Cassie Campbell 1/14
 Larry Davis 1/21
 Karen Luark 1/1
 Lisa Munofu 1/25
 John Smock 1/9
 Cerial Vandecasteele 1/3

Get your birthday published in the Senior Gazette! Stop by or call the Senior Center & ask for a form!

Could You Become A Senior Companion?

Senior Companions provide friendship, socialization, and companionship for other seniors who may not receive the social engagement they need. A Senior Companion may also provide respite for family caregivers needing a much deserved break from caregiving. Senior Companions serve in private homes, senior centers, and short and long-term living facilities. Volunteers serve an average of 20 hours per week in their community and make an impact in the lives of those they serve. The program is open to limited-income seniors, age 55 years and older.

Senior Companions establish mutually beneficial friendships wit homebound seniors/ residents in long-term care facilities, provide respite for family caregivers, read newspapers and books to the visually impaired, and help ease feelings of isolation that often accompany advanced aging. If you would like to become a Senior Companion, contact the Alice Snyder at 989-348-7123f or more information!



Senior Companions receive:

- A non-taxable stipend of \$3.15 per hour
- Excess accident and liability insurance
- Meals on days of volunteer service
- Mileage reimbursement to and from the site of service
- In-service educational trainings
- Recognition for community

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Alexis Lott

“Adventurous and outdoorsy,” are two ways Sister Alexis Lott would describe herself. “I love creating things and making things with my hands,” Lott shared. “I have been told I am very diligent and patient,” she added. Both of those attributes have served well as a volunteer here at the Commission on Aging!

Lott is not a native to Michigan, who is originally from Flagstaff, Arizona. Her missionary work for the Church of Jesus Christ of Latter-Day Saints. “We do not choose where we serve a mission, we are sent wherever we are needed.”

For the last year and a half the Commission on Aging has been served by these missionaries who just want to help in their community. Like Alexis, they serve 6 weeks or longer in a location and then move on to another area. Helping here is not all Alexis has done. She has had the opportunity to volunteer at food pantries and clothing donation sites. “I love being able to do hands on things that help others,” Lott stated.

Alexis originally started volunteering at the COA because “our last missionary friends that were in the area were coming here for service.” She knew it would be a great opportunity to serve, and became a bingo volunteer and served meals during our special luncheons each month. Lott shares, “I love volunteering with the COA because of the culture of love and kindness. I feel like people are very friendly and always excited to have us there. And that makes a huge difference in our week.

While diligent and patient, Alexis knows how to enjoy herself. As a child she grew up raising chickens. “In the winter, I used to take my chickens sledding with me and we always had a good laugh,” she shared. From sledding with chickens to now serving in the community and with the Commission on Aging we are thankful to have Sister Alexis Lott’s help each week!



Highlights from the 2021-22 Annual Report

From Our Director:

The Crawford County Commission on Aging spent fiscal year 2021-2022 trying to get back to normal. We saw an increase in our unduplicated older adults served, the number participating in Senior Center activities and



the number dining in for lunch at the Senior Center. We have found that participants are slow to return, but it is happening.

The new Senior Center has allowed us to create brand new activities like Pickleball and Silver Sneakers which started in the beginning of 2022, and it allowed us to expand other fitness programs like Zumba. This was the first year that a fitness related activity beat out the attendance of Bingo! In fact, we had 4,153 in attendance for fitness classes compared to 1,963 for regular activities. There is clearly an interest in staying active and healthy in Crawford County.

Another first was hitting the million-dollar budget mark for our non-profit agency. We could not have done it without our faithful donors and volunteers! Private donations increased by 3% including our largest corporate donation for Meals on Wheels from Huntington Bank. Volunteers, Lorelei King and Susan Hensler (along with their volunteer helpers) took it upon themselves to organize and execute 2 large rummage sales this year bringing in \$9,000. This was such an amazing gift since staff time for fundraising is so limited. With the increased costs in mileage reimbursement for staff, food cost for meals and wages necessary to hire and maintain quality staff, these gifts were invaluable.

Efforts were purposefully made to tap the power of social media with our Facebook page reaching 1,000 followers. This has

allowed us to reach beyond our existing donor, volunteer and participant base to new audiences and raise more funds.

Longtime volunteers, Judy Morford and Clara Gibbs retired. Judy taught clogging and Zumba Gold for 14 years. Clara spent 17 years as a Senior Companion visiting with older adults. Thank you to both volunteers for their years of service with our participants.



Alice Snyder
Alice Snyder, COA Director

Our Future:



Building Update:

None of us imagined that this is where we would be after passing the \$3 million bond for the new Senior Center in March of 2020. This has been hard on all of us who are intimately involved in the project, but in 2023 we will be moving forward.

The COA Board made the tough decision to move the gymnasium addition to a Phase 2 of the project. This will hopefully allow us to complete the renovations to the existing building and move in. Bids received for the entire project were at least \$2.1 million dollars over budget. Categories such as roofing, masonry, steel and sitework did not even have bidders. Bids were rejected in the fall and will be reissued in January 2023. The hope is that we will be able to start April 1st.

Continued on page 16

ACTIVITIES @ 308 LAWNDALE



CHECKMATE
- CHESS & CHECKERS CLUB -
MONDAY 1-4 PM

**Craft
& Chat**
THURSDAY 10AM

**Bible
Study**
TUESDAY 10AM

**FRIENDS OF A
FEATHER**

QUILTING & SEWING GROUP
FIRST TUESDAY OF THE MONTH



mahjong

WEDNESDAY 1-3PM

P♠-KE-N♣
THURSDAY 10AM

BINGO!

**PENNY BINGO THURS 1PM
PANTRY BINGO FRI 1PM**



ASSISTED LIVING
A program of Baruch Senior Ministries

Come visit us!

- Independent Living
- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

**A Non-Profit Faith-Based
Organization**

NorthernPinesAssistedLiving.org
130 Mary Ann Street • Grayling 49738
p: (989)344-2010 • f: (989) 344-2011

Our Success Stories

From the 2021-22 Annual Report

The following are some excerpts of positive feedback we received throughout the 2021-22 fiscal year. We love hearing how the Commission on Aging has made an impact on your life!



Whether it's the help you received, classes you attended or maybe even the help you gave and how it affected you, we want to hear from you!

when I need help filling out the forms to renew my benefits! I just love her!"

"Sarah (one of our Homemakers) is the greatest at everything. She is an expert at shopping. She always knows just what to ask. She is totally amazing to me. When she is training a new Homemaker she slowly works with the new person on tasks and explains why they do things the right way. She should be your official homemaker and trainer!"

"It was in 2019 that I first started working with the fine folks of the Commission on Aging (COA). I have never realized the benefits of the amazing works of the COA until Tammy Findley became my advocate. What an amazing journey it has been ever since. Her care and concern for me has shown through ever since. Her communication and follow through have been amazing. If I have questions, she is just a quick phone call away. She is the reason I share with my friends what wonderful work the COA offers."

"Toby (our Senior Center Manager) did a good job scouting locations and making arrangements for our Walk in the Woods. Nice people to walk with."

"The Geri-Fit class helped me to improve my balance, have more flexibility and strength. Toby was a great instructor and made the class fun."

CAFA
ALZHEIMER'S FOUNDATION OF AMERICA

Did you get your memory screening yet?

Free Virtual Memory Screenings

Memory Screening

A memory screening is a quick and easy healthy brain checkup, similar to other routine health screenings, such as blood pressure and cholesterol.

Memory screenings should be a part of good health and wellness routine for everyone!

Learn more or request a memory screening appointment at:
<https://alzfdn.org/memory-screening-2/virtual-memory-screenings/>



6838 M 93 HWY S
Grayling, MI
P: (989) 348-6600
F: (989) 348-3537

Robert Boykin, D.C.
rboykindc@gmail.com

Veteran's Coffee Hour

January 12th, from 10-11am at the American Legion Post #106 For more information call 989-344-3861.

Upcoming Online Classes from the Area Agency on Aging

Upcoming Online Classes from the Area Agency on Aging

Dementia Webinar: Family Gatherings (Virtual) December 16, 2022, from 1:00pm-2:00pm
Powerful Tools for Caregivers (Virtual) January 11, 2023- February 15, 2023, from 10:00am-11:30am
April 29, 2023 - May 3, 2023, from 2:00pm-2:30pm
June 14, 2023 - July 19, 2023, from 1:00pm-2:30pm
Chronic PAIN PATH (Virtual) February 21, 2023 – March 28, 2023, from 9:00am-11:00am
Cancer PATH (Virtual) January 25, 2023- March 1, 2023, from 12:30pm-3:00pm
Cancer PATH (Virtual) March 14, 2023 – April 18, 2023, from 5:00pm-7:00pm
Cancer PATH (Virtual) April 28, 2023-June 2, 2023, from 10:00am-12:30pm

Caregiver Webinar Series 2023:

January 13, 2023: Nursing Homes Vs. Assisted Living
February 10, 2023: Navigating Difficult Conversations: Hear the Perspective of Persons Living with Dementia
March 10, 2023: Understanding and Responding to Dementia
April 14, 2023: Parkinson's Disease

To register for any event email:
livingwellprograms@r2aaa.net
Or call 517-592-1974

See Page 9 for a full list of COA activities!

Free Masks & COVID Tests Kits

Available online! You can order free tests here: <https://www.accesscovidtests.org/>

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Double Up Food Bucks Program Makes Changes to Limits

Double Up Food Bucks is returning to the previous \$20 daily earning limit starting January 15, 2023

That means shoppers can only earn up to \$20 in Double Up Food Bucks per day when shopping at participating locations. If shoppers already have Double Up to spend, there's no limit to how much they can use per day to bring home fresh fruits and veggies.

Kinship Care A program to assist relatives age 55 and up, raising relative children.

Grandparents or other older relatives may find it difficult to purchase school supplies, clothes and other things needed to prepare the children they are caring for, for the new school year. The Crawford County Commission on Aging may be able to help.

Funding is available through a program called "Kinship Care." This program is for grandparents and relatives (age 55 or older) raising children, related to them, who are under 18 years of age. The requests can be for clothing, school/supplies/expenses, tutoring, music lessons, sports, school outings, bedding, and more. Two requests may be made per fiscal year, per child, with a limit of \$300 per request.

To find out more or to get an application for assistance, contact the Crawford County Commission on Aging in Grayling by calling 989-348-7123.



New to Medicare Seminar

Are you turning age 65 in 2022? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, January 25th, 2023 @ 11:00 am** for a presentation that will help demystify the issues surrounding Medicare.

For more information or to get the Zoom link email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123.

Like us on Facebook for updates!



Join over 1,000 other people and Like and follow us on Facebook to see information about new events and programs.

facebook.com/CrawfordCOA/

Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.

Pickleball on Friday's in January!

Our Pickleball courts are open Monday-Friday from 9am-11am at our new Senior Center location just east of town on M-72!

Telephone Reassurance

What is Telephone Reassurance?

The reason for the call is two-fold: to do a well-being or safety check for older adults who live alone and to provide a friendly contact. The program is for any older adult in the county who lives alone or may or may not be currently receiving services from the Crawford County Commission on Aging. To receive a call Tuesday or Thursday, from 11am-1pm. Through this free program or if you know of someone who would benefit from a call, contact our In-Home Services department at 989-348-7123.



Support Groups

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.

Mon. / Fri (C/D/H) A.A. NOON

Mon.. (H)"Recovery Group"* 7 p.m.

Thur. O/D/H) NOON (Women's)

At St. Francis Episcopal Church, Grayling

SAT. 6:00 PM (C/D/H)

At Frederic Twp. Hall

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

CHOICES GROUP

Anger Management for Women (26 Weeks)

Mondays, 1:30-3:30pm

At River House Inc. in Grayling

Call Lynn to register (989)348-3169 Opt.#8

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:00pm

At River House Inc. in Grayling

Call Barbara to register at (989)348-3169 Opt. #5

LONG COVID PATIENT SUPPORT GROUP

First Thursday of each month, 5-6:30pm

via Zoom, call 231-935-0951 to register

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398

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

January 2023 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED</p> <p>Effective January 1st, the cost for a meal at the Senior Center for those under 60 years of age will increase to \$6.50.</p>	<p>3</p> <p>CLOSED</p>	<p>4</p> <p>11:30a-12:30p Lunch</p> <p>BBQ Pork Sandwich, Dill & Garlic Potatoes, Broccoli, Kiwi</p>	<p>5</p> <p>11:30a-12:30p Lunch</p> <p>Chicken Enchiladas, Roasted Corn & Black Beans, Applesauce</p> <p>NEW</p>	<p>6</p> <p>11:30a-12:30p Lunch</p> <p>Beef Stew, California Blend Vegetables, Asparagus, Kiwi</p> <p>NEW</p>
<p>9</p> <p>11:30a-12:30p Lunch</p> <p>Goulash, Carrots, Green Beans, Applesauce</p>	<p>10</p> <p>11:30a-12:30p</p> <p>Salsa Chicken, Roasted Corn & Black Beans, Red Skin Potato, Mandarin Oranges</p> <p>NEW</p>	<p>11</p> <p>11:30a-12:30p Lunch</p> <p>BBQ Chicken, Fried Cabbage w/ Bacon, Parsley Potatoes, Grapes</p>	<p>12</p> <p>11:30a-12:30pm Lunch</p> <p>Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange</p>	<p>13</p> <p>11:30a-12:30p Lunch</p> <p>Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi</p>
<p>16</p> <p>11:30a-12:30p Lunch</p> <p>Hamburger Stroganoff, Green Beans, Apricots</p> <p>NEW</p>	<p>17</p> <p>11:30a-12:30p</p> <p>Chicken Fajita, Roasted Corn & Black Beans, Grapes</p>	<p>18</p> <p>11:30a-12:30p Lunch</p> <p>Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</p>	<p>19</p> <p>11:30a-1:00p Winter Picnic</p> <p>BBQ Ribs, Hickory Smoked Baked Beans, Cole Slaw, Mixed Fruit, Lemon Cake</p> <p>NEW</p>	<p>20</p> <p>11:30a-12:30p Lunch</p> <p>Chili w/ Beans, Green beans, Crinkle Cut Carrots, Apple</p> <p>NEW</p>
<p>23</p> <p>11:30a-12:30p Lunch</p> <p>Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple</p>	<p>24</p> <p>11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only</p> <p>Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries</p>	<p>25</p> <p>11:30a-12:30p Lunch</p> <p>Pot Roast, Mashed Potatoes, Corn, Kiwi</p>	<p>26</p> <p>11:30a-12:30p Lunch</p> <p>Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew</p>	<p>27</p> <p>11:30a-12:30p Lunch</p> <p>Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange</p> <p>NEW</p>
<p>30</p> <p>11:30a-12:30p Lunch</p> <p>Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple</p>	<p>31</p> <p>11:30a-12:30p Lunch</p> <p>“Create Your Own” Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes</p>	<p>Happy New Year 2023</p>		

January 2023 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>CLOSED</p>	<p>4</p> <p>9-11am Pickleball –M72</p> <p>9:30-10:30am Commodities – St. Mary’s Church</p> <p>10am SilverSneakers M72</p> <p>11am-12pm Chair Yoga, M72</p> <p>1pm – Mahjong - Lawndale</p>	<p>5</p> <p>9-11pm Pickleball –M72</p> <p>10am Pokeno – Lawndale</p> <p>10am – Craft & Chat – Lawndale</p> <p>10am Zumba – M72</p> <p>11am – Indoor Walking Group – M72</p> <p>1pm Penny Bingo – Lawndale</p> <p>3pm – Medicine Shoppe Bingo - Lawndale</p>	<p>6</p> <p>9-11am Pickleball - M72</p> <p>1pm Pantry Bingo – Lawndale</p>
<p>9</p> <p>9-11am Pickleball –M72</p> <p>10am SilverSneakers M72</p> <p>1-4pm Chess Club, Lawndale</p>	<p>10</p> <p>9-11am Pickleball –M72</p> <p>10am Zumba –M72</p> <p>10am Bible Study – Lawndale</p> <p>11am – Indoor Walking Group – M72</p> <p>6pm – Diamond Dancers – M72</p>	<p>11</p> <p>9-11am Pickleball –M72</p> <p>10am SilverSneakers M72</p> <p>11am-12pm Chair Yoga, M72</p> <p>1pm – Mahjong</p>	<p>12</p> <p>9-11am Pickleball –M72</p> <p>10am Pokeno – Lawndale</p> <p>10am Zumba – M72</p> <p>10am – Craft & Chat – Lawndale</p> <p>11am – Indoor Walking Group – M72</p> <p>1pm Penny Bingo – Lawndale</p>	<p>13</p> <p>9-11am Pickleball - M72</p> <p>1pm Pantry Bingo – Lawndale</p>
<p>16</p> <p>9-11am Pickleball –M72</p> <p>10am SilverSneakers M72</p> <p>1-4pm Chess Club, Lawndale</p>	<p>17</p> <p>9-11am Pickleball –M72</p> <p>10am Zumba –M72</p> <p>10am Bible Study – Lawndale</p> <p>11am – Indoor Walking Group – M72</p> <p>6pm – Diamond Dancers – M72</p>	<p>18</p> <p>9-11am Pickleball –M72</p> <p>10am SilverSneakers M72</p> <p>11am Alzheimer’s Support Grp. @The Brook of Grayling</p> <p>11am-12pm Chair Yoga, M72</p> <p>1pm – Mahjong – Lawndale</p>	<p>19</p> <p>9-11am Pickleball –M72</p> <p>10am Pokeno – Lawndale</p> <p>10am – Craft & Chat – Lawndale</p> <p>10am Zumba – M72</p> <p>11am – Indoor Walking Group – M72</p> <p>11:30am-1pm Winter Picnic - Lawndale</p> <p>2pm Penny Bingo – Lawndale</p>	<p>20</p> <p>9-11am Pickleball - M72</p> <p>10am – Sound Healing & Meditation - Lawndale</p> <p>1pm Pantry Bingo – Lawndale</p>
<p>23</p> <p>9-11am – Pickleball -M72</p> <p>10am SilverSneakers M72</p> <p>12-3pm Foot Clinic – Appt. Req. – Lawndale</p> <p>1-4pm Chess Club, Lawndale</p>	<p>24</p> <p>9-11am Pickleball –M72</p> <p>10am Zumba –M72</p> <p>10am Bible Study – Lawndale</p> <p>11am – Indoor Walking Group – M72</p> <p>11:30-12:30pm Birthday Lunch – Lawndale</p> <p>6pm – Diamond Dancers – M72</p>	<p>25</p> <p>9-11am Pickleball –M72</p> <p>10am SilverSneakers M72</p> <p>11am – New to Medicare – ZOOM</p> <p>11am-12pm Chair Yoga, M72</p> <p>1pm – Mahjong – Lawndale</p>	<p>26</p> <p>9-11am Pickleball –M72</p> <p>10am Pokeno – Lawndale</p> <p>10am Zumba – M72</p> <p>10am – Craft & Chat – Lawndale</p> <p>11am – Indoor Walking Group – M72</p> <p>1pm Penny Bingo – Lawndale</p>	<p>27</p> <p>9-11am Pickleball – M72</p> <p>1pm Pantry Bingo – Lawndale</p>
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COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

4th Monday, 12-4pm at 308 Lawndale St., Grayling

Hearing Clinic - by appointment

by Advantage Audiology

Contact the COA office to set up an appt.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

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 Mon-Fri from 11:30am - 12:30pm. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.50 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 \$25 worth of coupons for fresh fruits & vegetables.

Resources

Information and Assistance

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

Legal Assistance

by Jason R. Thompson, Law Office PLC

Free legal consultations available by calling (989) 348-7123.

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.

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered twice each year.

Geri-Fit

Strength and conditioning program focusing on proper form and building muscle for stability and mobility.

SilverSneakers

is the nation's leading exercise program designed exclusively for older adults.

Matter of Balance Program

This program offers practical strategies to reduce falls.

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

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.



How We Served You in November 2022!

At the Senior Center

- We served **760** Congregate Meals

In-Home Services

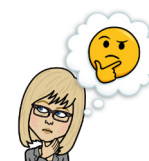
- Delivered **2998** home delivered meals.
- Provided **76.50** hours of respite care.
- We provided **240** hours of homemaker services.
- We provided **90** hours of bathing assistance services.

Free Drug Disposal Pouch

With Detera, drug disposal has just gotten easier and safer. These free drug disposal pouches are easy and safe to use. Help dispose of RX drugs to help keep them out of reach of those they can harm. The COA will have pouches available to pickup. Stop in to get a pouch at 308 Lawndale St. in Grayling.

Tammy's Tips:

Get your vehicle serviced before wintertime hits!



Tune into the Community Calendar for our Calendar of Events aired daily on all the Blarney Stone Broadcasting Stations or go to q100-fm.com, north-fm.com, upnorthsportsradio.com, or email calendar@blarneystonebroadcasting.com



Sorenson Lockwood
FUNERAL HOME INC.
Pre-Planned Funerals Cremation Services
Markers Monuments
Terrie L. Lockwood, Manager/Owner
Phone: (989)348-2951 Fax: (989)348-4968
1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

CRAWFORD COUNTY LIBRARY

News



Guest Author Visit! Keith Gave will be guest author Thursday, January 12th from 5:30-6:30 pm at the Devereaux Memorial Library. Keith is a local author who wrote best sellers like, 'The Russian Five', "A Miracle of Their Own". Keith was the sports reporter for the Detroit Free Press in 1989 and helped two Russian hockey player's defect.

Our New Website! <http://www.crawfordcolibrary.org/> It's still a work in progress, things will be updated regularly!

January's Book Club read will be "The History of Mr. Polly, by H.G. Wells" This book is available on our e-readers. Ask clerks at circulation desk for more details. The meeting will take place on Wednesday January 25th, at 1pm. If you have any questions, call (989) 348-9214.

Pick up a calendar at one of the Crawford County Library's branches, or go online to our website or Facebook account to see the most recent calendar of events with programs and guest authors!

Need to utilize our conference rooms? Stop at the desk and check-in using our Sign-in Notebooks! You can also find a link to our Conference Room Request Form on our library website under Services; if you are in need of a meeting space or study area.

Do you shop on Amazon? The library has its very own Wish-list! Items will be labeled with the name of the purchaser/donator. Inquire within for more details.

We are now FINE FREE! If you return one of our books/dvds late, no worries! There are exceptions; hotspots, e-readers, board games, & interlibrary loans; these items will still have late fees, or if items are returned damaged, as these items are more expensive and harder to replace.

Stop in the Devereaux Memorial Library and see the current Patron Review by Marti Reichelderfer. Please put your name in the basket by the circulation desk to be drawn for the next Patron Review for January!



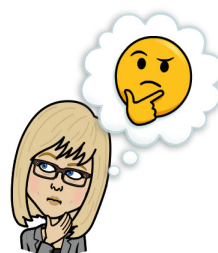
GPA Ladies Hang the Greens @ the COA

A big thank you for the volunteers from the Grayling Promotional Association for coming and decorating our Senior Center during our Hanging of the Greens event in December!



Euchre at the COA has been suspended till spring of 2023. If you have any questions, please call 989-348-7123.

Tammy's Tip:
Check your batteries
on your carbon
Monoxide Detector



Stay in the Know!

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

Signing up is easy; just send an email to director@crawfordcoa.org or call us @ 989-348-7123.

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.

Heat Assistance through Winter Protection Plan

The Winter Protection Plan (WPP) protects both senior and low-income customers from disconnection and high energy bill payments during the winter months (Nov. 1 through March 31). You qualify for the plan if you meet one of the following requirements: Are age 65 or older; Receive Department of Health and Human Services cash or food assistance, or Medicaid; Have a household income at or below 150 percent of federal poverty level guidelines (see below) Eligible seniors participating in WPP are not required to make specific payments during the heating season. Eligible low-income customers who participate in WPP need to make monthly payments equal to 7 percent of their estimated annual bill, November through March, to avoid service disconnection during that time. At the end of the protection period, both low-income and seniors must pay off any money owed in installments between April and November. For more information or to apply, call Michigan Gas Utilities at 800-401-6402.

Income Guidelines (2020-2021)

- 1—\$19,140
- 2—\$25,860
- 3—\$32,580
- 4—\$39,300
- 5—\$46,020
- 6—\$52,740

*Add \$6,720 for each additional household member.

For Crawford County residents 60+ needing assistance with these applications, call Tammy Findlay at (989) 348-7123.

**Like us on
Facebook for
updates!**



Join over 1,000 other people and Like and follow us on Facebook to see information about new events and programs.

facebook.com/CrawfordCOA/



**The Brook,
it's home.**

BrookRetirement.com

Independent, Assisted
& Memory Care Living



Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We are currently considering resuming puzzle collection in the future.

E	P	H	E	M	E	R	O	M	O	R	P	H	T	K	M	F	K	Q	R	J	D	P	russet
Z	S	Q	K	W	I	Y	K	O	E	W	O	V	Q	X	Z	R	P	R	T	O	J	E	sinistation
S	T	T	A	Q	E	Q	L	W	Y	O	I	A	O	L	O	N	L	V	H	H	E	R	lutarious
A	A	P	W	G	D	O	Y	I	P	N	F	S	N	S	M	J	A	A	E	P	E	C	voivode
N	N	J	R	A	W	N	H	Z	J	Z	A	Y	J	K	X	F	R	G	O	I	D	U	varietal
E	N	H	M	E	D	J	J	Q	E	R	C	R	U	T	W	M	G	U	L	N	E	R	thronal
M	I	F	W	D	M	D	S	R	I	D	D	V	I	N	E	W	I	L	E	T	D	R	affusion
O	F	N	Y	V	B	O	L	L	P	N	I	K	I	R	P	K	T	A	P	L	E	E	irreligion
M	E	H	Y	P	B	D	R	E	N	P	I	X	S	T	I	A	I	T	S	E	L	N	tuberiferous
E	R	N	D	B	R	U	W	S	P	G	I	S	F	M	V	W	O	E	Y	Z	D	T	lituus
T	O	W	J	N	Y	S	R	B	E	C	R	C	U	L	N	L	N	Y	R	N	D	V	xenogenous
E	U	C	G	I	E	O	U	Q	G	W	L	U	T	A	R	I	O	U	S	O	I	X	oast
R	S	F	Q	E	B	N	U	L	T	Y	W	Z	P	E	M	E	A	Y	Y	I	F	N	palaeotypography
V	X	W	Q	V	K	Y	H	T	X	C	G	C	Y	N	R	K	R	N	O	S	C	D	frangible
N	C	H	H	B	T	N	C	A	J	A	F	W	V	D	H	I	W	M	N	U	C	C	largition
N	N	Y	F	G	P	B	M	M	D	R	C	G	H	U	F	B	N	U	H	F	N	S	stanniferous
O	Y	E	B	J	L	A	X	C	M	C	J	H	D	T	L	C	S	E	F	F	H	Y	pantomorphic
Z	I	D	R	A	T	L	M	P	Y	O	P	I	F	R	Z	C	E	S	L	A	C	K	fiddlededee
J	C	O	O	Q	O	N	U	P	U	M	D	B	T	E	X	P	R	R	V	L	M	T	resorb
W	A	V	S	N	Y	Z	L	V	O	H	V	F	E	M	U	A	I	U	A	Z	L	P	serigraphy
F	S	I	E	O	Y	V	O	W	R	T	I	H	C	U	U	L	G	B	R	G	F	Y	vagulate
Y	E	O	R	U	U	R	D	C	F	I	O	F	V	L	E	A	R	M	I	B	E	R	balanoid
S	O	V	L	W	Y	L	I	O	Y	R	G	R	I	O	Z	E	A	I	E	Z	T	S	abraid
P	U	J	G	R	N	Z	L	D	T	A	G	A	Q	U	S	O	P	O	T	C	Q	Q	theolepsy
Q	S	B	D	T	G	D	M	P	I	T	X	N	D	S	A	T	H	M	A	D	G	V	torsive
Y	W	G	N	D	I	T	J	Y	D	O	C	G	G	L	D	Y	Y	S	L	Y	X	P	congee
O	A	S	T	Z	M	N	G	M	D	T	H	I	O	K	O	P	P	N	Y	J	Z	G	percurrent
M	P	N	M	B	S	B	Q	S	O	C	C	B	N	Y	G	O	P	L	D	A	V	U	designate
U	D	T	T	X	B	L	Y	I	U	Z	O	L	B	R	U	G	A	A	E	G	S	O	electrochemistry
Q	G	Q	E	K	T	Q	Z	L	Q	O	P	E	N	T	E	R	N	N	V	G	D	B	imburse
Z	V	L	S	N	V	N	J	I	T	F	G	Y	L	S	E	A	T	E	I	S	R	G	idolum
N	Y	A	S	Q	X	A	I	H	Z	J	V	X	V	I	Q	P	O	V	S	I	A	K	arithmocracy
O	E	B	U	H	E	C	R	P	I	W	E	L	W	M	I	H	M	J	R	N	Z	E	tremulous
I	C	R	R	B	N	I	R	O	U	T	H	Y	S	E	F	Y	O	D	O	I	I	I	vinew
T	X	A	K	U	O	L	E	N	J	I	U	H	M	H	L	T	R	I	T	S	V	W	twaddle
A	S	I	W	K	G	I	L	O	R	S	O	B	L	C	O	Q	P	O	I	T	N	S	anemometer
C	I	D	J	A	E	S	I	C	L	A	G	W	E	O	S	D	H	N	X	R	O	E	icterine
I	C	P	Q	H	N	A	G	I	A	Z	D	S	O	R	D	X	I	A	B	A	T	K	ephemeromorph
B	G	U	O	M	O	B	I	J	N	N	B	U	O	T	I	H	C	L	M	T	I	S	venal
U	C	E	C	J	U	A	O	X	O	V	F	U	T	C	G	F	W	A	S	I	F	H	vizard
O	Q	O	F	S	S	G	N	F	R	I	R	T	V	E	D	N	E	B	K	O	F	O	premorse
J	S	R	N	A	H	K	Q	C	H	U	M	I	G	L	G	E	H	R	N	N	A	Y	iconophilism
T	U	H	B	G	D	R	T	U	T	S	V	L	U	E	O	K	B	T	O	K	R	C	basilica
G	V	T	E	X	E	W	I	T	H	E	R	L	I	N	G	B	Z	G	D	U	G	U	quoddity
Y	M	K	X	H	X	E	K	V	D	E	L	I	G	N	A	T	E	W	S	D	S	H	ubication

Cook's Corner Creamy Baked Asiago Chicken Breasts



4 boneless, skinless chicken breasts

½ cup grated Asiago cheese

½ cup light mayonnaise

¼ cup low-fat plain Greek yogurt

¼ cup dry white wine

1 ½ teaspoons dried oregano

1 teaspoon garlic powder

1 teaspoon onion powder

1 pinch ground nutmeg

freshly ground black pepper to taste

1 tablespoon aged balsamic vinegar, or to taste

2 tablespoons grated Asiago cheese, or to taste

Directions

Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Place chicken breasts in the prepared baking dish. Whisk together Asiago cheese, mayonnaise, Greek yogurt, wine, oregano, garlic powder, onion powder, and nutmeg in a small bowl. Pour evenly over chicken breasts.

Bake, uncovered, in the preheated oven until chicken is no longer pink in the center and the juices run clear, 40 to 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Top with black pepper, balsamic vinegar, and additional Asiago cheese just before serving.

Grayling Save a Lot

Purchase of

1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Whole

Valid January 1st, 2023

Limit 2 Please with coupon thru January 31st 2023

Photocopies Not Accepted

2333 S. I-75 Business Loop 989-348-6690

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



Ryan T. Hamilton, Au.D.

Audiologist & Director

rahamiltonaud@gmail.com

www.advantagehearingonline.com

Gaylord Office

321 E. Main Street

P: 989-448-2500

Grayling Office

2375 Bus. Loop 1-75

P: 989-745-6667

To submit your recipe for the Cook's Corner please email seniorcentermgr@crawfordcoa.org or mail a copy to our offices!

Radon Awareness

Source: District Health Department #10

January is National Radon action month. Radon is a natural product of the environment. Radon gas moves freely through the air, groundwater, and surface water. Building materials, the water supply, and natural gas can all be sources of radon in the home. The only way to detect radon concentration in the home is by testing the air. Tests can be found at your local hardware store.

Routes of Exposure

There are a few different routes of radon exposure. Inhalation is the most common route of radon exposure. In indoor locations, such as homes, schools, or office buildings, levels of radon and radon progeny are generally higher than are outdoor levels. The next type of exposure is ingestion. Exposure to radon by the oral route can occur because

of radon gas dissolving in water. The last route of exposure is dermal exposure. Although not a likely route of exposure it is still possible.

What are the Health Risks?

Lung cancer is the only established human health effect currently associated with exposure to increased radon levels. The risk of lung cancer from radon exposure is second to smoking. Smokers do however have a higher risk of developing lung cancer from radon exposure compared to nonsmokers.

For the Full article on Radon toxicity please visit https://www.atsdr.cdc.gov/csem/radon/annex_1.html



Indoor Walking UPDATE

Our indoor walking group will be walking for free at our New Senior Center every Tuesday and Thursday from 11-11:45am. This will provide you with two days to walk indoors! For any questions please call the COA at 989-348-7123.

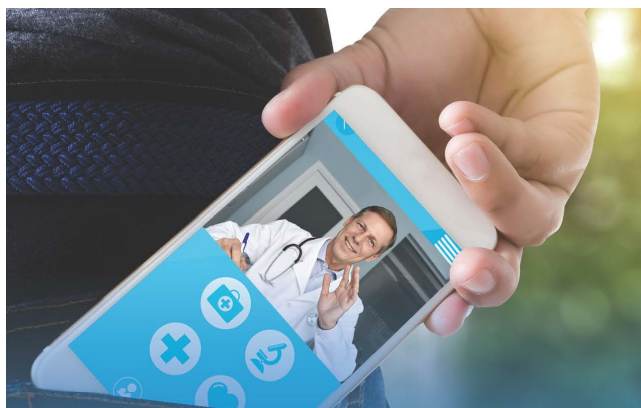


Sound Therapy @ the COA!

Pauline Hardacre is coming back to the Commission on Aging! On Friday, January 20th at 10am, come and relax and get into a meditative state while listening to a variety of healing instruments Bring your own yoga mat if you prefer to lay down. Learn more about Sound Healing and Meditation on her Facebook Page: Positive Simple Living.

Register Soon for the Winter Picnic!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Christmas Luncheon on Thursday, January 19th from 11:30am-1pm. On the menu will be BBQ Ribs, Hickory Smoked Baked Beans, Cole Slaw, Mixed Fruit and Lemon Cake for desert! The luncheon will be curbside pickup and RSVP is required by calling the Commission on Aging at (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6.



Urgent Care in Your Pocket

Skip the trip and get seen from your screen! Munson Healthcare Virtual Urgent Care is available for ages 3+. No app or download required. Learn more at munsonhealthcare.org/virtualvisits.



SPECIAL LUNCHEON

SCHEDULE 2023

January 19

Winter Picnic Luncheon

February 9

Valentine's Luncheon

March 16

St. Patrick's Day Luncheon

April 13

Spring Fling Luncheon

May 11

Mother's Day Luncheon

June 15

Father's Day Luncheon

July 20

BBQ Chicken Luncheon

August 17

Hog Roast Luncheon

September 14

Grand Parent's Luncheon

October 19

Harvest Luncheon

November 16

Thanksgiving Luncheon

December 14

Christmas Luncheon

60 & over suggested donation of \$3.50, under 60 the cost is \$6.50. You must register in advance for each meal. Pick-up only.

If tank is at 25% or less call Tammy at the COA for Financial Assistance 989-348-7123

**EMPTY
PROPANE
TANKS**



KEG O' NAILS

301 N. James Street • Grayling, MI 49738 • 989-348-7113
www.spikes-grayling.com • email: spikes@freeway.net

Free Medical Equipment/Supplies

The Crawford County Commission on Aging has these items available for free.
If you are interested in any of these items, please contact
Kathy Meisner at 989-348-7123 or stop by the Senior Center.

Chux



Adult Diapers



Perineal Cream



Shampoo Cap



Seated Walker with Wheels



Walker with 2 Front Wheels



Bedside Commode



Misc. Canes w/ and w/o Feet



Wheelchairs



Bath Bench



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, Grayling City Hall, Munson Healthcare Grayling Hospital. During business hours at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!



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ROBIN L. SMITH-MARTIN C.P.A.

New Clients - 60 yrs. of age & older
SPECIAL PRICING

Michigan Tax Return Only - Starting at \$55.00
Federal Tax Return - Starting at \$95.00

By Appointment Only - 989.348.2811
Grayling Office - 115 Michigan Ave.

Thompson Treusch
Law Office PLC

Specializing in General Practice
Business Law – Real Estate – Family Law.

989-745-6625

Upcoming Online Classes

Upcoming Online Classes from MSU Extension

Mindfulness for Wellbeing
January 5, 2023 – February 23, 2023 or
January 30, 2023 – February 20, 2023 Online

Every Penny Counts: Saving Strategies
January 6, 2023 12:00PM – 1:00PM Zoom

Stress Less with Mindfulness
January 9, 2023 – January 13, 2023 or
January 23, 2023 – February 20, 2023 Online

SLEEP(Sleep Education for Everyone Program)
January 9, 2023 – February 20, 2023 Zoom Meetings

Tai Chi for Arthritis and Fall Prevention
January 10, 2023 – March 9, 2023 Online

Relax Alternatives to Anger
January 10, 2023 – January 31, 2023 or
January 17, 2023 – January 20, 2023 Online

Make a Spending Plan Work for You!
January 18, 2023 12:00PM – 1:00PM Zoom

Brief Practices in Mindfulness
January 23, 2023 10:00AM – 11:00AM Online

To register for any event visit:
<https://www.canr.msu.edu/rlr/> and click on the Events tab.

See Page 9 for a full list of COA activities!

Curbside Congregate Meal Options

There are a couple of exceptions to our normal rules which may allow you greater access to our meals.

- You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day that you can pick instead.
- You can pick up enough frozen meals to last a few days or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day of the week.

SNAP card recipients can still use their benefits to make a donation for Congregate Meals. To place an order or for questions call (989) 348-7123. Meal orders can be placed between 9–11:30am and picked up between 11:30am–12:30pm.

SECTION 00 11 13
ADVERTISEMENT FOR BIDS

Crawford County Commission on Aging (CCCOA) & Apex Engineering & Management will receive sealed or emailed bids for the Senior Center – Renovation & Addition

Bids are to be addressed to Crawford County and can be delivered to CCCOA – 308 Lawndale Street, Grayling, MI 49738 or emailed to CM – steve@apexem.net by **2:00pm local time, February 3, 2023**. Bids received after 2:00pm will not be considered. If you email your bid, please follow up with a phone call to CM – 231.275.2600 to confirm receipt of bid. Call must be made by bid due date & time.

A pre-bid meeting and site walk-through will be conducted by CCCOA, Apex Engineering & Mgt and James S Bates Architect on **January 12, 2023, at 2:00pm** at the project site.

4388 M-72 East
Grayling, MI 49738

[Existing Building near I-75 Overpass]

Bids will be publicly disclosed at CCCOA board meeting

Proposals will be received for the following Bid Packages:

- BP-01 Sitework
- BP-02 Concrete
- BP-03 Masonry
- BP-04 Steel
- BP-05 General Trades
- BP-06 Insulation
- BP-07 Roofing
- BP-08 Aluminum Entrances
- BP-09 Gypsum Board-Ceilings
- BP-10 Painting
- BP-11 Flooring-Base
- BP-12 Casework-Counters
- BP-13 Plumbing-HVAC
- BP-14 Electrical

No direct contact will be allowed with the Owner. Direct all questions to the Construction Manager - Apex Engineering & Mgt (231.275.2600). Email can also be used – steve@apexem.net

Plans and specifications may be obtained from the Construction Manager, Apex Engineering & Mgt for a refundable deposit of \$100. The plans and specifications will be available via email request or pickup on 1/10/23. **Please contact our office for pickup or we will deliver to the pre-bid meeting.** The deposit will only be refunded for contract document sets returned in useable condition. In addition, a separate non-refundable deposit of \$50 per set is required for sets that must be mailed. Checks for deposits/mailling shall be made out to Apex Engineering & Mgt. All bidders will be responsible for the entire set of Contract Documents.

Proposals shall be submitted on Proposal Forms furnished by the Construction Manager as part of the Bidding Documents and shall be executed in strict accordance with the Drawings and Specifications.

Successful bidders will contract directly with Crawford County Commission on Aging the performance of this work. Apex Engineering & Mgt will act as the Owner's representative and manage the project. No Bidder may withdraw their bid within 30 days of the actual bid opening. The Owner and Construction Manager reserve the right to reject any or all bids, to accept other than a low bid, to waive informalities in any or all bids and to accept the bid, which, in their opinion, is in the best interest of CCCOA.

End of Section



Friends of Frederic Give Special Gift

This fall the Friends of Frederic donated \$1,000 to our New Building! Pictured above is COA Board President, Jamie McClain accepting the check for the donation. We are so grateful for this gift to help phase one of our project move forward!



Don't wait: Medicare Advantage Open Enrollment ends March 31

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these: Switch to a different Medicare Advantage Plan with or without drug coverage; Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan. Call Tammy Findlay @ 989-348-7123 to schedule an appointment if you need assistance reviewing your plans.

Food Distribution

The next CSFP Food Distribution will be Wednesday, January 4th from 9:30-10:30am at St. Mary's Catholic Church. Reminders: Notify staff of any household changes, phone, income or address. If school is closed in your County due to bad weather, we reschedule for following week same day same time. Call (989) 358-4700 for more information.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

Don't forget that the Crawford County Commission on Aging serves lunch from 11:30am-12:30pm Monday-Friday. Did you know you can use your bridge card for meals here? See our menu on Page 8!



Highlights from the 2021-22 Annual Report - Continued



We are not alone with these problems. Every day we hear of another project that is struggling to move forward as planned. We have worked hard to find additional funding for this project as well. A \$268,000 grant from the Allen Foundation is set to pay for most of the kitchen equipment. Weyerhaeuser donated \$20,000 toward the project. The Grayling Promotional Association has committed



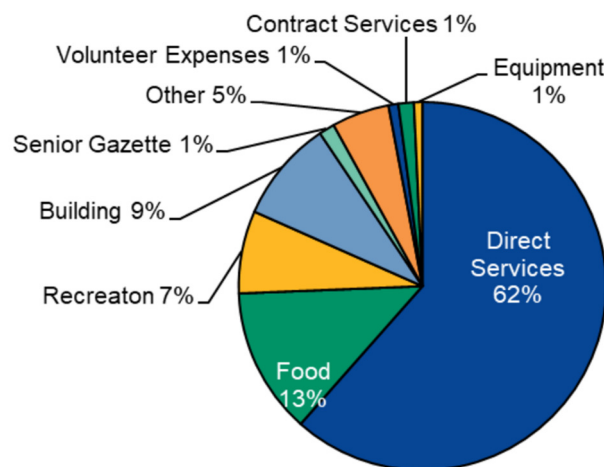
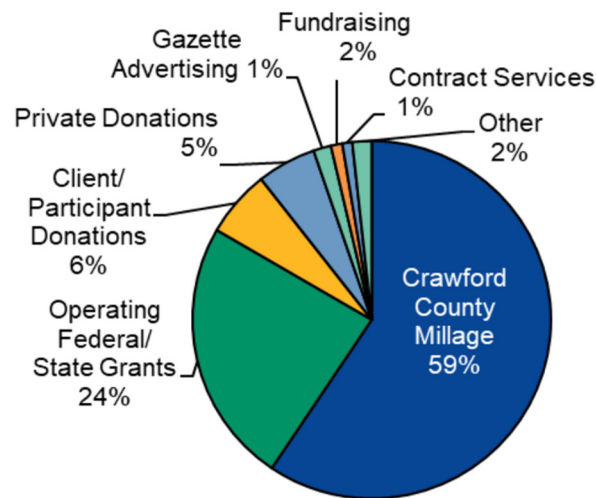
\$10,000 to the project. The County has submitted a \$250,000 grant request to USDA Rural Development as well. Currently, there are efforts to complete a \$1 million grant from the Michigan Department of Natural Resources in hopes that it will allow us to move forward with the Gymnasium - Phase 2.

Even if the gymnasium does not get built right away, this project will still resolve many of the COA's existing problems. There will be no more issues with parking at the new location as it will have ample space for all visitors. We will increase the size of our kitchen and have a walk-in cooler/freezer which is a common amenity in most commercial kitchens. There will be a dedicated space for classes in the new Exercise Studio and we will no longer need to use the dining room for regular activities and meetings with the addition of a Conference Room and Activity room. We will more than double our restroom capacity. We will also have a bonus room for large events and meals that will be available for rent with catering services.

Our Numbers:

Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 32% (1,270 individuals) of Crawford County seniors age 60 and above (based on 2010 census).

Total Revenue \$1,106,788

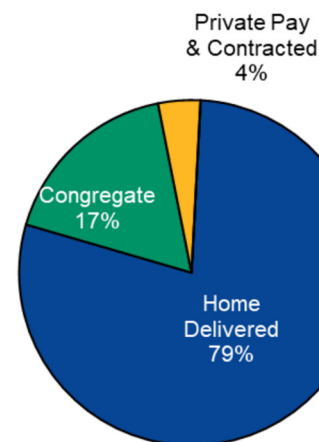


Senior Center Activities

- 31 activities offered & attended by 605 unduplicated people.
- Average monthly attendance = 524
- Average daily visitors = 42

Commission on Aging Programs

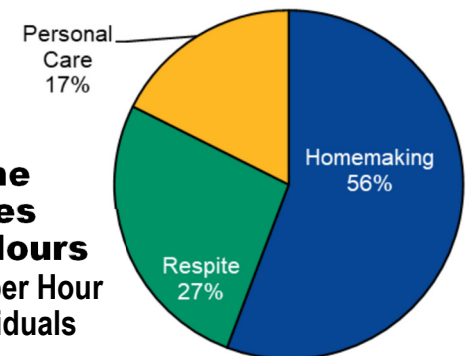
- 206 boxes of Food Commodities were delivered to 27 people.
- 289 hours were spent counseling 174 older adults with their Medicaid and Medicare benefits.
- 153 older adults received "Senior Project Fresh" farm market coupons.
- 117 loans of medical equipment and personal hygiene products.
- 304 people received assistance thru our Advocacy services.



Meal Program 40937 Meals

~ \$6.09 per Meal
737 Individuals
On average 136 people picked up monthly Community Luncheons.

In-Home Services 4745 Hours ~\$41.53 per Hour 106 Individuals



Tax Preparation

Below is a list of tax preparers in Grayling if you are in need of assistance this year.

- **Smith & Associates, CPA, P.C.**
www.smithassocmi.com
989-348-2811
- **ATS Advisors**
www.atscpas.com
989-348-4055
- **H & R Block**
www.hrblock.com
989-348-8978
- **Coulter LLC**
www.coulterstaxservice.com
989-889-1555
- **JPK Accounting**
989-348-8990

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