

# Crawford County Senior Gazette January 2024



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## Farrell Thomas

By Toby Neal

The new year marks new beginnings for many people. The commitment to new habits and the shedding of the old (and hopefully those holiday pounds that were put on as well!). Many people feel in a rut this time of year; the way life has been lived just is not

working well anymore. When looking back at the last year many consider how fast it "flew by." Maybe this year will be different, is often the outlook had around January of the new year. "If we are not careful much of life can pass us by without even knowing all that is going on," Farrell Thomas read from the booklet they are using in their weekly Bible Study held at the Commission on Aging's Senior Center every Tuesday. He read on, "Most of life is about routines. We get up at a certain time. We go to the same job, watch the same weekly television shows, go to bed around the same time. Repeat...Although we are sincere in our service to God and others, we should always be mindful of



knowing why we do what we do otherwise you'll end up doing things more out of a habit or guilt rather than mindful service," Thomas, a faithful Christian for many decades, concluded sharing.

Farrell enjoys the routine of the life he has created, but remains open to that routine changing as his faith directs him.

"I'm organized in life and I love life because my life is outlined," shared Thomas. "I know what I want to do. I get up at a certain time everyday. I read. I pray every day. I am open to the interesting things the Lord brings into my life everyday, too." Thomas has sure had his share of "interesting things" that have been brought into his life. When Farrell was around twelve years old his father woke them up in the middle of the night to move the family from West Virginia to Utah. "All these years I always assumed he was in some sort of trouble, but it turns out he had eight children and no air conditioning in the vehicle, so traveling at night was better for us," Farrell shared. Later in his teenage years, Farrell and his twin made their way to Detroit, where he would *Continued on Page 5*

### 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**

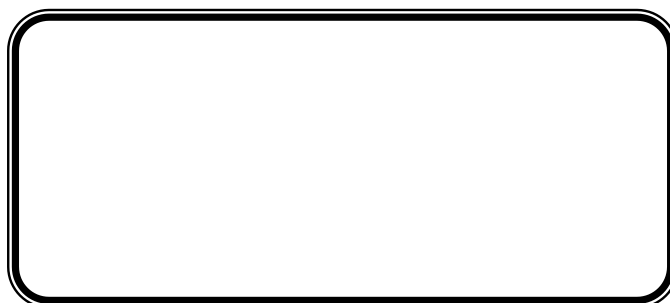
## HOURS OF OPERATION

**Monday - Thursday**  
8:30am to 6:00pm  
**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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Phone: (989) 348-7123  
Fax: (989) 348-8342  
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## **Senior Gazette Staff**

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*Contributing Writers*

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**The Senior Gazette**

308 Lawndale St., Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging.

The publication is distributed free to Crawford County residents by direct mail and at local businesses.

*“Views and comments expressed in the Senior Gazette are not necessarily the comments or views 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](mailto:director@crawfordcoa.org)**

### **Commission on Aging**

#### Board Members:

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

#### Commission on Aging Staff:

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Tammy Findlay, Advocacy & Resource Coord.  
Lynn Cheney, Office Manager  
Helen Nolan, Receptionist

Kate Moshier, Nutrition Manager  
**Cooks:** Denise Conte & Megan Hagle

Sarah Pollock, In-Home Services Manager  
Jan Williamson, RN  
Kathy Meisner, Program Assistant  
**Homemakers:** Kathy Jacobs, Tasha Cdebaca,  
Susan Randall & Danette O'Hara

## **WINTER EXERCISE**

Staying active during the winter months can be a bit challenging due to colder temperatures and less daylight. However, there are plenty of indoor and outdoor activities you can engage in to maintain your fitness and overall well-being. Here are some tips for getting exercise during the winter:



### **Indoor Workouts:**

- **Home Workouts:** Explore online workout videos or apps that offer a variety of exercises you can do at home, such as yoga, pilates, bodyweight exercises, and high-intensity interval training (HIIT).
- **Strength Training:** Use resistance bands, dumbbells, or household items like water bottles for strength training exercises.
- **Jump Rope:** Jumping rope is a great cardio workout that can be done indoors.
- **Dance:** Put on your favorite music and dance around. It's a fun way to get your heart rate up and improve your mood.
- **Stairs:** If you have stairs at home, use them for step-ups, stair climbing, or even as a platform for bodyweight exercises.

### **Outdoor Activities:**

- **Winter Sports:** Embrace the winter by trying activities like skiing, snowboarding, ice skating, or snowshoeing. These sports offer a great cardiovascular workout while enjoying the snow.
- **Hiking:** If weather conditions allow and you're in an area with accessible trails, winter hikes can be both invigorating and beautiful.
- **Outdoor Yoga:** Practice yoga or meditation outdoors if the weather is calm and not too cold.
- **Walking:** Dress warmly and take brisk walks around your neighborhood or local park during daylight hours. You can also use walking as a way to appreciate holiday lights.
- **Snowball Fights:** Engage in friendly snowball fights with friends or family. The running and throwing can be quite the workout.



### **Indoor Activities:**

- **Swimming:** Find an indoor pool and go for a swim. It's a great full-body workout that's easy on the joints.
- **Indoor Climbing:** Indoor rock climbing facilities provide an excellent way to work on strength and balance.
- **Mall Walking:** If you have a nearby indoor mall, consider walking there. It provides a warm and spacious environment for walking.
- **Fitness Classes:** Many gyms and fitness centers offer a range of classes from indoor cycling to Zumba, providing motivation and variety.



## **REMEMBER...**



### **Stay Hydrated and Warm:**

- Make sure to stay hydrated even in colder weather. Cold air can still lead to dehydration.
- Dress in layers to keep warm and maintain body heat while exercising outdoors.

### **Stay Safe:**

- Be cautious of slippery surfaces when outdoors. Wear appropriate footwear for traction.
- If it's extremely cold, consider shortening your workout or moving it indoors to avoid frostbite.
- Remember, any physical activity is better than none, and staying active during the winter can help you maintain your fitness and boost your mood during the colder months.



[foodandhealth.com](http://foodandhealth.com)



### **Veteran's Coffee Hour**

Thursday, Jan 11th, — 10:00-11:00 AM  
**American Legion Post #106**  
info: (989) 344-3861

### **Tammy's Tips:**

Take a look in your closet, if you have not worn an outfit in a few years, maybe it is time to donate.



# General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, United Way, 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 at 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.

## Volunteers

Volunteers give of their time and we could not do what we do without them. Volunteer applications: [www.crawfordcoa.org/volunteer/volunteer-application](http://www.crawfordcoa.org/volunteer/volunteer-application) There are many way to help, please talk to us!

## Sponsors

Silver Sneakers led by Rich Ferrigan of <b>Grayling Fitness Center</b>	Legal Aid Offered by <b>Jason R. Thompson Law Office PLC</b>
Foot Clinic Offered by <b>Comfort Keepers</b>	Medicine Shoppe Bingo
Hearing Clinic Offered by <b>Advantage Audiology</b>	by <b>The Medicine Shoppe Pharmacy</b>
Birthday Lunch Flowers donated by <b>Family Fare</b>	Fit for the Aging by <b>Sami Szydzil of Stronger Fitness</b>

### General Donations from:

Sally Slicker	St. Mary's
Janet Gildner	Women's Club
Senga Hornsey	Mark & Val Sloan
Diane Noelke	Carol & Gary
Clairene Jorella	Wilder
Ruth Pilon	Lorelei & Glenn
Sarah & James	King
Lawless	Lloyd Burgener
Bruce & Bea	Paul Bilovus
Patrick	Dennis & Mickie
Rita McEvers	Meyers
Linda Bastic	Anna Fradl
Tim Moore	Gerri Brown
McBride Family	Jon & Gail Schultz
Foundation	Shirley Smook



Our total donations for **Giving Tuesday** was \$4,320. \$1,175 came in through the Community Foundation website

### Hometown Heroes

**\$300 per day or more to fully-fund Meals on Wheels**

01/08, 01/10, 01/12 - Jody Kinney Morley Foundation  
“To help make the world a more positive place”

01/19 - Tom & Janet Gaffke  
“In appreciation for all the staff and volunteers who prepare, pack and deliver the meals.”

01/15, 01/17, 01/22, 01/24, 01/26 Tom Jarosz

03/12 Bruce & Pam Jerome for Dan Jerome's Birthday

**Running Talley of Support: 31 days, \$9,350 Thank you!**

*Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. Just help us to keep providing exceptional care and meals to our local elderly.*

**Be our Hometown Heroes.**

\*\*\*\*\*  
★ Volunteers and donations received ★  
★ After the 12th day of the month, will be ★  
★ noted in the next Senior Gazette. ★  
\*\*\*\*\*

### Giving Tuesday Donors

Cheryll Ruley	Fritch Electric
Betty & Duane Leibler	(Primary Electric)
Don Baty	Betty Jo Bresmon
Janet & Michael Gildner	Michael Matuzak & Stephanie Riemer
Allison Goshorn	Morley Foundation
Jane Croze	Tom & Janet Gaffke
Wayne & Rosemary Nelson	Charles Curro
Judy George Crook	Jamie McClain
Kirsten Lietz	Pamela Charney
Sandy Woods	Christine LaFontaine
Tom Jarosz	Paul Lerg
Angie Lichon	Elizabeth & Brian
Bradley Summers	Chace

### Memorials

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 memorial plaque to be displayed in our Dining Room.

### Memorial Gifts

*In loving memory of:*

Shirely Joyce	Linda (Brooks)
By Mike Joyce	Thomas
Her Father	by Farrell Thomas
by Cheryll Ruley	

## 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 \$ \_\_\_\_\_

- 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.

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\*\*\***

## Thank you to our COA Volunteers

Rikley Bronson	Dean McCray
Kelly Canter	Barb McCray
Ben & Pam Carr	Tim & Olie Miller
Debbie Carrigan	Ann Mitchell
Judy Crook	Rosemary & Wayne Nelson
Mitchell Crow	Marlyn Neuberger
Carolyn Diponio	Suzanne & Mark Ostahowski
Ann Donley	Sharen Perkins
Diana Doremire	Lois Platt
Kathy Ellison	Shelly Quintano
Rich Ferrigan	Keith Radwanski
Linda Feldhauer	Tom Rawlings
Anna Fradl	Deb Rawlings
Dusty Freeman	Stephanie Riemer
Mary Jo Gingerick	Chuck & Robin Rodgers
Sherry Haag	Orvetta Roggow
Sharron Hagerman	Pat Sanders
Donn Handy	Karl Schreiner
Patty Hawkins	Jon & Gail Schultz
Val Hendricks	Sally Slicker
Susan Hensler	Mary Sloan
Cheryl Hopp	Cheryl Starr
Donna Hubbard	Ann Stephenson
Francis Hummel	Brad Summers
Cindy Johnson	Judy Sumner
Eileen & Ron Kemerer	Tim & Susie Swedine
Glenn & Lorelei King	Farrell Thomas
Linda LaBrie	Ellen Thompson
Jim & Sarah Lawless	Ken Thurston
Alice Lee	Martha Trenkner
Kirsten Lietz	Kate Wagner
Nancy Lemmen	Becky Walrath
Christa Linderer	Carol Wilder
Judy Marchlewicz	Sandra Woods
Michael Matuzak	
Linda McClain	

**Thank you!**

## January Birthdays

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

**Senior Center Birthday Lunch**  
**Tuesday, Jan 23<sup>rd</sup> 11:30 - 12:30p**

**Cupcakes with ice cream, and friends!**

Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out.



## 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 with 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 989-348-7123 or NEMCSA at 877-222-9043 for more information!



Senior Companions receive:

- A non-taxable stipend of \$4.00 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 service

**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



## QUIT Smoking Today!

Are you a smoker or know a smoker who is interested in quitting tobacco? District Health Department #10 is offering a Tobacco Cessation Program to help you with your journey to quit Tobacco. During the program your Tobacco Treatment Specialist will meet with you to develop a personalized quit plan and they will be there to support you along the way. Don't let smoking keep control of your life. Take back your life, you can do it! Smoking tobacco is the leading cause of lung cancer and by quitting you can improve your health status and enhance your quality of life; It also reduces the risk of premature death and can add as much as 10 years to life expectancy. If you quit smoking your chances of developing heart or lung disease are reduced. Reach out to the Local DHD #10 office located across from Goodale's Bakery or Contact Shaun O'Connor at 989-688-8622 for more information to get signed up today!

**Special Note:** In early 2024, we will be moving to our new location on M-72 East. Our new home will be a tobacco free campus. Start off the year with a New Year's Resolution to be healthy and tobacco free!

## Free Well Water Testing



As part of **Public Act 166 of 2022**, the Michigan Legislature appropriated \$5 million to provide free well water testing for

Michigan residents who rely on a household or private well for their drinking water.

The Department of Environment, Great Lakes, and Energy will work with local water departments across the state to test private wells for the most common water quality concerns. Some of the most common water quality concerns for private wells include bacteria, nitrates, and harmful metals like arsenic. Private well owners can contact their local health department or visit [Michigan.gov/EGLEPrivateWells](https://Michigan.gov/EGLEPrivateWells) to request a sample kit. The website also contains information including contact information for local health departments, well records, and an interactive **Water Well Viewer** that displays the locations of various water wells across Michigan.

*continued: Farrell Thomas from page 1*

work in two different assembly plants, meet his first wife Gayle, and see his twin brother marry Gayle's sister. A decade later Thomas would move his family back to where he came from and begin work as a coal miner in West Virginia.

Farrell's love of coal mining is evident by the vast collection of antiques and keepsakes from the field of work that adorn his living spaces. "I still charge the light on my miner's helmet every 30 days," Thomas said with a grin. Some old habits die hard. This love of coal mining, along with his work ethic, saw Farrell become the foreman of the mines he worked at. Life would soon take another interesting turn, as his first wife's health began to fail her and Farrell would honor her wishes to move closer to her parents in Michigan before she passed. Interestingly it was here that Farrell worked with his father-in-law at a garbage pick-up company. "I loved that job," Farrell shared with a twinkle in his eye. "I was able to drive around all over on another guy's gas!"

After a short stint as a garbage man, and then working in a sawmill, Farrell would end up working at Weyerhaeuser for almost 30 years. While during this time his first wife passed and life moved on, and interestingly enough, Farrell saw the good in all of it. "The Lord was behind it all," Thomas testified. Farrell met his second wife, Linda, and continued to raise his two children and two stepchildren in beautiful northern Michigan.

Farrell took care of Linda until she passed away from cancer, ever by her side, grounded in his faith, and dedicated to his church family. It would be through this church family that Farrell would open his routine to the next interesting thing: Meals on Wheels. "Rita Lone and Sue Hensler, they are the ones that got me into doing it." A faithful Meals on Wheels driver for many years, Farrell is now on call to fill in as needed for several meal routes. One of the things Farrell loves about serving as



a Meals on Wheels driver is all the people he gets to see and serve. "Seeing the people we deliver meals to, they are absolutely awesome."

Through all these intense and interesting moments in a life full of service and suffering, Farrell has kept a keen sense of humor and to this day is one of the biggest Superman fans you will ever meet. "I never take myself too seriously," Farrell admitted. While his home is adorned with coal mining items, antiques and family memorabilia, it also has its share of Superman collectibles, including a life size telephone booth where Superman can change into his costume! "I love being me," Farrell quipped. "I do not even care if I look terrible; I want the Lord to look good," he said. That could be the motto for Farrell Thomas' life. With his life being a model of mindfully remembering how he serves and why he does it, Farrell has managed to avoid the mundane routines and keep what is most important first in his life. This could serve well as a guide for the new year.

### Trails and Outdoor Recreation & Pickleball Courts Community Input Opportunity January 2024

1. **Create new outdoor recreation spaces** at the Commission on Aging (COA) including outdoor *Pickleball Courts*, Grayling School Forest and Grayling City Park and,
2. **Ensure safe accessibility** to these sites through development of trail connections.



An input session will be held at the Crawford County Commission on Aging on January 10th at 12:30pm. To give attendees an opportunity to comment on all components of the project.

For more information scan the code.



## Secret Santa

Family Fare Grayling picked the Commission on Aging and the seniors of Crawford County, to do Secret Santa.



The program ran from December 3<sup>rd</sup> to December 16<sup>th</sup>. Shoppers were able to purchase nonperishable items while shopping. Then Family Fare collected the items. It was a huge hit. The older adults impacted by Secret Santa were very grateful. The Commission on Aging helps many seniors in the community with meals, homemaking, personal care, respite care, advocacy, and social activities.



We are so thankful that Family Fare selected us for the Secret Santa program. We want to thank all the employees for their hard work making this successful.

## Christmas Gifts from Cornell

Paul Hartman from The Cornell Insurance Agency of Grayling is pictured with the In-Home Services Manager, Sarah Pollock with their generous donation of Christmas gifts for our local older adults. Money for items was collected by Cornell Insurance employees throughout the year by paying to wear jeans on Fridays. We wish to thank them for their continued support at the holidays.



**Upcoming Online Classes from the Area Agency on Aging**

**Caregiver Webinar Series**

The Neuroscience of Art and One Little Word

- January 12th, 1-2pm
- Importance of Planning Ahead for Legal Matters
- February 9th, 1-2pm



**Healthy Living Webinar Series**

Importance of Self-Care

- January 10th, 1-2pm
- Mindful Cooking and Nutrition
- February 14th, 1-2pm
- Managing Work-Life Balance
- March 13th, 1-2pm
- Managing Stress and Mental Health
- April 10th, 1-2pm

**Caregiver Empowerment and Wellness Conference 2024**

Friday, April 19th, 10am - 4pm  
357 S. Mt. Tom Rd, Mio, MI 48647

Contact Brooke Mainville:  
(989) 358-4616  
mainvilleb@nemcsa.org



**New Building Update - January 2024**

by Alice Snyder, Commission On Aging Director



New Lobby Reception Desk



Dish Pass through into Kitchen Washing Area



Extra Large Kitchen Preparation and Cooking Area

See Page 9 for a full list of COA activities!

**You can Quit! We can help!**

Free! Michigan TOBACCO QuitLine

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1-800-784-8669

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# New Building Update - January 2024

by Alice Snyder, Commission On Aging Director

Beautiful Fireplace - Donated by The Grayling Township



## Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located  
Behind  
Burger  
King

Must be a  
first time  
meal.



## DROP OFF YOUR OLD, UNUSED & EXPIRED MEDICATIONS

at the Crawford County Sheriff's Department,  
Grayling City Hall, Munson Healthcare Grayling  
Hospital, or The Medicine Shoppe.



WANT TO DONATE BUT  
NOT SURE HOW?

## WAYS TO DONATE

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

MAIL A CHECK  
TO: COA, 308  
LAWNDALE ST.  
GRAYLING MI  
49738

IN PERSON @  
THE SENIOR  
CENTER

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



## Tammy's Tips:

Now that winter has  
arrived it is a perfect  
time to declutter under  
the sinks!



## AuSable Family Dental, P.C.

Ralph Oppermann D.D.S.  
Jennifer Malicowski, D.D.S.

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

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## Boar's Head

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203 Ionia St. across from Spikes Keg O Nails

## Support Groups:

### ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri.(C/B) 8:00 pm  
Mon/ Fri (C/D) A.A. NOON  
Mon. "Recovery Group" 7 pm  
Wednesdays (Women's) 7:00 pm (new time)  
**St. Francis Episcopal Church, Grayling**

Saturday, 12:00 pm (B/C)

**St. John Lutheran Church, Grayling**

Sat (C/H) 6:00 pm **At Frederic Twp. Hall**

### ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am

**The Brook of Grayling, 503 Rose St.**

Info call: COA Senior Center (989) 348-7123

### CHOICES GROUP

Anger Management for Women  
Mondays, 1:00-2:30 pm

**At River House Inc. in Grayling**

Register: (989)348-3169 Lynn or Danyelle

### GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders  
**at River House Inc. in Grayling**  
who have experienced domestic violence  
(directly / indirectly) sexual abuse or bullying.  
River House info: (989) 348-3169

### GRAYLING AL-ANON

Tuesdays 11am

**St. Francis Episcopal Church, Grayling**

Call: (989)348-5850

### HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

**At River House Inc. in Grayling**

Register: (989)348-3169 Barbara

### LONG COVID - SUPPORT GROUP

First Thursday 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**

Info: (989)348-1398 Mary Kay

### FAITH BASED GRIEF GROUP

Wednesday, 6-8pm—(Aug 2 to Oct 25 Class)

**Grayling Baptist Church, 705 Madsen St.**

(989) 390-0831 [www.griefshare.org/about](http://www.griefshare.org/about)

[www.griefshare.org/groups/169551](http://www.griefshare.org/groups/169551)

# January 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Closed — Happy New Year</b>  <b>Dinner 4:00pm to 5:30pm</b> <b>New Year ... New meal prices!</b> Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00	<b>2</b> (Continued from Monday)	<b>3</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange <b>4:00-5:30p Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>4</b> <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Grapes <b>4:00-5:30p Dinner</b> Cod Nuggets, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Kiwi	<b>5</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
<b>8</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi <b>4:00-5:30p Dinner</b> Taco Salad, Corn, Grapes Kinney - Morley Foundation 	<b>9</b> <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple <b>4:00-5:30p Dinner</b> Beef Tips, California Blend Vegetable, Pear Kinney - Morley Foundation 	<b>10</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots <b>4:00-5:30p Dinner</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear Kinney - Morley Foundation 	<b>11</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes <b>4-6pm Winter Picnic Dinner</b> BBQ Ribs, Cole Slaw, Baked Beans, Watermelon, Assorted Desserts Kinney - Morley Foundation 	<b>12</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Gravy, Peas and Onions, Orange Kinney - Morley Foundation 
<b>15</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple <b>4:00-5:30p Dinner</b> Chicken Tacos, Refried Beans, Kiwi Tom Jarosz 	<b>16 Breakfast Presentation</b> <b>11:30a-12:30p Lunch</b> Chicken and Dumplings, Harvest Blend Vegetables, Orange <b>4:00-5:30p Dinner</b> Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread Tom Jarosz 	<b>17</b> <b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Apricots <b>4:00-5:30pm Dinner</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi Tom Jarosz 	<b>18</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes <b>4:00-5:30p Dinner</b> Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast Tom & Janet Gaffke 	<b>19</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi Tom & Janet Gaffke 
<b>22</b> <b>11:30a-12:30p Lunch</b> Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple <b>4:00-5:30p Dinner</b> Beef Enchilada, Carrots, Spanish Rice, Kiwi Tom Jarosz 	<b>23 Cupcakes &amp; Ice Cream</b> <b>11:30a-12:30p Birthday Lunch</b> 😊 Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks <b>4:00-5:30p Dinner</b> Supreme Pizza, Broccoli, Apple Tom Jarosz 	<b>24</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi <b>4:00-5:30p Dinner</b> Shepard's Pie, Carrots, Grapes, Wheat Bread Tom Jarosz 	<b>25</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries <b>4:00-5:30p Dinner</b> Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana Tom Jarosz 	<b>26</b> <b>11:30a-12:30p Lunch</b> Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes Tom Jarosz 
<b>29</b> <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots <b>4:00-5:30p Dinner</b> Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	<b>30</b> <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes <b>4:00-5:30p Dinner</b> Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange	<b>31</b> <b>11:30a-12:30p Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear <b>4:00-5:30p Dinner</b> Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	 01/05, 01/10, 01/12 - Jody Kinney Morley Foundation "01/19 - Tom & Janet Gaffke 01/22 thru 01/26 - Tom Jarosz <b>Running Talley of Support: 31 days, \$9,350 Thank you!</b>	



# January 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>Closed</b>  <b>Happy New Year</b>	<b>2</b>  <b>Closed</b>  <b>Happy New Year</b>	<b>3</b> 10a Silver Sneakers 1p Mahjong	<b>4</b> 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo <b>3p Medicine Shoppe Bingo</b>	<b>5</b> 10:30a Fit for the Aging @ Library 1p Pantry Bingo
<b>8</b> 9:30a Pokeno <b>9:30a Deco-TLC Meeting</b> 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club	<b>9</b> <b>9am Friends of a Feather Quilting -Lawndale</b> 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers	<b>10</b> <b>9:30-10:30a – Food Commodities at St. Mary’s Church</b> 10a Silver Sneakers 1p Mahjong	<b>11</b> 10a Zumba Gold <b>4p – 6p Winter Picnic Dinner</b>	<b>12</b> 10:30a Fit for the Aging @ Library 1p Pantry Bingo <b>3p Memorabilia &amp; History Team</b>
<b>15</b> 10a Silver Sneakers 1-4p Chess Club	<b>16</b> <b>9am Breakfast Presentation – Tabitha Scott Opiate Overdose</b> 10a Zumba Gold 10a Bible Study <b>4:30p COA Board Mtg</b> 5:30p Diamond Dancers – Tinkers	<b>17</b> 10a Silver Sneakers <b>11a Alzheimer’s Support Grp. at The Brook in Grayling</b> 1p Mahjong	<b>18</b> 9:30a Pokeno <b>No Zumba Gold</b> 1p Penny Bingo	<b>19</b> 10:30a Fit for the Aging @ Library 1p Pantry Bingo
<b>22</b> <b>No Silver Sneakers</b> <b>12-3p Foot Clinic – Appt. Required</b> 1-4p Chess Club	<b>23</b> 10a Zumba Gold 10a Bible Study <b>11:30 -12:30p Birthday Lunch Party</b> 5:30p Diamond Dancers - Tinkers	<b>24</b> 10a Silver Sneakers 1p Mahjong <b>5p Nutrition Education with Kate Moshier – Food Safety at Home and While Dining Out</b>	<b>25</b> 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo	<b>26</b> 10:30a Fit for the Aging @ Library 1p Pantry Bingo
<b>29</b> 10a Silver Sneakers 1-4p Chess Club	<b>30</b> 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers – Tinkers	<b>31</b> 10a Silver Sneakers 1p Mahjong		
				<b>Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.</b>

Eggs Made to Order, Hash Browns, Turkey Sausage, Wheat Toast, Yogurt, Juice, & Coffee

## Assistance to Help You Maintain Your Independence

# COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

### Health Services

**Foot Care Clinic - appointments only \$25 per visit** - by *Comfort Keepers* — 4th Mondays, 12-3pm - 308 Lawndale St, Grayling

**Hearing Clinic - appointments only** by *Advantage Audiology*. Call COA Office for 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 at St. Mary's Church

### **Congregate Meal Program:**

Lunches: Mon-Fri from 11:30am -12:30pm.

Dinners: Mon-Thurs from 4:30pm - 5:30pm.

Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

### **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 / Assistance: (989) 348-7123**

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

### **Legal Assistance:** Free legal consultations

schedule by COA Office (989) 348-7123 with **Jason R. Thompson, Law Office PLC**

### **Medicaid/Medicare Assistance Program (MMAP)**

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

### **Medical Transportation:** COA can assist in

arranging transportation for seniors who have no other means and refer to hired car services too.

**Senior Gazette:** This monthly newspaper which is full of information for seniors and caregivers.

### **Telephone Reassurance/Friendly Visitor:**

COA provides weekly phone calls or home visits to older adults who want a reliable, caring phone call or home visit plus this is a safety check too.

### 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.



**Matter of Balance Program:** offers practical strategies to reduce falls and increase safety.

**Powerful Tools for Caregivers:** classes help caregivers take better care of themselves while caring for a friend or relative.

### Fitness Programs

**Diamond Dancers (Line Dancing):** learn steps to old and new line dances. Increases balance, coordination, rhythm and is a social group. Led by Volunteers: Maze Stephan & Ruth Pilon.

**Fit for the Aging:** specifically designed for those 55 and older, this class focuses on maintaining safe fitness activities as we age: proper form, increasing strength, flexibility, range of motion, balance, mobility, gait, and more! Seated and standing variations for every workout. Led by Volunteer: Sami Szydzil.

**Silver Sneakers:** exercise program designed for older adults. Great workout and adaptable to you. Nation's leading fitness program for Seniors. Led by Volunteer: Rich Ferrigan.

**Zumba Gold:** a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen & Cindy Johnson

### Cost for Services

Almost all COA services are available to Crawford County Residents on a suggested donation basis. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. However, our needs are greater than covered by these sources. Your support through donations to our general fund, or directed to a specific program, helps us to help more. **We are grateful!**



**How We Served You in November 2023!**

**At the Senior Center**

- We served **787** Congregate Meals

**In-Home Services**

- Delivered **3678** home delivered meals.
- Provided **107.25** hours of respite care.
- Provided **248.25** hours homemaker services.
- Provided **61.75** hours bathing assistance.

### Important Phone Numbers:

#### Social Security

(800) 772-1213 or (866) 739-4802

#### Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

Crawford County Commission On Aging & Senior Center (989) 348-7123

## Telephone Reassurance Service

Is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation.

This **free program** benefits so many and is easy to sign up for.

**(989) 348-7123**

**In-Home Services, Kathy Meisner**



**Listen online: Community Calendar for the COA Calendar of Events**  
aired daily by: **Blarney Stone Broadcasting Stations**  
**q100michigan.com upnorthsportsradio.com**  
to add events to calendar email: **peyton@blarneystonebroadcasting.com**



# DANA NESSEL



MICHIGAN ATTORNEY GENERAL

Michigan Attorney General Dana Nessel is reminding residents that they can access free weekly credit reports from each of the three main credit reporting agencies: Equifax, Experian, and TransUnion. The free weekly credit report program was initiated in 2020 after the pandemic put many people's finances in dire straits. After two extensions, the program is now permanent.

Credit reports contain the financial and personal data used by businesses and potential creditors to assess an individual's financial fitness for rentals, house and vehicle financing, insurance, or even a job. The approval of your application could be impacted by inaccurate information, and it benefits residents to be knowledgeable about what is in their credit report and affecting their overall credit score.

"I encourage Michigan residents to take advantage of the free weekly credit report program to monitor credit activity in their name," said Nessel. "Staying alert is the best way to protect yourself and take action quickly when fraud is suspected."

The free weekly credit report can be accessed from [AnnualCreditReport.com](http://AnnualCreditReport.com), the only official site for free credit reports authorized by federal law. Other sites offer free credit reports, though residents should exercise caution and watch for sites that have been spoofed, or fraudulent sites designed to steal your money or your personal information.

For more information, visit the Department's Free Annual Credit Report consumer alert.

## SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

### SOCIAL SECURITY BENEFITS INCREASE IN 2024

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living.

This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your

personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did

you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the

2024 COLA notice online.

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at [www.ssa.gov/news/press/factsheets/colafacts2024.pdf](http://www.ssa.gov/news/press/factsheets/colafacts2024.pdf).

Be among the first to know! Sign up for or log in to your personal my Social Security account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2024 COLA at [www.ssa.gov/cola](http://www.ssa.gov/cola)



## The Brook, it's home.

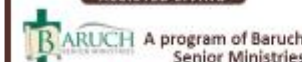
[BrookRetirement.com](http://BrookRetirement.com)

Independent, Assisted  
& Memory Care Living



Come visit us!

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



A Non-Profit Faith-Based  
Organization

[NorthernPinesAssistedLiving.org](http://NorthernPinesAssistedLiving.org)

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

# Random Word Search Puzzle

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

mentorship	registration	simplicity	observation	definition
complication	competence	mechanical	jurisdiction	appearance
disappointment	opposition	mastermind	confrontation	deficiency
curriculum	strikebreaker	girlfriend	demonstration	conventional
consciousness	avant-garde	functional	federation	brainstorm
relaxation	helicopter	consideration	satisfaction	proportion
disagreement	relationship	disappoint	ghostwriter	pedestrian
spontaneous	reflection	distributor	nomination	transparent
constitutional	literature	preoccupation	convenience	identification
grandmother	excavation	infrastructure	articulate	perception

### Free Medical Equipment/Supplies

Commission on Aging has some durable medical items available for free. If you need assistance, contact **Kathy Meisner (989) 348-7123** or stop by the Senior Center.

### Things We Collect!

We collect the following and turn them in to receive money for our programs!

- Used Cell Phones
- Our Family UPC Labels



Redeem this card for a "Buy One Get One Free" **SPIKE BURGER** <sup>SG</sup>  
**(DINE-IN ONLY)**  
 Coupon Expires Jan. 31  
 Photo Copies Not Accepted

301 James Street, Grayling, MI 49738  
**989-348-7113**  
[www.spikes-grayling.com](http://www.spikes-grayling.com)  
 email: [manager@spikes-grayling.com](mailto:manager@spikes-grayling.com)

**Grayling Save a lot**

**3 Coburn Farms Yogurt - \$1**  
**Assorted Varieties 6oz**

**Good thru: 1/1/24 - 1/31/24**

Limit 2 per coupon.

2333 S. I-75 Bus. Loop (989) 348-6690  
 More coupons at: [www.SaveALot.com](http://www.SaveALot.com)

# Kate's Kitchen Corner

## Small Batch Pancakes



It seems like every good pancake recipe I find makes enough pancakes to feed a large family. If you're only cooking for 1 or 2 people like I am, try this one! This recipe will make 6 small to medium sized pancakes.

- 1 egg
- 1 cup buttermilk (see note)
- 1/2 tsp vanilla extract
- 3 TBSP melted butter
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 Tbsp sugar

Combine dry ingredients in a mixing bowl and form a well in the middle. Combine wet ingredients and pour into the well.

Mix with a wooden spoon or rubber spatula until combined. Don't overmix! There is nothing wrong with small lumps.

Let the batter rest for at least 15 minutes, or up to 24 hours, in the refrigerator before use.

Use a 1/3 measuring cup to measure batter and pour onto a hot griddle or pan over medium heat. Wait until you see bubbles forming and the edges have firmed to flip and continue cooking on the other side.

### Notes:

If you don't have buttermilk, you can use regular milk, or you can make your own equivalent. Add 1tbl of white vinegar or lemon juice to your cup of milk and let sit for 5 minutes before mixing with the other ingredients. This raises the acidity to react with the baking soda and give you lighter fluffier pancakes just like with buttermilk. Don't worry, you won't taste the vinegar or lemon juice in the final product.

If you have bananas that are almost ready for banana bread, smash 1 or 2 and add them to this recipe with a little cinnamon. 1/4-1/2c of pureed canned pumpkin or applesauce, or berries of any kind are delicious additions as well.



## Breakfast Presentation

Join us at 9:00AM on Jan 16th for breakfast and a presentation from Tabitha Scott from the Drug Free Coalition. She will be here to speak about how the Drug Free Coalition is working in the community of Crawford County to spread awareness of preventing underage drinking, vaping and addiction to substances. Opioid overdose isn't just about recreational drug use though, it can be as easy as mixing up your prescriptions. So, what should you do if yourself or a loved one overdoses? Please join us and find out.

## Nutrition Education

Our topic this month for Nutrition Education is Food Safety at Home and While Dining Out. Do you ever go out to eat and then go shopping while your leftovers sit in your car? Or leave dinner out for awhile while you relax before putting it away? Come in at 5:00pm during dinner on January 24th and learn about how to make safe decisions regarding your food whether you are eating out or at home.

### Grayling Hospital for Animals

- Dr. Katherine Powning
- Dr. Troy Fairbanks
- Dr. Christina Maxwell
- Dr. Pamela Busser

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



## Winter Picnic

Thursday, January 11th  
Dinner 4:00 - 6:00pm

BBQ Ribs, Cole Slaw, Baked Beans, Watermelon, Assorted Desserts



Suggested Donation for  
60+ \$4.00 Under 60  
is \$8.00

### Tammy's Tips:

The winter season grants us permission to slow down, rest and take stock. Rather than view winter as a time when we are limited by the lack of daylight, we can appreciate and celebrate this season for giving us the chance to reconnect with pleasures and pastimes of a different pace.



Do you have pets? Is it hard for you to obtain veterinary care for your pet because of limited funds? The Crawford County Commission on Aging & Senior Center received a small grant from Meals on Wheels America Pet Program / Pet Smart Charities. This program assists with preventative and emergency care, which includes vaccines, nail trimming, dental care, medication, and emergency boarding. To qualify for the program you must be an older adult in Crawford County, 60 or older, and have income at or below 150% of the federal Poverty Level

2023 Monthly Income Eligibility Guidelines  
Household of 1 - \$1,823  
Household of 2 - \$2,465  
Household of 3 - \$3,108  
Please call Tammy Findlay at 989-348-7123 to see if your pet might qualify for the grant.

### Tammy's Tips:

**Dress smart** – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!

Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.



## The Winter Protection Plan Helps with Heating Bills

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.

Monthly Income	Family size
\$1,823	1
\$2,465	2
\$3,108	3
\$3,750	4
\$4,393	5
\$5,035	6

For more information or to apply, call Michigan Gas Utilities at 800-401-6402.

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

- Board Meeting for this month is Thursday, January 11th, @ 8:30am.
- Friends of the Library (FOL) meeting will be Tuesday, January 9th
- Don't forget, we will be CLOSED Monday the first of January, 2024.
- January's Book Club selection will be: "Horse", by: Geraldine Brooks. This book will be available on our e-readers. Ask a circulation clerk for more details. This meeting will take place on Wednesday, January 31st @ 1pm. If you have any questions, call: 989-348-9214.
- D&D (Dungeons and Dragons) Sessions are held on Thursdays @ 4pm. Visit our Facebook page for more information. Space is limited, sign up at the Devereaux Memorial Library today!
- Bring your littles to our Storytime! Every Wednesday @ 11am come enjoy stories, themed crafts, and snacks! Additionally, we now have Stories with Sue out at our Frederic Branch Library, dates change monthly, January dates are the 9th & 23rd at 11am.
- Come join us for Radiant Child Music and Movement on Tuesday, January 9th @ 3:30pm, enjoy a relaxing yoga session which includes music, stretching, stories, movement and meditation; great for all ages!

- Flower Arrangements with Nancy is fun for all ages! Nancy coaches patrons as they put together their own arrangements three days a week. The Adult group meets every Saturday at 10am, the Kids' Group is every Wednesday after school (3:30pm) & there is a Teen group that meets on Fridays after school! These programs run through the New Year.
- Check out some of our long-time running programs; Genealogy every Monday from 9am to noon, Let's Get Fit every Tuesday & Thursday @ 10am, & Sit-N-Knit every Thursday @ 10am.
- All are welcome to participate in our Christmas Pay-it-Forward; spread kindness and joy this holiday season by prepaying for another person's cup of coffee or warm beverage. Tickets are available at the Circulation Desk. Ask a circ clerk for more details!
- Need help with a device? Let one of our tech advisors help you one-on-one with your laptop, e-reader or phone! Call 989-348-9214 to make an appointment. Requests for 3D printing now available.
- Utilizing our conference rooms? Great! Stop at the desk and check-in using our Sign-in Notebooks! You can also find a link to our Meeting Room Request Form on our website under "Forms and Applications"; if you need a quiet place to study or take a test, or a private room to hold a meeting.

## Upcoming Online Classes - MSU Ext.

- RELAX: ALTERNATIVES TO ANGER  
Jan 4 – Jan 25, 8 - 9:30am Online
  - ONLINE TAI CHI FOR FALL PREVENTION T/TH  
Jan 9 – Mar 7, 9:00AM- 10:00AM Online
  - VIRTUAL A MATTER OF BALANCE JANUARY 9-FEBRUARY 6  
January 9, 9:30AM – 11:30AM Online
  - ONLINE TAI CHI FOR FALL PREVENTION W/F  
Jan 10 – Mar 8, 7:00-8:00 am ET Online
  - SURVIVING AND THRIVING ON A FIXED INCOME! (WEBINAR)  
January 11, 3:00PM – 4:00PM Zoom
  - SLEEP: SLEEP EDUCATION FOR EVERYONE --  
Jan12, 12 – 12:30PM Online via Zoom
  - 2024 NEW YEAR HEALTHY LIFESTYLE CHOICES: TAI CHI, MINDFULNESS, NUTRITION, AND BETTER SLEEP  
January 15, 10:00AM – 11:30AM
  - MATTER OF BALANCE FOR FALLS PREVENTION-- ONLINE  
Jan 17, 1PM – 3:00PM. Online via Zoom
  - SLEEP: SLEEP EDUCATION FOR EVERYONE -- ONLINE  
Jan 18 – Feb 22, 10:00-10:30am ET Zoom
  - TAI CHI FOR ARTHRITIS AND FALL PREVENTION  
January 22, 9:00AM – 10:00AM Online
  - ONLINE: RELAX ALTERNATIVES TO ANGER FAST TRACK JAN/FEB 2024  
January 23, 8:00AM – 9:00AM Online
  - STRESS LESS WITH MINDFULNESS-- ONLINE  
January 23, – February 20, Online
  - ONLINE: SLEEP EDUCATION FOR EVERYONE  
Jan 25, – Feb 29, Every Thursday Online
  - PATH (PERSONAL ACTION TOWARD HEALTH) FEBRUARY 1  
February 1, 10:00AM – 12:00PM  
January 22, 9 – 10AM Online
- To register for any event visit: <https://www.canr.msu.edu/rlr/> and click on the Events tab

### — Food Resources — Crawford County Residents

**Crawford County Community Christian Help Center**—Food Pantry  
**Mon, Wed & Fridays—11am - 3pm**  
for anyone living in Crawford County

**The Senior Center serves meals:**  
Mon-Fri—Lunches 11:30am-12:30pm  
Mon-Thurs—Dinners 4:30-5:30pm  
You can use your **Bridge Card** too.  
See our menu on Page 8!



6838 M 93 HWY S  
Grayling, MI  
P: (989) 348-6600  
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Robert Boykin, D.C.  
rboykindc@gmail.com

IT ALWAYS SEEMS TOO EARLY, UNTIL IT'S TOO LATE.



### Advanced Care Planning

Munson Healthcare's Advance Care Planning team encourages everyone to have conversations with loved ones about their medical wishes.

Free workshops will help guide you through the process of talking about your wishes and completing an advance medical directive.

Our 2023 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

**February 6, April 2, June 4,  
August 6, October 1, December 3**

**Time: 10:00 a.m. to 12:00 p.m.**

Call to register: **(989) 348-0296**

For virtual classes:

[munsonhealthcare.org/advancecareplanning](https://munsonhealthcare.org/advancecareplanning)



**Ryan T. Hamilton, Au.D.**  
Audiologist & Director  
rhamiltonaud@gmail.com  
[www.advantagehearingonline.com](http://www.advantagehearingonline.com)

Gaylord Office  
321 E. Main Street  
P: 989-448-2500

Grayling Office  
306 State Street  
P: 989-745-6667

# Small changes can help prevent diabetes

Laura Anderson, Michigan State University Extension

Taking small steps in health can help prevent diabetes.

The [Centers for Disease Control and Prevention](#) warns that one in three adults — about 96 million in the United States — have prediabetes, and many are unaware of their condition.

Many adults also do not know that with simple lifestyle changes, the progression from prediabetes to diabetes can be prevented. Prediabetes is diagnosed when a person has a blood glucose (blood sugar) level higher than normal, but not high enough to be considered having diabetes. Those with prediabetes have a higher risk of developing Type 2 diabetes within five years. Prediabetes is also a risk factor for heart disease and stroke.

The good news is that people with prediabetes may delay the onset of Type 2 diabetes and possibly return blood glucose levels to normal by incorporating healthier lifestyle changes into all areas of daily life. Various risk factors, such as family history of diabetes, age and ethnicity cannot be controlled. But taking control of risk factors like eating and physical activity can decrease the chances for developing Type 2 diabetes.

Getting started on the track to prevention can be challenging. Below are a few suggestions towards a successful transition from unhealthy habits to a healthier lifestyle:

**Find your motivation.** What is motivating you to make this change in life? Write the motivating factors down

## Free Medical Equipment/Supplies



The Crawford County Commission on Aging has walkers with or without wheels, seated walkers, commodes, also a bariatric commode available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Also available is Boost for those with a prescription. We have vanilla and chocolate at this time. Each case has 24 – 8oz cartons and the cost is \$30.

and post it where it can be seen as a reminder.

**Start small with an eating plan.** Too many big changes can create frustration and can lead to failure. Make small changes and practice the changes. If that change is not working after a week, adjust the plan until it does work. Health changes are not easy, but [setting goals](#) can help.

**Make physical activity an important part of daily goals.** Start small, working towards 150 minutes of moderate activity weekly. If time is a challenge, work this into each day in ten-minute intervals.

**Track your progress.** This helps to create a history of how the journey is advancing. Tracking allows room for making changes and adjustments to continue to move towards setting goals for a healthier lifestyle.

It may be hard to wait to feel results as long-term changes are tried, implemented and practiced. Just remember that healthy eating and physical activity can create some immediate results. For example, one walk will lower blood glucose levels and physical activity can assist with better sleep. Small changes can generate big results and [Michigan State University Extension](#) can help with a variety of health programs.

This article was published by [Michigan State University Extension](#). For more information, visit <https://extension.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).

**988 SUICIDE & CRISIS LIFELINE**

**During the Holidays  
“Meals-on-Wheels”  
Delivery Schedule is as follows:**

**Wednesday, Jan 3rd  
Friday, Jan 5th**

## Drop Off Your Old, Unused & Expired Medications

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

**24 hours drop boxes:**

**Crawford County Sheriff's Dept.  
Munson Hospital Emergency Room  
Grayling City Hall**

## Emergency Utility Assistance Available

**NEED HELP WITH UTILITY BILLS?**



Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas). To qualify for assistance one of the following must apply

- Past due notice has been issued
- Service has been disconnected
- Your residential propane/fuel oil tank is at or below 25%
- Your firewood must be at less than a 30 day supply

Income limit for 1 person is \$1,823 or for 2 people is \$2,465. Assistance awarded can be up to \$850 per year for non-deliverable (electric, natural gas) or \$1200 per year for deliverable (propane, fuel oil, firewood).

You must apply to DHHS first, but can get additional assistance request from NEMSCA. DHHS application may be made using the State of Michigan MiBridges system. NEMSCA can also help with DHHS copayments. Please contact NEMSCA at 989-358-4713.

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

**Thompson Treusch**  
Law Office PLC

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

989-745-6625

## NEW WINTER HOURS

To make the most of our daylight as we enter Winter, we will be extending our dinner time from 4:00-5:30PM

Monday through Thursday. We hope this earlier time helps keep everyone safe and comfortable on the road on the way home from dinner.



Grayling Baptist Church will be hosting a new series of Grief Share classes

Wednesdays, 6-8 PM starting January 3rd. Grief Share is a Faith based support group for people who have lost loved ones. It's a safe space to share your feelings and experiences with other who are going through a similar journey. The group offers guidance and support to help you navigate the grieving process and find hope and healing. The class lasts 13 weeks.



The Commission On Aging has emergency house number signs available. To order, contact Tammy Findlay (989) 348-7123

## 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.

### NEED ASSISTANCE WITH YOUR WATER OR SEWER BILL?

NEMCSA might be able to help!

The Water Program is a program that provides funding to eligible, low-income households to assist with paying past water and sewer bills.

**Eligibility:**

- Reside with one of NEMCSA's core counties Alcona | Alpena | Arenac | Cheboygan | Crawford | Iosco | Montmorency | Ogemaw | Oscoda | Otsego | Presque Isle
- Responsible for paying your water bill
- At or below the income eligibility

Call 989-358-4675 for more information

[Click Here to apply for assistance](#)

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



## 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
- **Coulters LLC**  
www.coulterstaxservice.com  
989-889-1555

**The Medicine Shoppe**  
PHARMACY  
Proudly Serving Our Community Since 1999

- Prescription Delivery Service
- Senior discount available daily

989-348-2000  
500 N. James St. • Grayling

**SMITH & ASSOCIATES, C.P.A., P.C.**  
ROBIN L. SMITH-MARTIN C.P.A.

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

Michigan Tax Return Only - Starting at \$75.00  
Federal Tax Return - Starting at \$95.00

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