

# Crawford County Senior Gazette February 2023

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## Featured Article Senior Center 50 Years

By: Sherry Haag

Where were you in 1973? If you lived in Grayling, you saw the establishment of the Dial A Ride system, the AuSagra Acres housing project and the Commission on Aging Senior Center on Lawndale Street.

I wasn't in Grayling in 1973. I moved here in 1980 and started working with the Retired Senior Volunteer program which at that time was sponsored by the Commission on Aging.

In 1984, the COA, needed a new Director, that will be another story from someone who has more knowledge about that event. The title was changed to Project

Manager, I applied and started in the fall of 1984.

So many things to be done and changed as well as keeping all the programs that the seniors had worked so hard in creating. Dancing with Tina Kennedy on the organ, sometimes joined by Tony Jankowski on the fiddle. The floor would be full of so many dancing to tunes from the "old" days and the new. Special dinners every month... then

dancing till late in the evening. Stag guys card day, quilting for the ladies and Senior bowling on Tues. While all that continued, my job consisted in developing new programs to help homebound or those seniors in need. Increased Home Delivered Meal program, by using volunteers and Dial a Ride to deliver the meals. Started chore services, foot care, health screenings, swimmercise, Case management program and



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

**308 Lawndale St  
Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)**

**[Director@crawfordcoa.org](mailto:Director@crawfordcoa.org)**

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Phone: 989-348-7123  
Fax: 989-348-8342  
Grayling, MI 49738  
308 Lawndale St.

Smartphone Scan  
to our Website



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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 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](mailto:director@crawfordcoa.org)**

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## **Western Omelet Station**

"On February 28<sup>th</sup>, join us for lunch and create your own western omelet. Just pick the ingredients you want, and we will prepare it fresh for you tableside while you enjoy your coffee. Come in hungry and bring a friend!"



## **Senior Center Taste Testing February 16<sup>th</sup>**

"Would you like to try something new? Come join us at the senior center for lunch and be among the first to taste test our new menu items. On Thursday February 16<sup>th</sup> come try our new balsamic chicken with tomato feta pasta and Beef and Broccoli. During lunch (11:30-12:30) on this date anyone who comes in to eat will have the option of taste testing these new items in addition to their meal. We are working hard on updating our menus and would love to hear your thoughts as we move forward. These meals are created with you in mind and your opinion matters to us.

**We hope to see you there!"**



**Health questions?**

**Ask-A-Nurse**  
**231-935-0951**

Free and available daily – 7 am to 11 pm

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## **Senior Center Suggestion Box**

**Suggestion:** For when people do not have exact change, it would be nice to have a punch card to pay for 10 meals at a time.

**Response:** We do! These can be purchased at Reception anytime. You can stop by and pay in person or give us a call and pay with a credit card.



**WANT TO DONATE BUT NOT SURE HOW?**

# **WAYS TO DONATE**

ONLINE @  
[CRAWFORDCOA.ORG/MAKE-A-DONATION!](http://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 By:

AuSable Quilt Guild  
Charlene Blaine  
Cheerful Givers Club  
Friends of Frederic  
Tom & Janet Gaffke  
Janet Gugin  
Knights of Columbus

Kodiak Group  
Zack Larson  
Kirsten Lietz  
Janet & Rick McBride  
Wayne & Rosemary  
Nelson

Chad Salchert  
Michael & Bonnie Stephan  
Upper Lakes Tires  
Carol Wilder  
Ron & Margaret Yon  
North Central Area Credit  
Union

## *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



## *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.

## ***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](http://www.crawfordcoa.org/volunteer/volunteer-application). See Page 7 for Volunteer opportunities!

## ***Memorial Donations***

**In memory of  
Alli Baker**

James Bates  
Grayling High  
School

Lisa & Thad  
Jackson

Becky Rotter  
Mark & Val Sloan

## In memory of Ward Parker

# Grayling Lions Club

**In memory of  
Linda “Brooks”**

**Thomas**  
Farrell Thomas

**In memory of  
Tina Foster  
Dottie Peacor**



## *Gifts of Supplies*

You can pick up and donate items on our Wish List rather than making a financial donation:

- Reams of Copy Paper
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Kleenex

*Volunteers and Contributions  
received after **January 13th** will be  
acknowledged in the next edition  
of the Senior Gazette.*

***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

- |                      |                   |
|----------------------|-------------------|
| Michele Arnholt      | Judy Marchlewicz  |
| Nancy Billinghamurst | David Markle      |
| Mary Jo Buschbacher  | George & Sharlene |
| Debbie Carrigan      | Mascarello        |
| Judy Crook           | Jeannie Matista   |
| Charlie Curro        | Dan McCarthy      |
| Carolyn DiPonia      | Tim & Olie Miller |
| Dick Dodge           | Marlyn Neuberger  |
| Lyn Dodge            | Beverly O' Connor |
| Linda Feldhauer      | Sharen Perkins    |
| Rich Ferrigan        | Brooklyn Peterson |
| Mary Garcia          | Ruth Pilon        |
| Sherry Haag          | Tom Rawlings      |
| Donn Handy           | Deb Rawlings      |
| Val Hendricks        | Orvetta Ruggow    |
| Susan Hensler        | Pat Sanders       |
| Cheryl Hopp          | Karl Schreiner    |
| Donna Hubbard        | Jon Schultz       |
| Francis Hummel       | Gail Schultz      |
| Cindy Johnson        | Liedeway Sims     |
| Eileen Kemerer       | Kris Snyder       |
| Ron Kemerer          | Mark Snyder       |
| Glenn King           | Judy Steffen      |
| Lorelei King         | Maze Stephan      |
| Jim Kitch            | Farrel Thomas     |
| Sandy Lakanen        | Ellen Thompson    |
| Gazette Format       | Sue Topham        |
| Alice Lee            | Mark Topham       |
| Nancy Lemmen         | Martha Trenkner   |
| Karen Leslie         | Vera Trimble      |
| Cathy Lester         | Janet Weaks       |
| Kirsten Lietz        | Nicole Wethington |
| Alexis Lott          | Sandra Woods      |

## February BIRTHDAYS

Barbara McCray 2/3  
Pete Cheney 2/5  
Norm Beach 2/13  
Jeannie Matista 2/18  
Richard Sobieralski 2/19  
Janet Gildner 2/21

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



## Emergency Utility Assistance Available

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 \$1,610 or for 2 people is \$2,168. 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. NEMCSA 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.

## DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.



## Sister Peterson

By Kris Snyder

Sister Peterson loves traveling, serving, and teaching. An adventurous and hardworking person, she loves to explore new cultures and places. Peterson is originally from Northern Colorado and is here serving the community for a mission from the Church of Jesus Christ of Latter-Day Saints, She is very close with her large family and they are, “all best friends”. As she says, “I am the third of four kids” and “my family is very chaotic but we ... have way too much fun when we are all together”. Other than her family and traveling, Sister Peterson is passionate about sports including soccer, track, rugby, rock climbing, and being outdoors. She also says, “, I am most passionate about my religion! It has brought me

and my family a lot of joy and comfort knowing that we can be a family for eternity!”. In past volunteer work Peterson has worked at “homeless shelters, food pantries, and just returned from teaching kids English in Thailand as a volunteer for 3 months!” Here at the Commission on Aging she enjoys Bingo the most as “It is so fun to watch how much people enjoy winning a bunch of pennies and I love bringing people that joy when I come around with my penny container.” She also loves the people here in Grayling and spends time talking and learning about peoples lives. In her words, “It’s so fun to bring people smiles and laughter!” In the future, Sister Peterson wishes to finish school at BYU in Utah and hopes to eventually become a mother. Thank you so much Sister Peterson for your time and service! The Commission on Aging is so grateful for all your help!!



## Continued, Senior Center 50 Years

By Sherry Haag

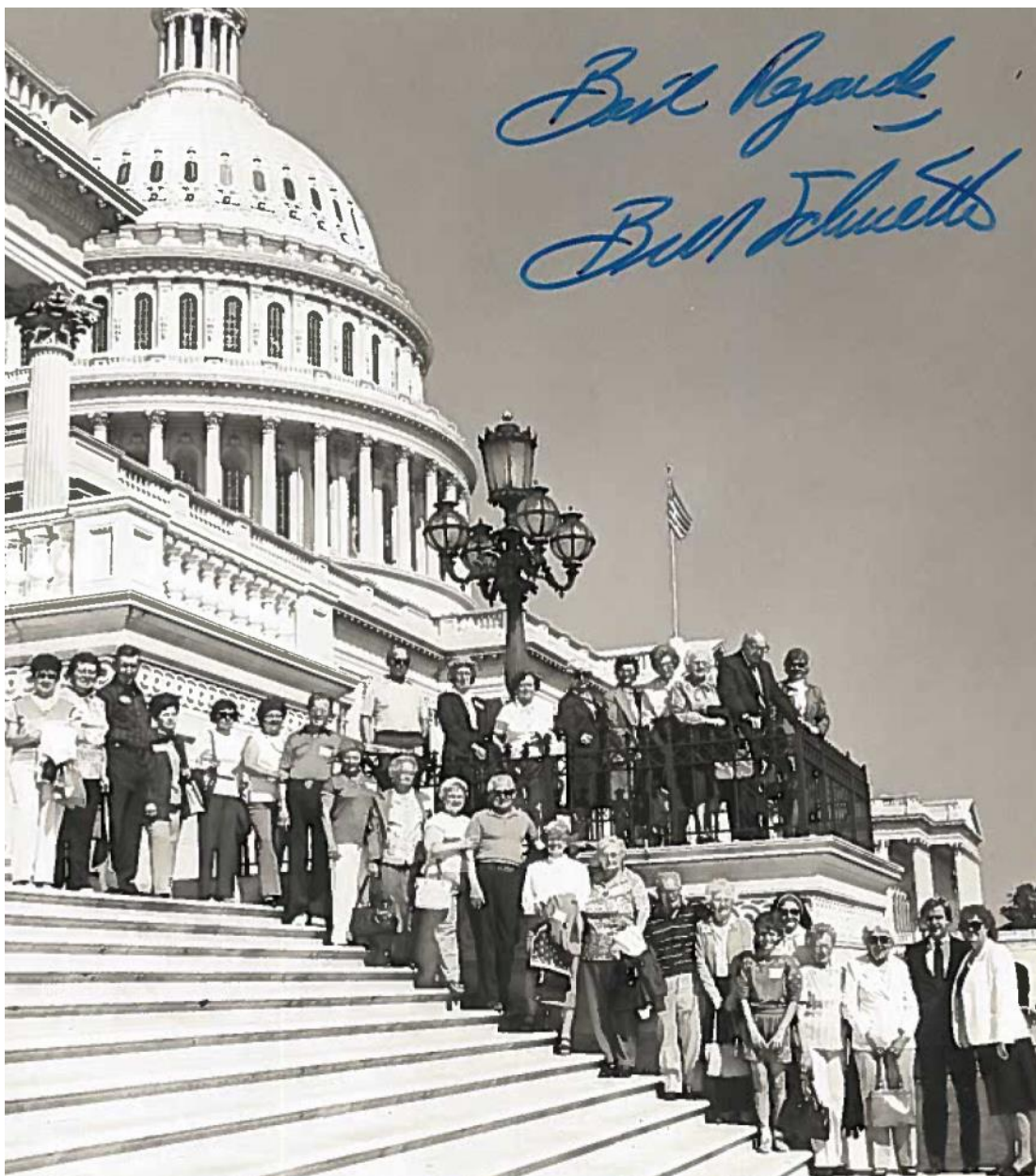
education classes, and monthly staff in services and education trainings. I also managed to apply and receive a grant of \$50,000 to remodel the very outdated kitchen equipment.

We sponsored a community committee called "Building Ties" in cooperation with the Michigan Office of Services to the Aging and the Department of Mental Health. This group was made up of representatives from federal, state and county agencies that provided services to senior residents in Crawford County and surrounding areas. The participating agencies researched and developed programs not available at that time to assist senior residents of the county. By learning what each group was providing, we found many duplications and where we could expand for some and cut back and add new services with others. Hospice was one of the services it was determined was needed. Roscommon began a volunteer Hospice with assistance from Mercy Hospital and local medical services for both Crawford and Roscommon counties.

Information and resource services was a big service all thought was needed. There was no one place to go to get information about all the services for seniors in the communities. COA, with monies from

NEMSCA ( Northeast Michigan Community Service Agency which was and is the clearing house for federal and state funds for aging services.) hired staff and the training / education began. Proud to say that program is still available and helped thousands of senior and their families in the county and beyond.

In 1985, took a group of seniors, by



bus, to Washington, DC with a stop at Philadelphia, PA. Saw the city at night on a bus tour, visited the Capitol and met with newly elected, Michigan Representative, Bill Schutte. He took us all on a tour of the Congressional chamber and we all go to sit at the decks where the business of the Congress is done. I still remember

that day very clearly. We took a picture with him and then Michigan, Senator Carl Levin came around and took picture a with him also on the steps of the Capitol.

In 1986, I presented a workshop based on the Caregiver Support group developed from the "Building Ties" needs assessment at the Governor's Conference on Aging held in Flint, MI. This program was what is now the Information and Resource program available in our county as well as other counties around the US.

In 1990, I presented, with the assistance of a member of Michigan Family Independence agency (Now MDHHS), the Information and referral services program, we had developed, at the White House Conference on Aging in Washington, DC. Board members, Helen Leykauf and Barbara Selesky also went.

In 1991, many changes were going on with board members and problems they perceived were not being done as far as meals were concerned. After much discussion and review I decided the time had

come to leave.

I loved being at the COA and so enjoyed the seniors and the work we did as a group to provide services to those that lived in Crawford County from 1984 to 1991. Here's to 50 more years !

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# Mindfulness and Our Aging Brain

Holly Tiret, Michigan State University Extension

Developing a mindfulness practice may help you improve overall health as you age. As we age, our cognitive control declines.

In recent years, many programs have been developed and promoted to help stimulate our brains with the goal of delaying cognitive decline. However, the research on whether or not these brain-enhancing activities actually helps is not conclusive. These results are because a part of the brain that is affected by aging, has to do with our ability to focus on a task without getting distracted by internal and external stimulus.

At the same time, as we age, the emotion processing and regulation part of our brain is increasing.

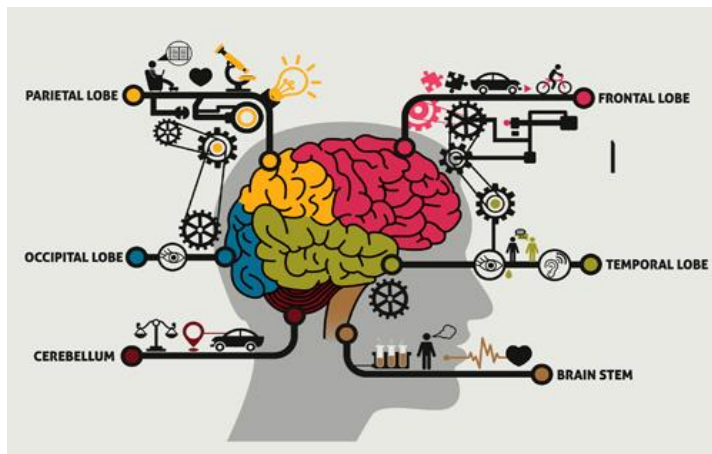
Therefore, our brains are a paradox – as we age, starting at about 30 years, our cognitive abilities decline and social-emotional abilities increase.

Another interesting aspect of our aging brain is that we tend to remember the positive aspects of past events, even if those events were overwhelmingly negative.

Researchers Mather and Carsten (2005) call this the positivity effect. The tendency to focus on the positive, rather than the negative, may have to do with our realization that we have a limited lifetime. Our goals switch from future-oriented to emotional satisfaction and well-being.

Some researchers are now looking at the benefits of mindfulness as a way to tap into that increase in social-emotional abilities in order to enhance our brain functioning and overall well-being as we age. As defined by John Kabat-Zinn, mindfulness is paying attention on purpose, in the present moment, without judgement.

Mindfulness has shown to increase our capacity for sustained attention, a



cognitive capability. By focusing on the present moment, in particular without judgement, we are tapping into our aging brains' tendency to focus on our own emotional satisfaction and well-being, rather than plan for the future or dwell on negative past experiences.

There are many ways to learn about mindfulness and begin your own practice. You can look up resources online regarding mindfulness or visit your local library and check out some books. You may also consider contacting your local Michigan State University Extension and signing up for one of our Stress Less for Mindfulness classes. Any way you choose, expanding your knowledge and developing your own mindfulness practice could improve your cognitive, emotional processing and overall well-being as you age.

In conclusion, mindfulness may be a way to improve our cognitive control as we age by teaching us to improve our ability to focus our attention on a particular task, such as our breath, (in the moment) and reduce our attention (on purpose) to external and internal thoughts or events (without judgement).

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>.

## Upcoming Online Classes from the Area Agency on Aging

### Powerful Tools for Caregivers (Virtual)

January 11, 2023-  
February 15, 2023,  
from 10:00am-  
11:30am

### Cancer PATH

(Virtual) January 25,  
2023- March 1, 2023, from 12:30pm-  
3:00pm

### Chronic PAIN PATH (Virtual)

February 21, 2023 – March 28, 2023,  
from 9:00am-11:00am

**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

### Powerful Tools for Caregivers

(Virtual) April 29, 2023 - May 3, 2023,  
from 2:00pm-2:30pm

### Powerful Tools for Caregivers

(Virtual) June 14, 2023 - July 19,  
2023, from 1:00pm-2:30pm

### 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


Contact Brooke @ 989-358-4616



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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F: (989) 348-3537

Robert Boykin, D.C.  
[rboykindc@gmail.com](mailto:rboykindc@gmail.com)



**Veteran's  
Coffee Hour**

February 9th, from 10-11am at the American  
Legion Post #106 For more information call  
989-344-3861.

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## American Heart Month: Smoking and related diseases

Source: District Health Department #10

Did you know that more than 16 million Americans are living with a disease that is caused by smoking? For every one person that dies with smoking being the underlying cause, at least 30 people continue to live with a serious health condition. According to the CDC, "Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis" (CDC, 2020).

Secondhand smoke can also cause chronic illnesses such as stroke, lung cancer, and heart disease in adults. Children exposed to secondhand smoke can also be at risk for sudden infant death syndrome, acute respiratory illness, middle ear disease, more severe asthma, slowed lung development, and respiratory symptoms. Secondhand exposure contributes to around 41,000 deaths per year in nonsmoking adults, and 400 deaths in infants.

"Poisons in cigarette smoke can weaken the body's immune system,

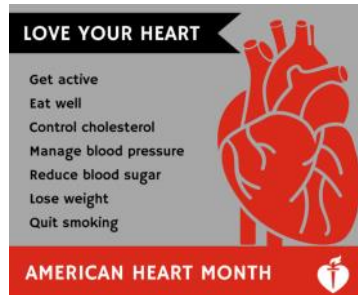
making it harder to kill cancer cells. When this happens, cancer cells keep growing without being stopped" (CDC, 2020). Poisons in tobacco smoke can also damage your DNA. When DNA is damaged, a cell can start to grow out of control and create a cancer tumor.

Smoking can cause raised triglycerides, lower your "good" cholesterol, damage cells that line blood vessels, and can cause thickening and narrowing of blood vessels.

There are different ways to get help with quitting tobacco products. You can contact your local health department for information and a referral

to their tobacco treatment program, get support from a quit line which would include a free quit coach, a free quitting plan, free education materials, and referrals to local quit resources. Call 1-800-QUIT-NOW (1-800-784-8669) for more information. You can do quit counseling individually, or with a group. You can sign up for a texting program, and even visit online sources for assistance.

For the full article on smoking and chronic diseases please visit: [https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)



## CRAWFORD COUNTY LIBRARY News



**The annual LOVE YOUR LIBRARY Event will be held Thursday February 16<sup>th</sup> from 4-6pm. The library is looking for items for the silent auction that will be going on during the event.**

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

February's Book Club read will be "Remarkably Bright Creatures by Shelby Van Pelt" This book is available on our e-readers. Ask clerks at circulation desk for more details. The meeting will take place on Wednesday February 22<sup>nd</sup>, 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 Heidi Brill. Please put your name in the basket by the circulation desk to be drawn for the next Patron Review!

## 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

Mondays, 1:00-2:30pm

**At River House Inc. in Grayling**

Call Lynn or Danyelle to register  
(989)348-3169

### GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders

**At River House Inc. in Grayling**

who have experienced domestic violence  
(directly or indirectly) sexual abuse or  
bullying.

Call RiverHouse, Inc at 989-348-3169 for info.

### GRAYLING AL-ANON

Tuesdays 11am

**St. Francis Episcopal Church, Grayling**

For more info call Greg at 989-348-1382

### HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

**At River House Inc. in Grayling**

Call Barbara to register at (989)348-3169

### 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

### FAITH BASED GRIEF GROUP







Wednesday, 6-8pm

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

For more info call the 989-390-0831




Information visit [www.griefshare.org/about](http://www.griefshare.org/about)

# February 2023 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>Effective January 1st, the cost for a meal at the Senior Center for those under 60 years of age will increase to \$6.50.</div>		<div>1</div> <div>11:30a-12:30p Lunch</div> <div>Chicken Cordon Bleu, Mashed Potatoes &amp; Gravy, Green Beans, Pineapple</div>	<div>2</div> <div>11:30a-12:30p Lunch</div> <div>Macaroni &amp; Cheese with Ham, Harvest Blend Vegetables, Grapes</div>	<div>3</div> <div>11:30a-12:30p Lunch</div> <div>Cabbage Rolls, Parsley Potatoes, Peas &amp; Carrots, Blueberry Yogurt</div>
<div>6</div> <div>11:30a-12:30p Lunch</div> <div>Chicken Tenders, Cheesy Mashed Potatoes, Broccoli &amp; Cauliflower, Orange</div> <div></div>	<div>7</div> <div>11:30a-12:30p</div> <div>Meatloaf, Mashed Potatoes &amp; Gravy, Brussels Sprouts, Strawberries</div>	<div>8</div> <div>11:30a-12:30p Lunch</div> <div>BBQ Pork Sandwich, Dill &amp; Garlic Potatoes, Broccoli, Kiwi</div>	<div>9</div> <div>11:30a-1pm Pickup</div> <div>Valentine's Day Lunch</div> <div>Prime Rib, Rosemary Potatoes, Vegetable Blend, Strawberry Applesauce, Cherry Pie</div>	<div>10</div> <div>11:30a-12:30p Lunch</div> <div>Beef Stew, California Blend Vegetables, Asparagus, Kiwi</div> <div></div>
<div>13</div> <div>11:30a-12:30p Lunch</div> <div>Goulash, Carrots, Green Beans, Applesauce</div>	<div>14</div> <div>11:30a-12:30p Lunch</div> <div>BBQ Chicken, Fried Cabbage w/ Bacon, Parsley Potatoes, Grapes</div>	<div>15</div> <div>11:30a-12:30p Lunch</div> <div>Salsa Chicken, Roasted Corn &amp; Black Beans, Red Skin Potato, Mandarin Oranges</div>	<div>16</div> <div>11:30a-12:30p Lunch</div> <div>Breaded Fish Fillet, Cheesy Mashed Potatoes, Broccoli &amp; Cauliflower, Pineapple,</div>	<div>17</div> <div>11:30a-12:30p Lunch</div> <div>Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi</div>
<div>20</div> <div>President's Day Senior Center Closed</div>	<div>21</div> <div>Cake &amp; Ice Cream Dine-In Only</div> <div>11:30a-12:30p Birthday Lunch</div> <div>Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange</div> <div></div>	<div>22</div> <div>11:30a-12:30p Lunch</div> <div>Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</div>	<div>23</div> <div>11:30a-12:30p Lunch</div> <div>Lasagna, Mixed Vegetables, Grapes</div>	<div>24</div> <div>11:30a-12:30p Lunch</div> <div>Chili w/ Beans, Green beans, Carrots, Apple</div> <div></div>
<div>27</div> <div>11:30a-12:30p Lunch</div> <div>Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Pineapple</div>	<div>28</div> <div>"Create Your Own"</div> <div>11:30a-12:30p Lunch</div> <div>Omelet, Redskin Potatoes, Broccoli &amp; Cauliflower, Grapes</div>	<div></div> <div><div><div>You can Quit!</div><div>We can help!</div><div>1-800-QUIT-NOW</div><div>1-800-784-8669</div><div>Funded by the Michigan Department of Community Health</div></div><div><div>Free!</div><div>Michigan TOBACCO QuitLine</div></div></div>		



# February 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9-11am Pickleball –M72 <b>9:30-10:30am</b> <b>Commodities – St. Mary's Church</b> 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong - Lawndale	<b>2</b> 9-11pm Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale <b>3pm – Medicine Shoppe Bingo - Lawndale</b>	<b>3</b> 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
	<b>6</b> 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club - Lawndale <b>1pm Grief Support Group</b>	<b>7</b> <b>9am Quilting - Lawndale</b> <b>9-11am Pickleball –M72</b> 10am Zumba –M72 10am Bible Study 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	<b>8</b> 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	<b>9</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 <b>11:30am-1pm Valentine's Day - Lawndale</b> 2pm Penny Bingo – Lawndale
<b>13</b> 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale <b>1pm Michigan State Plan on Aging Community Conversation</b>	<b>14</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	<b>15</b> 9-11am Pickleball –M72 10am SilverSneakers M72 <b>11am Alzheimer's Support Grp. @The Brook of Grayling</b> 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	<b>16</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 <b>11:30am-12:30pm Taste Testing New Menu Items</b> 1pm Penny Bingo – Lawndale	<b>17</b> 9-11am Pickleball - M72 <b>10am – Sound Healing &amp; Meditation - Lawndale</b> 1pm Pantry Bingo – Lawndale <b>2-4pm Cooking for One</b>
<b>20</b>  <b>President's Day Senior Center Closed</b>	<b>21</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am –Indoor Walking–M72 <b>11:30-12:30pm Birthday Lunch – Lawndale</b> <b>1pm Grief Support Group</b> 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	<b>22</b> 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 <b>11am – New to Medicare – ZOOM</b> 1pm – Mahjong – Lawndale	<b>23</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 <b>12:30pm Penny Bingo – Lawndale</b> <b>Senior Center Closed 2:30pm</b>	<b>24</b> 9-11am Pickleball – M72 1pm Pantry Bingo – Lawndale <b>2-4pm Cooking for One</b>
<b>27</b> 9-11am Pickleball M72 10am SilverSneakers M72 <b>12-3pm Foot Clinic –Appt. Req. – Lawndale</b> 1-4pm Chess Club, Lawndale <b>1pm Grief Support Group</b>	<b>28</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72			



# Assistance to Help You Maintain Your Independence

## 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

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.

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 December 2022!**

### **At the Senior Center**

- We served **754** Congregate Meals

### **In-Home Services**

- Delivered **2771** home delivered meals.
- Provided **74.25** hours of respite care.
- We provided **2215.5** hours of homemaker services.
- We provided **74.25** hours of bathing assistance services.

### 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, \$6.00 cost.

#### **Home Delivered Meals**

(Meals on Wheels)

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

#### **Senior Project Fresh**

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

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

### In-Home Services

### 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.

### **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**

### 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)**

### Cost for Services

Almost all of the services offered are available

## **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.



**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](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com),**  
**or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**







## 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.

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.

## DETERRA 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 Tip: Know your winter weather terms:

#### Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or

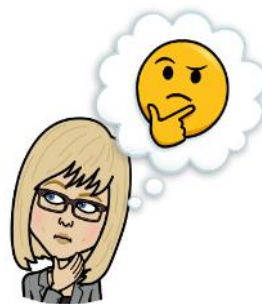
occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

#### Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

#### Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.



## Pull Ups, Pads & Cream Available at the COA

These products available for older adults 60 and over. Please call Kathy at (989) 348-7123.



## Medicare Open Enrollment Results

2023 Medicare Open Enrollment ended on December 7th.

Our Medicare counselors, Sandra Woods and Tammy Findlay, navigated an unprecedented open enrollment season working by phone or ZOOM to assist 68 individuals. Some 114.00 hours were spend counseling older adults in Crawford County over the span of 7 weeks. Altogether those people who chose to switch prescription drug plans are estimated to save \$44,733 in 2023. Their dedication and their knowledge of the Medicare/Medicaid programs is key to making the Medicare/Medicaid Assistance Program work for Medicare recipients in Crawford County. Thank you, Tammy and Sandy, for all your hard work!!!



**Medicare**

## Stay in the Know!

You've Got Mail

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

Signing up is easy; just send an email to [director@crawfordcoa.org](mailto: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.



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.

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

vernaculate  
synteresis  
millesimal  
praxis  
allochthonous  
vocative  
knubble  
apiology  
coralligenous  
abiturient  
spargosis  
stithy  
carboy  
porphyrogeniture  
opprobrium  
constuprate  
coquillage  
colloquy  
abditive  
oryzivorous  
stultiloquence  
proxenete  
mbalax  
fresnel  
winterbourne  
kish  
novantique  
actinotherapy  
psychography  
credal  
nuncupative  
supersolid  
cenoby  
liberticide  
reglementation  
relâche  
phytology  
malleation  
dinomania  
itis  
yestertempest  
coquicide  
ephemeris  
eromancy  
satisfice  
elocation  
isoquant  
cinnabar  
sobriquet  
prevenient

## Cook's Corner

### Vegetable Cheese Chowder Servings- 1

¼ c. each

Ingredients:

1 10 oz. pkg.

frozen mixed

vegetables

¼ tsp. salt

½ c. boiling water

dash of pepper

2 T. margarine

1 c. milk

2 T. flour

½ c. shredded cheddar cheese



Add vegetables to boiling water. Cover; simmer for 10 minutes. Make a white sauce using margarine, flour, seasonings, and milk in a saucepan. Add cheese and stir until melted. Add undrained vegetables. Heat; do not boil.

### Split Pea Soup 4 Servings - 4 Servings-1

¼ c. each

1 ¾ c. dried peas

⅛ tsp. pepper

2/3 c. chopped onion

⅛ tsp. oregano leaves

2/3 c. shredded carrots

1 Bay leaf

½ tsp. salt

4 ¼ c. boiling water



Add all ingredients to boiling water. Return to boil. Reduce heat, cover, and boil gently until peas are tender, about 40 minutes. Uncover and cook, stirring occasionally until desired thickness is obtained, about 5 minutes. Remove the Bay leaf. After serving, refrigerate the remaining soup for another meal. The soup will keep for 3-4 days in the refrigerator. **Note:** To reheat the soup, stir in ¼ c. water. Heat until soup starts to boil, stirring as needed to prevent sticking.

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

**Grayling Save a Lot**

Purchase of

**Grissom Split Top Wheat Bread** 20oz loaf **99¢**

Valid Feb 1st, 2023 thru Feb 28th, 2023

Limit 2 Please with coupon

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

Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

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**Ryan T. Hamilton, Au.D.**

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[rhamiltonaud@gmail.com](mailto:rhamiltonaud@gmail.com)

[www.advantagehearingonline.com](http://www.advantagehearingonline.com)

Gaylord Office

321 E. Main Street

P: 989-448-2500

Grayling Office

2375 Bus. Loop 1-75

P: 989-745-6667



**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



# Making Comfort Foods Healthier This Winter

Joyce McGarry, Michigan State University Extension

Winter food cravings: Why we crave and how to satisfy in a healthy way.

The idea of eating more food in the winter months has evolved from our ancestors who needed the extra calories to keep their body warm. Now with central heating in our homes and workplace, we no longer need the extra calories for heat conservation. Comfort foods are defined as sweet, fatty and calorie-dense.

Historically, lighter, cooler foods, such as fresh fruits and vegetables have not been available in the winter months and the starchy, high carbohydrate foods were eaten more often.

People tend to turn to comfort foods when the weather is cold and damp. Michigan State University Extension says that cravings for sweet, salty, creamy and fatty foods increase in the colder months. These comfort foods are thought to alleviate anxiety or stress. Eating an extra 100 calories a day can lead to a 10 pound weight gain in one year.

It is possible to eat satisfying, enjoyable comfort foods without gaining weight. Choose hearty, homemade soups rather than creamy-based soups. Slip in additional vegetables in your soups and stews for added nutrients. Choose sweet potatoes as an alternative to white

potatoes to boost the nutrition or a high protein meal of lean meats can keep you feeling full longer and help to satisfy carbohydrate cravings.

There are easy changes that can be made to favorite comfort foods, such as:

Shepard's pie – Substitute the ground beef for ground turkey or ground chicken.

Chocolate – Look for 70 percent cocoa; skip milk chocolate and make hot chocolate with low-fat milk.

Macaroni and cheese – Use whole grain pasta and skip the boxed versions.

Don't forget that exercising at home and participating in active outdoor activities during the winter months can both burn calories and boost your mood. Simple modifications and experimenting with recipes can help boost nutrients and lower the fat and sugar of many calorie dense comfort foods.

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>.



## 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.

## Grief Support Group

Need to talk? One of the best things you can do to help yourself in time of grief is to get together with others who have experienced similar losses. This needs to

happen in a safe, non-judgmental environment so that you can share your experiences and feelings safely.

You are invited to join a Grief Support Group for those who have experienced the death of a loved one. It is a multi-week program for bereaved persons providing understanding of the grief process: Exploring the emotions of grief, identifying the personal uniqueness of grief, and establishing support systems. Please join us for support, hope, and healing.

When 6 Mondays, 1:00pm – 2:30pm February 6th through March 20th (skipping week of Feb 13th and shifting to Tuesday on Feb 21st) At the Crawford County Commission On Aging, 308 Lawndale Street.

All sessions are free. Pre-enrollment is requested. For more information call: Lon Cook, Bereavement Coordinator Promedica Hospice of West Branch 989-387-3390



## Register Soon for the Valentine Day Luncheon!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Valentine Day Luncheon on **Thursday, February 9th from 11:30am - 1pm**. On the menu will be **Prime Rib, Rosemary Potatoes, Vegetable Blend, Strawberry Applesauce, Cherry Pie 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 \$6.50.



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/>





## 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!*



## 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.

## Upcoming Online Classes

### MINDFUL WEDNESDAY IMPORTANCE OF ADULT SIBLING RELATIONSHIPS

February 1, 2023 12:00PM – 1:00PM

### SLEEP (FEB 2- MAR 9, 1-1:30PM)

February 2, 2023 – March 9, 2023

### MINDFUL MONDAY MINDFUL WALKING

February 6, 2023 11:30AM – 12:30PM

### PROTECTING YOUR IDENTITY - FEBRUARY 7, 2023

February 7, 2023 12:00PM – 1:00PM Zoom Webinar

### RETIREMENT MYTHS AND FACTS - WEBINAR FEBRUARY 8, 2023 MCC

February 8, 2023 12:00PM – 1:00PM Zoom

### ONLINE STRESS LESS WITH MINDFULNESS COFFEE HOUR FEB2023

February 9, 2023 – March 9, 2023 Zoom

### MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - FEBRUARY 9, 2023

February 9, 2023 12:00PM – 1:00PM Zoom webinar

### CHRONIC DISEASE PATH (PERSONAL ACTION TOWARD HEALTH) ONLINE SERIES

February 10, 2023 – March 24, 2023 11:00 am-1:00 pm ET Online via Zoom

### RELAX: ALTERNATIVES TO ANGER ONLINE FEB2023 1-2PM

February 13, 2023 – March 6, 2023 Zoom

### WHO GETS GRANDMA'S YELLOW PIE PLATE? - PASSING ON PERSONAL POSSESSIONS - FEBRUARY 14, 2023

February 14, 2023 12:00PM – 1:00PM Virtual MINDFULNESS FOR WELLBEING2.14

February 14, 2023 – April 4, 2023 webinar

### MINDFUL WEDNESDAYS CHANGING NEGATIVE SELF-TALK

February 15, 2023 12:00PM – 1:00PM

### CHRONIC PAIN PATH FEBRUARY 21- MARCH 28

February 21, 2023 9:00AM – 11:00AM Online

### MINDFUL MONDAY BE KIND TO YOUR MIND

February 27, 2023 11:30AM – 12:30PM

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

**See Page 9 for a full list of COA activities!**

**Thompson Treusch**  
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Specializing in General Practice  
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989-745-6625



## Cooking For One

In Partnership with District Health Department #10, Michigan State University Extension, Munson Healthcare Prescription for Health, and Crawford County Commission on Aging

**Earn up to \$100 in fruits and vegetables** by attend Cooking for One Seminars.

Over the course of six, 2-hour lessons, you will: Learn ways to make cooking for one simple and enjoyable

- Learn and discuss helpful tips and tricks to making healthy choices on a budget.
- Participate in cooking real recipes for one

To receive \$100 in vouchers you must attend all six weekly classes and complete pre and post session surveys.



**The Cost is FREE** but you must be a resident of Crawford County and be 18 years of age.

(Vouchers are redeemable at any Family Fare location in Michigan)

**Dates:** Fridays from 2:00 pm – 4:00 pm starting February 17<sup>th</sup> – March 24<sup>th</sup>

**For more information contact:** Crawford County Commission on Aging at 989-348-7123

## Advanced Care Planning

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

**START the CONVERSATION**  
Make it known how you want to LIVE.

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 1, 10 am - noon

April 5, 10 am - noon

June 7, 10 am - noon

August 2, 10 am - noon

October 4, 10 am - noon

December 6, 10 am - noon

Register by calling us at 989-348-0296

To register for virtual classes, please visit [munsonhealthcare.org/advancecareplanning](https://munsonhealthcare.org/advancecareplanning)

## Stay in the Know!

You've Got Mail

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

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail. Signing up is easy; just send an email to

[director@crawfordcoa.org](mailto:director@crawfordcoa.org)

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

## Tax Preparation

Just a reminder that the Northern Michigan Free Tax Service closed its doors in 2021. The COA was asked to take over this program, but a volunteer leader has not come forward so there will be no tax aide program in 2022. 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](http://www.smithassocmi.com)  
989-348-2811
- **ATS Advisors**  
[www.atscpas.com](http://www.atscpas.com)  
989-348-4055
- **H & R Block**  
[www.hrblock.com](http://www.hrblock.com)  
989-348-8978
- **Coulter LLC**  
[www.coulterstaxservice.com](http://www.coulterstaxservice.com)  
989-889-1555
- **JPK Accounting**  
989-348-8990



## Things We Collect!

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

- Family Fare Receipts
- Used Cell Phones
- Our Family UPC Labels

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# Boar's Head

PREMIUM DELI MEATS & CHEESES

989-344-5554 [tworiverdeli.com](http://tworiverdeli.com)  
203 Ionia St. across from Spikes Keg O Nails

The **Two River Deli** is doing a Monthly sandwich donation, 50 cents from each Meatball sandwich will be donated to Meals on Wheels in February.

**The Meatball - \$11.99**

Italian meatballs  
Marinara sauce  
Mozzarella cheese  
on a toasted Onion  
sub roll



The next CSFP Food Distribution will be Wednesday, **February 1st** 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!

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

**EMPTY**  
PROPANE  
TANKS



# State Plan on Aging Community Conversations

The Bureau of Aging, Community Living and Supports in the Michigan Department of Health and Human Services is conducting a Needs Assessment to inform the development of Michigan's State Plan on Aging for Fiscal Years 2024-2026. The voices of Michigan's older adults are critical to the plan, and the Bureau will be distributing surveys and conducting community conversations both online and in-person at locations across the state during January and February.

The Crawford County Commission on Aging and Senior Center is pleased to be hosting a Community Conversation on Monday, February 13<sup>th</sup> beginning at 1:00 pm. Please RSVP to participate in the Community Conversation by calling 989-348-7123. To learn more about the statewide needs assessment and planning efforts, please contact State Assistant Administrator Tammy Lemmer at 517-230-9707 or via email at [LemmerT1@michigan.gov](mailto:LemmerT1@michigan.gov).



## Use Your Bridge Card for Congregate Meals!

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.



## Join the conversation. We want and need your input!

The voices of Michigan's older adults are critical to the State Plan for Aging Services and Supports. The Bureau of Aging, Community Living, and Supports (ACLS Bureau) wants to hear from Older Adults and their Caregivers.

**Topic:** Michigan's State Plan on Aging Needs Assessment for Fiscal Years 2024-2026

**Date:** Monday, February 13, 2023

**Time:** 1:00 p.m. - 2:30 p.m.

**Location:** The Crawford County Commission on Aging and Senior Center  
308 Lawndale Street  
Grayling, MI 49738

**RSVP:** Contact the Crawford COA at 989-348-7123

## 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.



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/](https://facebook.com/CrawfordCOA/)

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

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