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## What 61 Years of Marriage Might Teach Us

*By Toby Neal*

February in Northern Michigan brings continued cold temperatures, snowstorms, and icy blasts as Old Man Winter reaches out in a futile attempt to extend his stay. Amidst this chilly time of the year, hearts are warmed with the reminders of love and affection with Valentine's Day smack dab in the heart of the month. Love's warmth, like winter's chill, does not seem to last year around for some people.

In a day and age when love's last touch and commitment seem to be waning, it is stories like Bruce and Jan Zalobsky's that can help remind us that unlike winter, love can stay.

The Zalobsky's story begins almost 61 years ago, "almost a year after I got out of the service," Bruce calculated. While Jan was raised in the westside of Detroit and Bruce

from the eastside, a blind date, set up by friends, brought them together in 1962. Jan had dated one of Bruce's friends, but "he was too short for me," she joked. "At that time, I was five foot eight inches tall and with three-inch heels on, I sort of towered over him." Needless to say, she was relieved when she



saw Bruce was taller than she was. Soon, westside and eastside became inseparable, and at first Jan's father, who was a very punctual person and valued timeliness, was not a fan of Bruce. "Well, Bruce was perpetually late for one reason or another," Jan quipped, "most of

the time those reasons were legitimate." In order to help Bruce gain her father's favor, Jan concocted a plan. "If Bruce said he would be there at 6:30pm, I would tell my parents that he would be there at 7 o'clock," Jan smiled, "and they would never know if we was ever late." Jan's father's angst did not persuade her from dating Bruce, however.

"Bruce was *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**

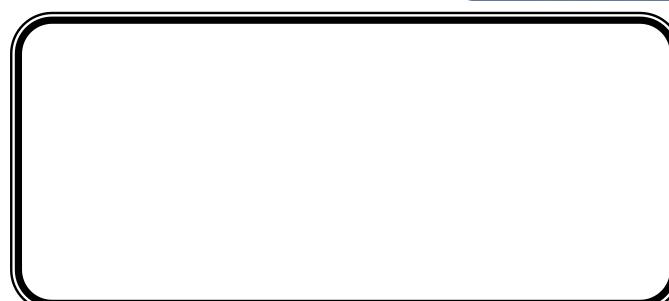
## Hours of Operation

Monday - Thursday  
8:30am to 6:00pm  
Friday  
8:30am to 4:30pm

308 Lawndale St  
Grayling, MI 49738

Phone  
(989) 348-7123  
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## **Senior Gazette Staff**

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[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:

Alice Snyder, Director  
Tammy Findlay, Advocacy & Resource Coord.  
Lynn Cheney, Office Manager  
Receptionist: Helen Nolan & Patty Lemmons

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

Sarah Pollock, In-Home Services Manager  
Jan Williamson, RN  
Kathy Meisner, Program Assistant  
Todd Lako, Maintenance

Homemakers: Kathy Jacobs, Tasha Cdebaca,  
Susan Randall & Danette O'Hara

## **Want to Learn about Aging Services?**

### **Do you like to Advocate?**

The Region 9 Area  
Agency on Aging  
(AAA) currently has  
vacancies on their  
advisory board, the  
Northeast Michigan  
Regional Council on  
Aging (RAC). This is  
the official advisory council to the  
Northeast Michigan Community  
Services Agency (NEMCSA) Board of  
Directors for the Region 9 AAA. The  
Council is comprised of  
representatives from counties in  
Northeast Michigan. The Crawford  
County Commission on Aging has 2  
representatives on the Council.  
Currently, we have 1 vacancy.

Six meetings are scheduled for the  
4th Monday of the month at 1:00 pm  
at the NEMCSA main office in Alpena,  
2569 US-23 S, Alpena, 49707. Virtual  
options are offered.

Current board member, Lorelei King  
states “The RAC committee exposes  
me to the current issues facing Senior  
Citizens (and those with disabilities)  
and how our community is impacted.  
I’ve learned how our region is funded  
for programming and what key issues  
are being discussed locally, within the  
State and Federal levels. Guest  
speakers on issues from housing,  
transportation, nutrition, health, and  
all types of topics attend our meetings  
and let us know how we can help. I  
then share the information with the  
Crawford County Commission on  
Aging Board and Staff. The  
opportunity to network and learn is a  
very engaging atmosphere. My voice  
matters! YOUR voice matters.”

If you have interest in applying,  
please contact COA Director, Alice  
Snyder at (989) 348-7123 or  
[director@crawfordcoa.org](mailto:director@crawfordcoa.org).



## **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)







## Thank you to our COA Volunteers

Camay Alderson	Christa Linderer
Rikley Bronson	Dave Markle
Donna Brown	Michael Matuzak
Ben & Pam Carr	Linda McClain
Kelly Canter	Dan McCarthy
Debbie Carrigan	Dean McCray
Judy Crook	Barb McCray
Mitchell Crow	Tim Miller
Faith Dandois	Marlyn Neuberger
Carolyn DiPontio	Mark Ostahowski
Ann Donley	Stephanie
Diana Doremire	Ostahowski
Rich Ferrigan	Lois Platt
Dusty Freeman	Shelly Quintano
Mary Garcia	Keith Radwanski
Emily Gazvoda	Tom & Deb
Janet Gilbert	Rawlings
Mary Jo Gingerick	Stephanie Riemer
Sherry Haag	Chuck & Robin
Sharron Hagerman	Rodgers
Donn Handy	Orvetta Roggow
Patty Hawkins	Karl Schreiner
Val Hendricks	Sally Slicker
David Henion	Mary Sloan
Susan Hensler	Brad Summers
Annette Hrith	Cheryl Starr
Donna Hubbard	Ann Stephenson
Francis Hummel	Farrell Thomas
Cindy Johnson	Ellen Thompson
Eileen & Ron	Ken Thurston
Kemerer	Martha Trenkner
Glenn & Lorelei	Becky Walrath
King	Carol Wilder
Ron Larson	Paul Wilson
Alice Lee	Sandra Woods
Nancy Lemmen	
Kirsten Lietz	

*Thank you!*

## 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*

Senior Center Birthday Lunch  
 Tuesday, Feb 27<sup>th</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.*



## 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.

## 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.



## 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!



## Tammy's Tips:

### Smelly Litter Box

Cats appreciate a clean toilet and tend to look for other places to empty themselves when confronted by a full litter box. A cat's sense of smell is many times more acute than your own. Even a mild odor can be off-putting to your pet, so keep the litter box clean and change the litter frequently.



## Veteran's Coffee Hour

Thursday, February 8th, — 10:00-11:00 AM  
 American Legion Post #106  
 info: (989) 344-3861



*continued: 61 Year of Marriage from page 1*

a gentleman and nice and a lot of fun to be around. He and his group of friends were great to be with," Jan stated. The group of friends they made then were mostly couples who ended up being or getting married and are still to this day. "Fortunately, all of us, with the exception of one guy, are still married." So, what is the secret of Zalobsky's lasting marriage? One of the keys is investing your time in friendships with other committed couples.

Bruce and Jan were inseparable from that first date and married a year later. Jan was raised in the Catholic Church, and Bruce the Presbyterian. "We were married in the Catholic Church, but a good pastoral friend of a Presbyterian church actually did our premarital counseling," Bruce shared. That pastor gave the young couple a piece of marriage advice that they use to this day. "He told us to never go to bed mad. Stay up, talk it through, because whatever it is will fester during the night. Talk it through, and gently resolve it with each other," Jan explained. Another key to a lasting relationship is resolving your problems in a timely and loving manner.

The Zalobsky's became involved in a Dearborn area church after their marriage. Jan was a Sunday School teacher and eventually was a member of the choir. "I became a choir roadie," Bruce joked. "I helped seat people for the choir events and get things set up and taken down." Jan and Bruce did things together. The Zalobsky's continued their church involvement through the span of their marriage and included their children, five in total, in their church traditions. Faith and tradition are an integral part of their family's closeness and may also be an important part of their story being a



lasting one.

One tradition that became a lasting one in the Zalobsky family was coming up from the Dearborn area to Northern Michigan to camp and visit the AuSable River. Bruce grew up as an avid fly fisher, the AuSable being an ideal destination for every fisherman, and became accustomed to visiting this area. Every May, Jan would have everything packed and ready to go when Bruce finished work and they would spend their vacation camping on the AuSable River. Rain, snow (it does snow in May in Northern Michigan), or shine, the Zalobsky's would camp along the river, and as a result, their family would come to love Northern Michigan as well. Another indicator of a relationship's lasting success might be building and passing on traditions with those you love.

All relationships, especially lasting ones, have both good and bad times. That was no different in the Zalobsky's relationship. "When I was 40, the union closed our shops," Bruce shared. Looking at what to do next for the stability of their family, Bruce decided to go into business for himself. Taking the skills and connections he had made; Bruce included his wife in his proto-type shop. Through this shop, Bruce, Jan, and their team would work on projects for Ford, NASA, and other large corporations. Some of these projects led the Zalobsky's to have some great experiences together, one of which was making parts for the Yankee Airforce B-25's. Bruce negotiated rides in the famous plane for him and his wife as payment for the parts. The

Zalobsky's were always thinking of each other and experienced a variety of things together. They also built the Motor-trend Trophy, which is world famous. Bruce always tried to include Jan in the business, along with his children who helped throughout the years, and they themselves would also become entrepreneurs, most of them running their own business to this day. While having one career door closed was bad, the Zalobsky's turned it into an open door that, together, they would use to build a life they always wanted, including allowing them to build their beautiful log home near the AuSable River. Another key to their lasting relationship was keeping each other in consideration and involving each other in their daily lives.

The Zalobsky's shared that all their children have been blessed with lasting marriages as well. They are thankful for their example and effort having made an impact on them. When asked if they had any advice for couples and how they too could have a long-lasting relationship, Jan Zalobsky said, "we do not really give advice. Just figure it out, together. Just hang in there." Bruce, however, offered these words of wisdom, "go by the Chinese calendar; the Chinese Zodiac is correct," joked Bruce. On one of their early dates, they consulted the Chinese Zodiac signs on the restaurant placemats. "All of our kids have married someone compatible with their sign," Bruce said with a wink. Maybe the key to a lasting relationship is belief, or dates to a Chinese restaurant...



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





# New Building Update - February 2024

by Alice Snyder, Commission On Aging Director



## New Building - Room Naming Donors

**Nutrition Manager Office**  
*In Honor of Thekla Lehoux*  
Cindy & James Johnson

**Copy Room**  
Bonnie & Tad Randolph

**Conference Room**  
*In Memory of Jack Mahank*  
Tom Jarosz

**Outdoor Patio**  
McClain & Son Construction, Inc.

**Dining Room**  
Grayling Promotional Association

**Director's Office**  
*In Honor of Alice Snyder*  
Tom Jarosz

**Lobby**  
Weyerhaeuser

**Fireplace**  
Grayling Township

**Kitchen**  
Allen Foundation

**Exercise Studio**  
*In Honor of Melanie Conway*  
Tom Jarosz

**Break Room**  
Terry & Charlotte Bloomquist

**Office Manager Office**  
*In Honor of Lynn Cheney*  
Tom Jarosz

**In-Home Services Office**  
*In Celebration of Justin and Corinne Williamson and the joining of their families in marriage*  
The Williamson Family

**Advocacy and Resource Office**  
Friends of Frederic  
**Program Assistant Office**  
*In Honor of Kathy Meisner*  
Tom Jarosz

## New Building - Sponsored Item Donors

**Bike Rack**  
Brad, Kate & Ellie Wagner  
**Spruce Tree**  
*In Memory of Jess L. Birtcher*  
AJD Forest Product  
**Spruce Tree**  
*In Honor of Charlotte Ippolito*  
Tom Jarosz  
**Spruce Tree**  
*In Memory of Christine Sayad*  
Tom Jarosz

**Spruce Tree**  
*In Memory of Albert L. Quaal*  
AJD Forest Product  
**Spruce Tree**  
*In Memory of Roy Bryant*  
Tom Jarosz  
**Spruce Tree**  
*In Honor of Connie Bialach*  
Tom Jarosz  
**69inch Bench**  
Mark & Suzanne Ostahowski



Out Door Sign



Black Hill Spruce



## New Building Naming Opportunities

The Crawford County Commission on Aging & Senior Center is proud to present the opportunity for our community to partner with us as we continue our mission to advocate and promote the well-being and independence of all older adults of Crawford County. The COA intends to permanently recognize it's donors by displaying their names near the area sponsored for all to see.



There is also an important opportunity for a donor(s) to help us fund Phase II which includes the addition of a gymnasium which has a 2 lane walking track and 2 pickleball courts. This ask is \$3 million dollars. For more information or discussion about opportunities please contact Director, Alice Snyder at (989) 348-7123.

**Come visit us!**

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

A Non-Profit Faith-Based Organization

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

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1100 E. Michigan Ave - Grayling, MI 49738

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cornellinsurance.com

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## New Building Update - February 2024

by Alice Snyder, Commission On Aging Director



### Sponsored Item Opportunities

The Crawford County Commission on Aging & Senior Center is proud to present the opportunity for our community to partner with us as we continue our mission to advocate and promote the well-being and independence of all older adults of Crawford County. Markers will be placed by each item to recognizing the donor. Donors can name the items in honor or memory of someone as well.

#### **Black Hills Spruce Trees \$400**

Thirty beautiful trees will provide a visually pleasing, natural fence lining the west property line between the COA and Grayling Car Care

#### **Outdoor Benches**

1 Available @ \$2,500 - 69inch long  
2 Available @ \$3,500 – 118inch long  
w/ Center Arm

These outdoor benches are wood slat seat and back with arms on the ends and in the center to assist older adults in standing up.

#### **Outdoor Sign \$50,000**

This electronic message center will be positioned outdoors in the median between the driveways in and out of the parking lot. This will allow the COA to advertise to the high traffic volume on M-72 East.

#### **Local Artwork Coming in March!**

The COA is partnering with our local downtown businesses to decorate the walls of the new Senior Center. Art will be selected from the following businesses for your purchase and recognition.

AuSable Artisan Village ~ Main  
Branch Gallery ~ Ron's Fly Shop

#### **Outdoor Storage \$25,000**

The 24x24x12 tall building will be built in summer of 2024 behind the new Senior Center.

#### **Lawnmower \$4,000**

Our plan is to purchase a riding lawnmower which volunteers will use to mow the lawn throughout the summer.

#### **Window Coverings \$3,500**

We have all new windows that will need blinds. In addition to helping to see TV/Computer screens, these will also help with heat control in all seasons.

### Policies & Procedures @ the New Senior Center

#### **Audio/Visual Recordings**

Please be aware that there are cameras installed inside and outside the new Senior Center. These cameras can record both audio and visual (picture).

#### **Smoke Free Campus**

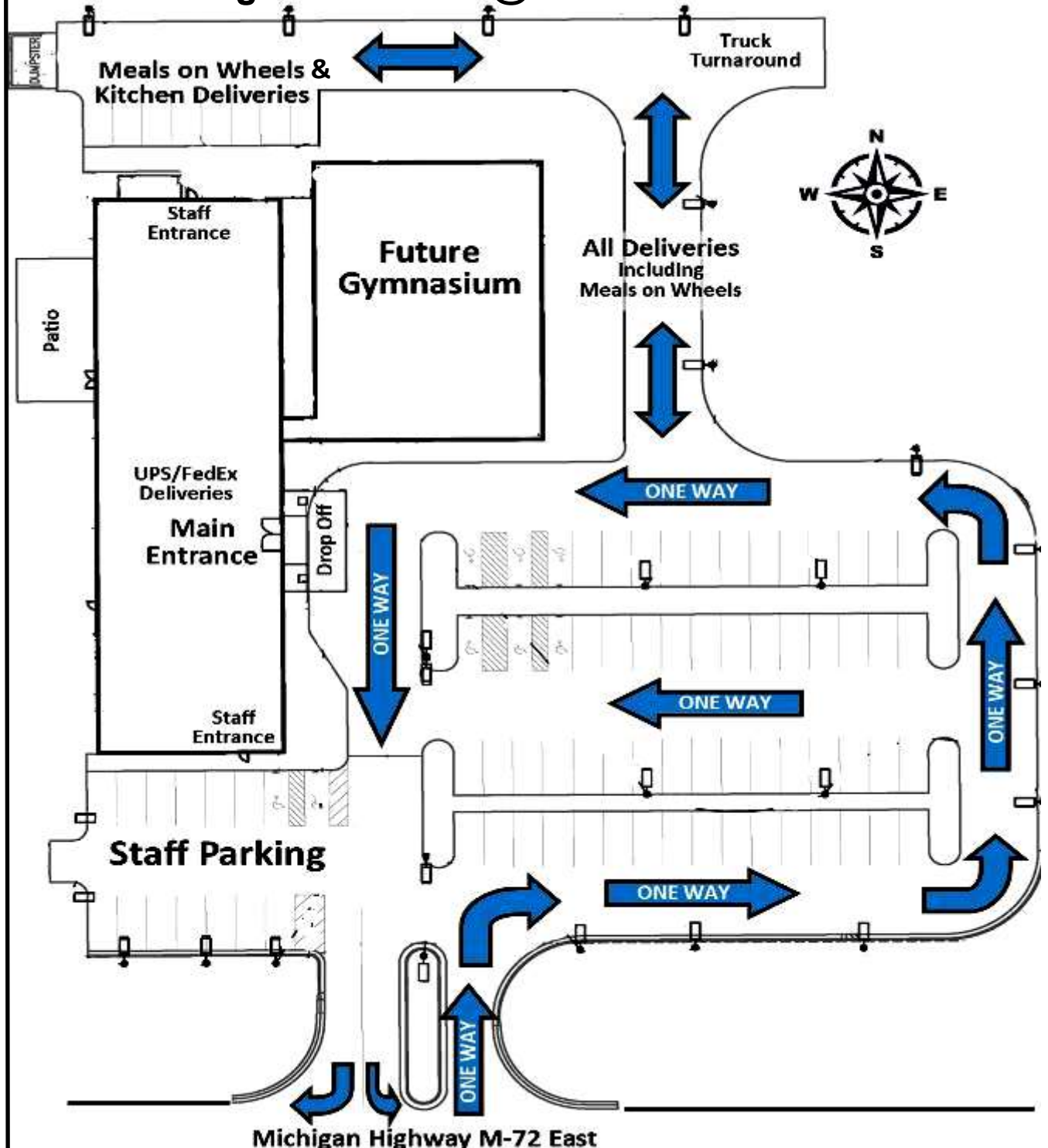
Because part of our mission is to promote health and well-being, the new policy for the Crawford County Commission on Aging & Senior Center's is to provide a tobacco-free environment for all employees, volunteers and visitors. All tobacco products including, but not limited to cigarettes, cigars, smokeless tobacco, electronic cigarettes and vaping are

prohibited. Tobacco use of any kind is prohibited on all internal and external property and parking lots (excluding inside private vehicles).



#### **Service Animals**

According to the ADA, only dogs are recognized as service animals. These dogs are individually trained to do work or perform tasks for people with disabilities. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA. A service animal must be under the control of its handler and be harnessed, leashed or tethered. Outside of service animals, no other animals will be allowed in the building.

### Parking & Deliveries @ the New Senior Center



# February 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div><b>Dinner</b> 4:00pm to 5:30pm</div> <div><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</div>		<div></div> <div><b>Running Talley of Support:</b> <b>31 days, \$9,350</b> <b>Thank you!</b></div>	1 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:00-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	2 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
5 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:00-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	6 Breakfast Presentation 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:00-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	7 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:00-5:30p Dinner Meatloaf, Mashed Potatoes & Beef Gravy, Broccoli, Strawberries, Wheat Bread	8 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:00-6:00pm Valentine's Dinner Baked Manicotti, Caesar Salad, Garlic Breadstick, Fresh Strawberries, Tiramisu	9 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas and Onions, Orange
12 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:00-5:30pm Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi	13 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:00-5:30pm Dinner Beef Tips, California Blend Vegetable, Pear	14 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:00-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	15 11:30a-12:30p Lunch Chicken Cordon Blue, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:00-5:30pm Dinner Beef Stew, California Blend Vegetable, Apple	16 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
19  Closed  President's Day	20 11:30a-12:30p Lunch Tomato Parmesan Pasta, Italian Blend Vegetables, Orange 4:00-5:30pm Dinner Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	21 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:00-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	22 Taste Testing 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:00-5:30pm Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	23 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
26 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:00-5:30pm Dinner Chicken Tacos, Refried Beans, Kiwi	27 Cupcakes & Ice Cream 11:30a-12:30p Birthday Lunch Taco Salad, Corn, Grapes 4:00-5:30pm Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	28 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:00-5:30pm Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	29 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:00-5:30pm Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana	



# February 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	2 10:30a Fit for the Aging @ Library 1p Pantry Bingo
5 9:30a Pokeno 9:30a Valentine Decorating 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club	6 9am Friends of a Feather Quilting 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers	7 9:30-10:30a – Food Commodities at <b>St. Mary's Church</b> 10a Silver Sneakers 1p Mahjong	8 10a Zumba Gold 4p – 6p Valentine's Dinner	9 10:30a Fit for the Aging @ Library 1p Pantry Bingo
12 10a Silver Sneakers 1-4p Chess Club	13 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers – Tinkers	14 10a Silver Sneakers 1p Mahjong	15 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo	16 No Fit for the Aging Library Closed 1p Pantry Bingo
19 No Silver Sneakers Library Closed  Closed  President's Day	20 10a Zumba Gold 10a Bible Study 4:30p COA Board Mtg 5:30p Diamond Dancers - Tinkers	21 10a Silver Sneakers <b>11a Alzheimer's</b> Support Grp. at The Brook in Grayling 1p Mahjong 5p Nutrition Education – Food Choices & Chronic Illness	22 9:30a Pokeno 10a Zumba Gold 11:30a-12:30p Taste Testing – Chicken Salad 1p Penny Bingo	23 10:30a Fit for the Aging @ Library 1p Pantry Bingo
26 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club	27 10a Zumba Gold 10a Bible Study 11:30 -12:30p Birthday Lunch Party 5:30p Diamond Dancers – Tinkers	28 10a Silver Sneakers 1p Mahjong	29 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo	Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.



# 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 December 2023!

### At the Senior Center

- We served 693 Congregate Meals

### In-Home Services

- Delivered 3563 home delivered meals.
- Provided 99 hours of respite care.
- Provided 232.75 hours homemaker services.
- Provided 50 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**





# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## FRAUDSTERS NEVER GO ON VACATION

Fraudsters will never take a break. While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:



Visit our Protect Yourself from Social Security Scams webpage at [www.ssa.gov/scam](http://www.ssa.gov/scam) for information on what tactics scammers use and how to report them.

Check out the Federal Trade Commission's page at [consumer.ftc.gov/scams](http://consumer.ftc.gov/scams) for additional scam-related information.

Here are some tips to follow when you identify a potential scammer:

Hang up right away or ignore the message.

Never give personal information or money.

Report the scam immediately to our Office of the Inspector General at <https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

Threaten you with arrest or legal action because you don't agree to pay us money immediately.

Promise a benefit increase in exchange for money.

Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at [www.blog.ssa.gov](http://www.blog.ssa.gov). Please share these useful resources with your loved ones.



MEALS ON WHEELS  
LOVES PETS



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.

## Double Up Food Bucks

Have a Bridge Card? Double Up Food Bucks matches your EBT purchases dollar-for-dollar, up to \$20 a day! There's no daily limit on spending the Double Up you've earned.



GET DOUBLE THE  
FRUITS & VEGGIES  
WITH DOUBLE UP FOOD BUCKS



## One of the Nation's 15 Top Health Systems



MUNSON HEALTHCARE

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

## Upcoming Online Classes from the Area Agency on Aging

### Caregiver Webinar Series

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



### Healthy Living Webinar Series

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

### Chronic Pain Path

(Online via Zoom)

Every Monday, 1pm to 3pm  
February 14th thru March 26th

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



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Independent, Assisted  
& Memory Care Living





# Random Word Search Puzzle

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

researcher	legislation	responsible	possession	brainstorm
contribution	consolidate	production	motivation	fashionable
entertainment	transition	competition	helicopter	indication
circulation	accessible	discrimination	identification	disappoint
correspond	miscarriage	confrontation	complication	progressive
replacement	girlfriend	reflection	compensation	inhabitant
celebration	relinquish	registration	disappointment	intermediate
overcharge	assumption	motorcycle	nationalism	mechanical
anniversary	firefighter	operational	consideration	conscience
rehabilitation	occupation	litigation	resignation	houseplant

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!  
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 • Our Family UPC Labels

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**Ralph Oppermann D.D.S.**  
**Jennifer Malicowski, D.D.S.**  
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**Grayling Save a lot**  
**Grissom Split Top - \$0.99**  
 Wheat Bread 20oz  
 Limit 2 per coupon.  
 Good thru: 2/1/24 - 2/29/24  
 2333 S. I-75 Bus. Loop (989) 348-6690  
 More coupons at: [www.SaveALot.com](http://www.SaveALot.com)

# Kate's Kitchen Corner

## Fruit Dip



This simple cheesecake flavored dip is excellent on any fruit, but particularly good on strawberries. Perfect to share with someone for Valentine's Day, or to keep all to yourself. I won't judge.

- 4oz Cream Cheese-softened and at room temperature.
- 1c. Vanilla Yogurt
- 1 small package of Cheesecake flavored pudding mix
- 1/2tsp vanilla extract (If desired)

Using either a stand or hand mixer (This won't get enough air in it if you mix it by hand) blend the softened cream cheese and pudding mix. Mix until smooth and then add the yogurt. Mix again and taste. If you like, add the vanilla, if it tastes fine to you leave it out. Serve with cut fruit and refrigerate leftovers.

Notes:

1. Do NOT use Greek yogurt for this. You will make a thick rubbery mess.
2. You can use any flavor of yogurt and/or pudding mix to create whichever flavor dip you like, cheesecake is just my favorite.
3. The cheesecake flavored pudding packages can be found in the baking aisle at Family Fair.

Let me know what combinations you come up with, I would love to hear what you tried!

## Tammy's Tips:

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





## Senior Center Membership

The purpose of the Crawford County Commission on Aging & Senior Center is to serve older adults of Crawford County. We are primarily funded (61%) by a Crawford County Millage which is property taxes paid by those who own property in Crawford County.

Now that we are moving into the new Senior Center, it is time to begin a paid membership program for those outside of our normal service population. It is Crawford County residents who are paying an extra millage for the \$3 million bond which built the building.

The Crawford County Commission on Aging Board agreed to create a Membership Fee for Out of County Residents and those under 60 years of age who participate in events and activities at the Senior Center. This membership requirement does not apply to Congregate Meals. Out of County residents and those under 60 years of age can continue to enjoy our meals without a membership.

After our Grand Opening, anyone who resides outside Crawford County or who is under 60 years of age will have the option of purchasing an Annual Membership for \$50 (Out of County) or \$25 (those in County under 60) which includes unlimited attendance at all activities and events. For those who are not as active at the Senior Center, a \$5 event fee can be paid at the time of the activity or event in lieu of the annual membership.

Membership Dues can be paid after the new Senior Center is open. The initial membership will be good through September 30, 2024. Annual memberships will normally run from October 1st – September 30th. There will be no proration of membership fees.

Thank you in advance for helping to support our Senior Center!

<u>Who?</u>	<u>Cost?</u>
Crawford County 60+	FREE
Guests (Under 60/Out of County)	Event Fee \$5
Crawford Under 60	Annual \$25
Out of County	Annual \$50

Guests are defined as Crawford County residents who are under 60 and those of any age who are from outside Crawford County.

If you cannot afford to pay for a membership, please contact Tammy Findlay at (989) 348-7123.

## Tammy's Tips:

**Did you know** dog nails should be checked and clipped about every two weeks. If you can hear them click as your dog walks across the floor, it's time for a trim. Call Tammy to see if you qualify for pet nail coupons today!



## 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.

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

## Taste Testing

by Kate Moshier

I have been looking at Chicken Salad recipes and it made me realize that everyone makes it differently! I've put together 3 different



recipes and I need your help to decide what should go on the Spring Menu. Join us for lunch on February 22nd from 11:30AM-12:30PM and taste test a Bacon Ranch Chicken Salad, Fruited Chicken Salad, and a Southern Style Chicken Salad. Rate them, vote for your favorite, and share your personal Chicken Salad recipes with me!

## Senior Project Council

If you eat lunch or dinner at the senior center and you would like to help



make a difference, please consider volunteering to lead our Culinary Council (formerly known as the Senior Project Council.) This is a group of participants that currently attend congregate meals at the Senior Center that meets once a year to discuss what we are doing right with our menus and what they would like to see changed. This group is made up of dining participants only, with no staff involved, so you can feel comfortable to speak your mind freely. As there are no staff involved, we are looking for a participant to lead these meetings and take minutes, or 2 participants, 1 to lead and one to take minutes. If you are interested, or have any questions, please speak to our Nutrition Manager.

## Valentine's Dinner

Thursday, February 8<sup>th</sup>  
Dinner 4:00 - 6:00pm

Baked Manicotti, Caesar Salad, Garlic Breadstick, Fresh Strawberries, Tiramisu

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



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Board Meeting for this month is Thursday, February 8<sup>th</sup>, @ 8:30am.

The next Friends of the Library (FOL) meeting will be Tuesday, March 19<sup>th</sup> @10am.

Don't forget, we will be CLOSED Friday, February 16<sup>th</sup> for a Staff Inservice. As well as, Monday the 19<sup>th</sup> of February, for President's Day. We will be open the Saturday between (February 17<sup>th</sup>).

February's Book Club selection will be: *"The Shipping News"*, by: Annie Proulx. This book will be available on our e-readers. Ask a circulation clerk for more details. This meeting will take place on Wednesday, February 28<sup>th</sup> @ 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, February dates are the 6<sup>th</sup> & 27<sup>th</sup> at 11am.

Join us for *Radiant Child Music and Movement*, which is now weekly & is offered at both branches! Devereaux dates are on Tuesdays, February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> @ 3:30pm, Frederic dates are on Wednesdays, February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> @ 4pm. 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 Saturdays @ 10am, the Kids' Group is every Wednesday after school (3:30pm)! 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 @ 1pm, & *Sit-N-Knit* every Thursday @ 10am.

All are welcome to participate in our *Winter Pay-it-Forward*; spread kindness and joy this 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.

SURVIVING AND THRIVING ON A FIXED INCOME! (WEBINAR)

Feb 7, 12:00PM – 1:00PM Zoom

SLEEP EDUCATION FOR EVERYONE

Feb 7, 7:30PM – 12:30PM 7:30 - 8:00 PM Online via Zoom

PRESERVING MI HARVEST-PLANTING FOR PRESERVATION

Feb 8, 1-2 p.m. and 6-7 p.m. ET Zoom

ONLINE SELF-CARE SERIES: CALMING DOWN AND DE-STRESSING

Feb 8, 12:00PM – 1:00PM

MAKE A SPENDING PLAN WORK!

Feb 8, 3:00PM – 4:00PM Zoom

MATTER OF BALANCE FOR FALLS

Feb 14, – March 13, Online

PRESERVING MI HARVEST-PRESERVING THE SALE

Feb 15, 1-2 p.m. and 6-7 p.m. ET Zoom

ONLINE FEB SELF-CARE SERIES: MINDFUL SELF-COMPASSION

Feb 15, 12:00PM – 1:00PM

RELAX ALTERNATIVES TO ANGER

Feb 19, 1:30PM – 2:30PM Online

POWERFUL TOOLS FOR CAREGIVERS

Feb 20, 1:00PM – 2:30PM Zoom

DIABETES PERSONAL ACTION TOWARD HEALTH (PATH)

Feb 20, – March 26, Online via Zoom

EVERY PENNY COUNTS: SAVINGS STRATEGIES

Feb 21, 12:00PM – 1:00PM Zoom

PRESERVING MI HARVEST SYRUPS AND SAUCES

Feb 22, 1-2 p.m. and 6-7 p.m. ET Zoom

CHRONIC PAIN PATH WORKSHOP

Feb 28, – April 10, zoom

CHRONIC DISEASE TELEPHONE TOOLKIT

(PATH) Feb 28, – April 3, Zoom

ONLINE FEB SELF-CARE SERIES: FORGIVING AND LETTING GO

Feb 29, 12:00PM – 1:00PM

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

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

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

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

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)



# Stress Management Tips for Seniors

Kai Gritter, Michigan State University Extension

Stress is common to all. It is our brain and body's way of responding to the various stressors that we experience in life. According to the [National Institute of Mental Health](#), everyday responsibilities at work, home and play may cause stress. Stress levels may rise if we experience a sudden negative change in circumstance or if a traumatic event occurs. As we age, we face unique stressors that may be related to changes in our health, relationships, finances, living arrangements or our caregiving status. [Harvard Health](#) reminds us that

if stress is not addressed, it may become chronic or long-term. This in turn can increase the risk of conditions such as heart disease, diabetes, heartburn, high blood pressure and insomnia. It can also challenge our mental health and wellness. To best manage stress, the first step is to notice how stress typically shows up and then create a tailored plan for stress relief. If stress usually impacts your **body** such that you experience high blood pressure, heart racing, fatigue, or aches and pains, find some physical ways to reduce stress like going for a walk or doing some gentle stretches. Shaking a calming jar is another physical action that can help individuals calm down and reduce stress.

If stress affects your **thoughts or feelings** and you become more forgetful, anxious, negative, or sad, use your mind to reduce stress through meditation, prayer, mindful breathing, or other relaxation activities. Practicing gratitude is also an effective way to relieve stress as it redirects our attention towards positive thinking.

If stress impacts your **behaviors** and you tend to misuse substances (food, drugs, alcohol), under/oversleep, yell at or withdraw from people, find an alternate behavior to replace the unhealthy behavior. For instance, if you comfort-eat when stressed, choose to go for a brief walk, journal, or call a friend instead. In addition to matching stress relief strategies to the type of stress one may be experiencing, there are a host of other practices that can help reduce stress as we age.

**Sign up for free health programs.** Michigan State University Extension offers numerous programs such as [Stress Less With](#)

[Mindfulness](#), [Personal Action Towards Health \(PATH\)](#), [RELAX: Alternatives to Anger](#), and [Tai Chi for Arthritis and Falls Prevention](#), which teach evidence-based stress management techniques such as mindful breathing, relaxation techniques, and more.

- **Engage in regular physical activity.** This improves health, lifts mood, and



reduces stress by releasing 'happy' (serotonin) and "pain-killer" (endorphin) hormones. Aim for 150 minutes of weekly activity that includes flexibility exercises (10 minutes); strengthening exercises

(8 to 10 exercises, two to three days a week); and endurance exercises (30 to 40 minutes, three to five days a week).

- **Eat a healthy and balanced diet.** Choosing whole foods, eating seasonally, and exploring new items from the produce aisle or farmer's market are all habits that can improve our health and relationship to food. Aim for at least five servings a day of fruits and vegetables and eat mindfully (paying attention to hunger and fullness cues, slowing down and savoring meals).

**Reflect and connect.** Take time to determine what emotional and physical needs you have and share them with your family and friends. In addition, connect with local [supports and services](#) that may provide housing, financial, caregiver, kinship or bereavement supports. These may include the local Commission on Aging, religious organizations, or community centers.

If you need more tips to help manage your stress, consider reaching out for additional [mental health](#) resources and talking to your health care provider.

For more information, visit <https://extension.msu.edu>

## — 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 4:00-5:30pm  
You can use your **Bridge Card** too.  
See our menu on Page 8!

## Online Health Programs - MSU Ext.

Free Educational Health Classes:

Michigan State University Extension offers a variety of educational programs to help you, your family, your clients and your patients live healthy lives. We invite you to go to our "[Learn More/Refer To Our Programs](#)" web page to explore all our health-related classes. You can also use this web page to refer a friend, family member or neighbor to classes you think would be of benefit to them.

### Online Classes:

#### Chronic Disease Self-Management Program

[Chronic Disease PATH](#), Thurs, Feb. 1

through Mar. 7, 10am-12pm ET

[Diabetes PATH](#), Tues, Feb. 20 through

Mar. 26, 1:30-3:30pm ET

[Chronic Disease PATH Telephone Toolkit](#),  
Weds, Feb. 28 through April 3 1-2:00pm ET

[Chronic Pain PATH](#), Mon, Mar. 4, through

April 15, 2-4pm ET

[Diabetes PATH](#), Weds, March 13 through

April 17, 1:00-3:00pm ET

#### Mindfulness Classes

[February Self-Care Series](#), Thurs, Feb. 8,

through Feb. 29, 12-1pm

[Stress Less with Mindfulness](#), Daily, March

18 through March 22, 1:30-2:30pm ET

#### Powerful Tools for Caregivers Program

[Powerful Tools for Caregivers](#), Tues, Feb.

20 through March 26, 1:00-2:30pm ET

#### RELAX: Alternatives to Anger Education

[RELAX Alternatives to Anger](#), Daily, Feb.

19 through Feb. 22, 1:30-2:30pm ET

#### SLEEP Education Classes

[Sleep Education for Everyone](#), Weds, Feb.

7, through Mar. 13, 7:30-8pm ET

[Tai Chi for Arthritis & Fall Prevention](#), Mon.

& Wed., Jan. 22, through Mar. 13 9-10am

#### Walk with Ease Classes

[Walk with Ease](#), Feb. 5, through March 11,

Self-Paced, Weekly communication via email

Thompson  Treusch  
Law Office PLC

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

989-745-6625





Senior Center  
Updates and more!

After you "Like" us, our events, program posts, and many more pictures will link on your page. Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

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


**You've Got Mail** Stay in the Know! **You've Got Mail**

Sign up for FREE e-mail news about our activities.  
Email: [director@crawfordcoa.org](mailto:director@crawfordcoa.org) Call: (989) 348-7123

*The Senior Center respects your privacy and does not sell or make available to others. contact information.*

**Tammy's Tips:**

If you leave your pet's food and water bowls out for days without cleaning them, you run the risk of spreading dangerous bacteria and contracting a foodborne illness. Clean out your animals excess food and wash the bowls in hot, soapy water or pop them in the dishwasher after every meal.



## Winter Pet Care Tips



- FEED WELL.** Give your pet plenty of food and water, because keeping warm outdoors takes energy.
- CHECK PAWS.** Wipe with a damp towel to remove salt, and check for ice accumulation and damage.
- PROVIDE ADEQUATE SHELTER.** If your pet must be outside much of the day, they need a dry, draft-free shelter.
- DISCOURAGE HITCHHIKERS.** Bang on the hood or honk the horn to ward off cats or wildlife attracted to a warm engine.
- PREVENT POISONING.** Ethylene glycol antifreeze is deadly, but has a sweet taste. Wipe up spills to protect animals and children.



**1<sup>st</sup> Annual Pet Palooza**  
Saturday, June 22, 2024  
11 AM to 1 PM  
Crawford County Commission on Aging  
4388 M-72 Highway



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



## 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.



## 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.

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

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

## Tax Preparation

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

- |  |  |
|--|--|
| • <b>Smith &amp; Associates, CPA, P.C.</b><br><a href="http://www.smithassocmi.com">www.smithassocmi.com</a><br>989-348-2811 | • <b>H &amp; R Block</b><br><a href="http://www.hrblock.com">www.hrblock.com</a><br>989-348-8978                   |
| • <b>ATS Advisors</b><br><a href="http://www.atscpas.com">www.atscpas.com</a><br>989-348-4055                                | • <b>Coulter LLC</b><br><a href="http://www.coulterstaxservice.com">www.coulterstaxservice.com</a><br>989-889-1555 |

**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.