

Crawford County Senior Gazette

March 2024



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40 Years for the COA

By Toby Neal

In numerology 40 can signify a period of probation, trial, or testing. For example, Moses was on Mount Siani for 40 days, and even more famously Jesus was alone in the desert for 40 days. 40 can also signify transformation, like changing from one great task to another, or even growth and a new life. An example of this might be found in the creation of new life; when doctors estimate the arrival of a newborn, they figure it for 40 weeks from the time of conception. Either of these inclinations about the number 40 might have been on her mind when Sherry Haag said, "it only took 40 years" in reference to the new Senior Center opening this month.

Sherry is one of the former directors of the Crawford County Commission on Aging. "It has been at least 40 years since the dream of a new building began," Haag shared. The dream Sherry refers to is the vision for a place the older population of Crawford County to call their own. "This will be a place for them to gather,"



Lorelei

Glenn

Sherry explained, "it will be a place with room to do fun things and where older adults can come and learn new things."

The new Senior Center, located at 4388 W. M72 in Grayling, will not only have room for people to gather inside, but just as importantly there will be more parking available for visitors and staff. "A lot of people would not come to the old Senior Center because there was simply no parking. The new building's parking lot will give us a place to park and not

have to walk a mile or fight others for a parking spot," Sherry shared. Limited and crowded street parking will no longer deter older adults from coming and doing things they love to do with others at the new Senior Center.

Longtime Meals on Wheels drivers and volunteers, Lorelei and Glenn King expressed the same excitement over the idea of expanded parking. "Right now, the Meals on Wheels drivers have to park sometimes several blocks away, and trudge through the snow and ice to come and pick

up meals to deliver to people who need them," former Commission on Aging board member Lorelei King stated. "With the new building, we will be able to pull

Continued on Page 5

Our Mission...

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

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

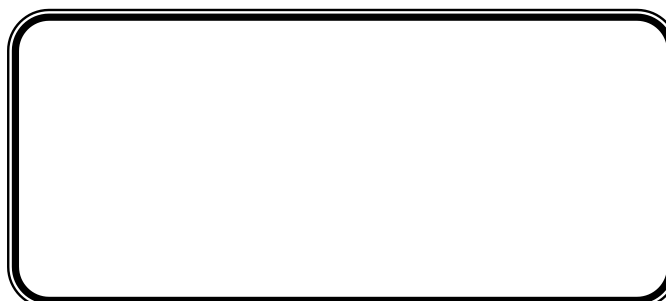
HOURS OF OPERATION

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

308 Lawndale St
Grayling, MI 49738

Phone
(989) 348-7123
Fax (989) 348-8342
www.crawfordcoa.org

director@crawfordcoa.org
www.facebook.com/crawfordcoa



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308 Lawndale St.
Grayling, MI 49738



Senior Gazette Staff

Editor — Alice Snyder

Contributing Writers

**Toby Neal, Kate Moshier,
Tammy Findlay, Bob Simpson,
Laura Anderson, Kai Gritter**

The Senior Gazette

308 Lawndale St., Grayling, MI 49738

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

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

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

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

Commission on Aging

Board Members:

Karl Schreiner, Vice Chair
Laurie Jamison, Commissioner
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

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 \$1,823 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.

Tammy's Tips:

Go for a walk around the neighborhood to rebuild endurance and release endorphins. If you've spent most of the winter idle, take it slow in the beginning. Start with short amounts of outdoor activity before going full throttle.



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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
www.griefshare.org/groups/169551

March 2024 - Senior Gazette – Page 3

Thank you to our COA Volunteers

Camay Alderson	Christa Linderer
Rikley Bronson	Dave Markle
Donna Brown	Mike Matuzak
Kelly Canter	Linda McClain
Ben & Pam Carr	Tim Miller
Debbie Carrigan	Marlyn
Mitchell Craw	Neuberger
Judy Crook	Bev O'Connor
Faith Dandois	Suzanne
Ann Donley	Ostahowski
Diana Doremire	Mark Ostahowski
Rich Ferrigan	Lois Platt
Linda Fielhauer	Shelly Quintano
Dusty Freeman	Tom & Deb
Mary Garcia	Rawlings
Emily Gazvoda	Stephanie
Janet Gilbert	Riemer
Mary Jo	Tristan Ritter
Gingerich	Chuck & Robin
Sherry Haag	Rodgers
Sharron	Orvette Roggow
Hagerman	Pat Sanders
Donn Handy	Karl Schreiner
Val Hendricks	Mary Sloan
Dave Henion	Cheryl Starr
Susan Hensler	Ann Stephenson
Annette Hritz	Brad Summers
Donna Hubbard	Judy Sumner
Francis Hummel	Farrell Thomas
Cindy Johnson	Ellen Thompson
John Kay	Ken Thurston
Glenn & Lorelei	Martha Trenkner
King	Becky Walrath
Ron Larson	Carol Wilder
Alice Lee	Paul Wilson
Nancy Lemmen	
Kirsten Lietz	

Thank you!

March Birthdays

Joyce Cousins 3/5
Judy Dill 3/8
Ann Doty 3/21
Lola McLandsborough 3/21
Pamela Purdy 3/21
Nancy Kiessel 3/23
Martha Barnum 3/29

Senior Center Birthday Lunch Tuesday, Mar 26th 11:30 - 12:30p

Cookies 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.



Caregiver Empowerment and Wellness Conference

Friday, April 19, 2024
10:00 a.m. to 4:00 p.m.
Mio Baptist Church
357 South Mt. Tom Road
Mio, MI 48647

Conference includes:

- Expert Speakers
- Resources within your community
- Complimentary Breakfast and Lunch
- Local Vendors
- Great Prizes and Giveaways!

For more information or to register contact
989.358.4616 or mainvilleb@nemcsa.org

Free Medical Equipment

A Revolutionary Phone for the Hard of Hearing

FEEL your caller's voice - Patented DirectVibe pulsator delivers sound vibrations directly to the brain's speech recognition center, unlike amplified phones. Effective for a wide range of hearing impairments

SEE the phone ring - Visual Ringer flashes when there is an incoming call.

SHARE with your family - Operates like a conventional phone.

The Crawford County Commission on Aging has one available along with other medical equipment for older adults 60 and over and are on a first come first served basis.

Please call Kathy at (989) 348-7123 to see if we have what you might need.

ARE YOU READY TO QUIT?

Tobacco Treatment Program

Shaun O'Connor, 989-688-8622
WE'RE HERE TO HELP!

Grayling Hospital for Animals

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

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

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, March 14th, — 10:00-11:00 AM
American Legion Post #106
info: (989) 344-3861

continued: 40 Years for the COA from page 1

around to the delivery doors, and pick up the meals more easily,” Glenn King added. The design of the new Senior Center places a pull up and pick up delivery area for Meals on Wheels volunteers to pick up and drop off meal bags when they are done for the day. The King’s both believe not only will this make things easier and safer, but it might also be the kind of benefit that attracts more people to volunteer as Meals on Wheels drivers for the future!

Expanded parking and easy access for Meals on Wheels volunteers are not the only things staff, volunteers and attendees alike are looking forward to with the opening of the new Senior Center. “I am just looking forward to drawing in new people,” shared Denise Conte, Commission on Aging Cook and longest tenured staff member.

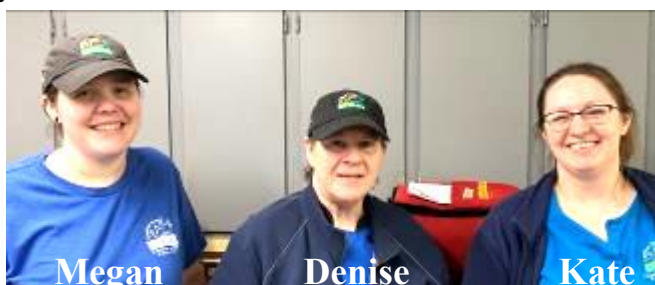
“That and the new walk-in cooler,” she quipped, as Cook Megan Hagle nodded in agreement. “We are excited to also have the blast chiller,” said Kitchen Manager Kate Moshier. The blast chiller will cool and take the condensation out of the meals that are packed for Meals on Wheels delivery. “This will improve the quality of the meals we send out,” Moshier added. Along with much needed new equipment, the COA’s kitchen staff are also looking forward to expanding their menu, catering possibilities as well as having more space to store things and serve people.

Other COA staff members are excited about the possibilities and what the new building will bring. “The community has supported this new building so it will be great for the older adults and their families to be able to use it,” Office Manager of the COA, Lynn Cheney shared. “It will also be great for the office staff to have more places to meet with people to discuss issues and concerns,”

Cheney added. Confidentiality is a key takeaway from having the new building. Having safe and private spaces to counsel, console and share resources with older adults will be a welcome addition for the community.

Aside from having safe spaces, long-time receptionist, Helen Nolan, sees the new building as also helping improve an important thing that the old Senior Center didn’t have,

“We will have our own building,” Helen expressed. Since its inception the current location of the Commission on Aging has been a shared space with the Grayling Housing Commission. “I see a lot of growth,” Nolan



shared, “It’s going to be exciting because there will be more unity in bringing everyone together.” Helen’s smiling face will be the first face you see when you enter the doors of the new Senior Center. The design of the new Senior Center clears up the entryway congestion of the old location. From that location they can observe anyone coming in and see older adults gathering and socializing around the large fireplace, enjoying the expansive new space and experience of the new Senior Center. “The new Senior Center will be more of an inviting space,” added Jamie McClain, Crawford County Clerk & Registrar and COA Board of Directors President.



While there will be plenty of places for older adults to gather, socialize, eat, and experience new things together, there will also be dedicated space for them to exercise and move. “The dedicated exercise room will be an outstanding addition for our

seniors,” Karl Schreiner, COA board of directors’ member shared. “Along with the outstanding kitchen and dining facilities, the space for seniors to move was needed,” Schreiner added, “the whole new building was way too long coming.” Jamie McClain echoed Schreiner’s words, stating, “this was a long process, with lots of meetings and setbacks due to funding with the effects of COVID19.”



“This is a great thing for the community,” Scott McClain shared. Scott and McClain & Son Construction were a vital piece of support and information to the COA through the process of planning and building the new Senior Center. “It’s what healthy communities do,” McClain explained, when asked about the new Senior Center. He sees many good uses of the new building for the community, and added with a laugh, “I’m 65 and might need a place to hang out in.” McClain and Schreiner also both shared that there is disappointment in the inability to add the gymnasium currently. The

gym is now a part of what the Commission on Aging is referring to as Phase Two. According to Steve Steimel of APEX Engineering & Management Inc., who was the project manager for the new Senior Center, “the building is all set-up for the inclusion of Phase Two once funding is available.” Jamie McClain is also hopeful to see this phase happen. “I am hopeful for the expansion of the gym because it was something the community really wanted,” Jamie said.

Steve Steimel shared his sentiments on the time it took to see this dream become a reality. “It was a long process,” Steimel said with a sigh. The dream of the new Senior Center could not come to fruition without the work of so many people, but one person everyone gave praise to regarding the new Senior Center’s completion was COA director Alice Snyder. “She was a wonderful client, perhaps the best I have ever worked with,” Steve said. “Alice was the heart and soul of this project. I have watched her shed many tears during this process. She has cried with us, laughed, and outside of maybe her husband and a few close people, the pain and suffering she has endured to see this project come to life, finally...I am sure she is breathing



a sigh of relief right now,” Steimel added. “Alice does a great job with directing the Commission on Aging,” Scott McClain said, adding, “and, she did a great job with this. She was the driving force for working together and solving problems to make this work.” “20 years ago, the Board of Directors said to me, ‘we need a new home for the

Commission on Aging,’ and it’s been a long road to get here since,” director Alice Snyder said with relief. 20 years of doors opening and closing for the Commission on Aging to find or build this new home, according to Snyder. “There have been a lot of options reviewed and tried,” she shared. The time has come now to enjoy the fruits of everyone’s labor as the Crawford County Commission on Aging and community get ready to open the doors to their new Senior Center at the end of March. “I am beyond excited to finally to see this happen for the community,” expressed director Snyder. “It’s been a long time for this dream to come true!”

The Crawford County Commission on Aging’s new Senior Center will have an official Grand Opening on Monday, March 25th and would like to invite the community to come and enjoy their new space together!



New Building Update - March 2024

by Alice Snyder, Commission On Aging Director



New Building - Room Naming Donors

Nutrition Manager Office

In Honor of Thekla Lehoux
Cindy & James Johnson
& B.J. Sander

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

AV / IT Room

Kodiak Group

Exercise Studio

In Honor of Melanie
Conway
Tom Jarosz

Copy Room

Bonnie & Tad Randolph

Break Room

Terry & Charlotte
Bloomquist

Office Manager

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 & Res. Office

Friends of Frederic

Program Assistant Office

In Honor of Kathy Meisner
Tom Jarosz

Interview Room

In loving memory of my
wife, Tina Foster, who
spent countless hours
assisting Medicare
Clients.

Scott Foster

Events Room

Christine LaFontaine

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

69" Bench

Mark & Suzanne Ostahowski

Spruce Trees

Dave & Ann Stephanson

118" Bench

In Memory of Jack Mahank
The MahankFamily

118" Bench

Dennis & Mickie Meyers

Final Touches ~ Artwork for the New Senior Center

The COA is partnering with our local downtown businesses to decorate the walls of the new Senior Center. Art will be purchased from the following downtown Michigan Avenue businesses.

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



Please visit the businesses during their normal business hours and make a donation of any size to go toward artwork for the new Senior Center. Ron's Fly Shop will officially open mid April but interested donors can call Rhonda Rakaoczy (989) 370-0417 to

schedule a time to view artwork at the Fly Shop. The COA will then go shopping with the money donated to purchase art which fit appropriately in the spaces available. If you have any questions, please reach out to Director, Alice Snyder at (989) 348-7123 or director@crawfordcoa.org.



Grand Opening March 25th

Crawford County
Commission on Aging
4388 West M-72 Hwy, Grayling



- 11:30am Ribbon Cutting outside Main Entrance
(note: no entry until after ribbon cutting)
- 12:00pm Appetizers and Opening Program
- 12:30pm Luncheon
- 1:30pm – 3pm Open House and Tours



Please call (989) 348-7123 for further information or directions.

Moving Week

The time is finally here for the Crawford County Commission on Aging to move from our home of 50 years on Lawndale Street to our new home east of town at 4388 West M-72 Hwy. In preparation, the COA will be closed to the public at both locations the entire week of **March 18th – 22nd**. No Meals on Wheels will be delivered that week. Fitness Activities will continue that week at the Library including Monday, March 25th. All activities will resume at the new location on Tuesday, March 26th.





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



**AuSable Family
Dental, P.C.**

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

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



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New Building Update - March 2024

by Alice Snyder, Commission On Aging Director



Sponsored Item and 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 item or area sponsored for all to see. 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 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.

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.

Rooms

Activity Room - \$5,000

Health Services - \$3,000

Medical Equipment - \$1,000

Senior Center Manager - \$1,000

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.

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

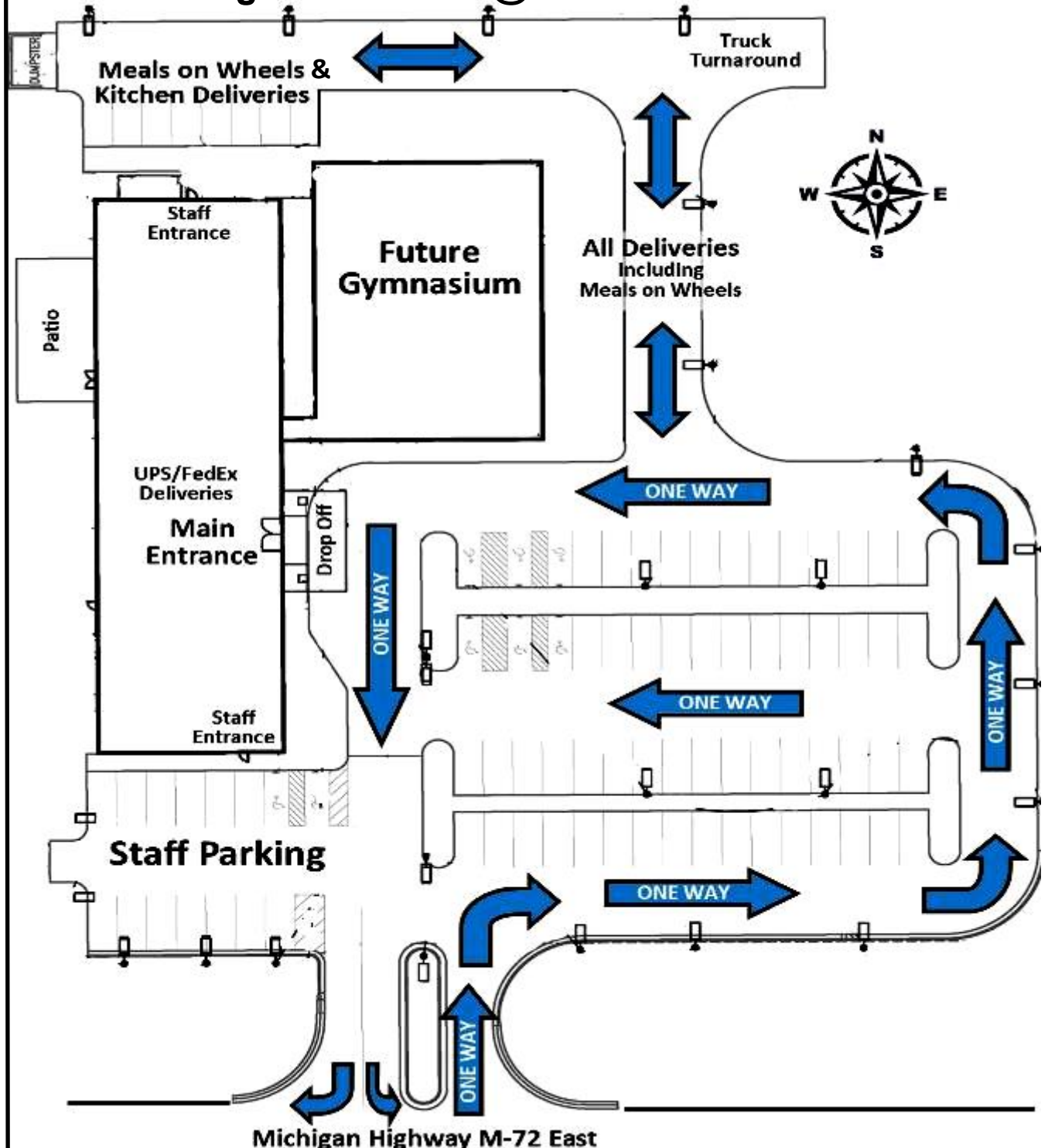
Because part of our mission is to promote health and well-being, the new policy for the Crawford County Commission on Aging & Senior Center's is to provide a tobacco-free environment for all employees, volunteers and visitors. All tobacco products including, but not limited to cigarettes, cigars, smokeless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



March 2024 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p>Running Talley of Support: 31 days, \$9,350 <i>Thank you!</i></p></div>	<div></div>		<div><p>Dinner 4:30pm to 5:30pm</p></div>	<div>1</div> <div>11:30a-12:30p Lunch</div> <div>Roast Turkey, Mashed Potatoes & Gravy, Peas and Onions, Orange</div>
<div>4</div> <div>11:30a-12:30p Lunch</div> <div>BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi</div> <div>No Dinner</div>	<div>5</div> <div>11:30a-12:30p Lunch</div> <div>Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple</div> <div>No Dinner</div> <div>Special Meals on Wheels Delivery</div>	<div>6</div> <div>11:30a-12:30p Lunch</div> <div>Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots</div> <div>No Dinner</div>	<div>7</div> <div>11:30a-12:30p Lunch</div> <div>Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</div> <div>No Dinner</div> <div>Special Meals on Wheels Delivery</div>	<div>8</div> <div>11:30a-12:30p Lunch</div> <div>Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries</div>
<div>11</div> <div>11:30a-12:30p Lunch</div> <div>Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple</div> <div>No Dinner</div>	<div>12</div> <div>11:30a-12:30p Lunch</div> <div>Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes</div> <div>No Dinner</div> <div><div>Dan Jerome</div></div>	<div>13</div> <div>11:30a-12:30p Lunch</div> <div>Hamburger Stroganoff, Green Beans, Apricots</div> <div>No Dinner</div>	<div>14</div> <div>11:30a-12:30p Lunch</div> <div>Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes</div> <div>4:00-6p St. Patrick's Dinner</div> <div>Corned Beef, Cabbage, Red Potatoes, Carrots, Diced Pears, Granny Smith Apple Bars</div>	<div>15</div> <div>11:30a-12:30p Lunch</div> <div>Pork Roast, Baked Potato, Green Beans, Pear</div>
<div>18</div> <div>Closed Moving Week</div> <div>No Meals on Wheels Delivery</div>	<div>19</div> <div>Closed Moving Week</div>	<div>20</div> <div>Closed Moving Week</div> <div>No Meals on Wheels Delivery</div>	<div>21</div> <div>Closed Moving Week</div>	<div>22</div> <div>Closed Moving Week</div> <div>No Meals on Wheels Delivery</div>
<div>25</div> <div>Grand Opening</div> <div>12:30p Special Luncheon</div> <div>No Meals on Wheels Delivery</div>	<div>26</div> <div>Cookies & Ice Cream</div> <div>11:30a-12:30p Birthday Lunch 😊</div> <div>Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi</div> <div>4:30-5:30p Dinner</div> <div>Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend</div>	<div>27</div> <div>11:30a-12:30p Lunch</div> <div>Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes</div> <div>Pear 4:30-5:30p Dinner</div> <div>Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange</div>	<div>28</div> <div>11:30a-12:30p Lunch</div> <div>Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi</div> <div>4:30-5:30pm Dinner</div> <div>Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange</div> <div>Special Meals on Wheels Delivery</div>	<div>29</div> <div>Closed</div> <div>Good Friday</div>

March 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.				1 10:45a Fit for the Aging @ Library 1p Pantry Bingo
4 No Silver Sneakers 1-4p Chess Club	5 9am Friends of a Feather Quilting 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers	6 9:30-10:30a – Food Commodities at St. Mary's Church No Silver Sneakers 1p Mahjong	7 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	8 10:45a Fit for the Aging @ Library 1p Pantry Bingo <div> Don't forget to have your clock's "spring forward" on Sunday the 10th </div>
11 9:30a Pokeno 10a Silver Sneakers 9:30a St. Patrick's Decorating 12-3p Foot Clinic – Appt. Required 1p Penny Bingo 1-4p Chess Club	12 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers – Tinkers	13 10a Silver Sneakers 1p Mahjong	14 10a Zumba Gold 4p – 6p St. Patrick's Dinner	15 10:45a Fit for the Aging @ Library 1p Pantry Bingo
18 10a Silver Sneakers Closed for Moving	19 10a Zumba Gold 5:30p Diamond Dancers – Tinkers Closed for Moving	20 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling Closed for Moving	21 10a Zumba Gold Closed for Moving	22 10:45a Fit for the Aging @ Library Closed for Moving
25 10a Silver Sneakers @ Library Grand Opening 11:30a Ribbon Cutting 12:30p Luncheon 1:30-3p Open House	26 10a Zumba Gold @ New Building 10a Bible Study 11:30 -12:30p Birthday Lunch Party 5:30p Diamond Dancers – Tinkers	27 10a Silver Sneakers @ New Building 1p Mahjong	28 9:30a Pokeno 10a Zumba Gold @ New Building 1p Penny Bingo <div> Daylight Diamonds led by Maze Stephan Thursdays at COA 1:00 to 2:00pm Starting in April 2024 </div>	29 Closed Good Friday

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 January 2024!

At the Senior Center

- We served **609** Congregate Meals

In-Home Services

- Delivered **3,068** home delivered meals.
- Provided **94.25** hours of respite care.
- Provided **282.25** hours homemaker services.
- Provided **67.25** 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



Upcoming Online Classes from the Area Agency on Aging

Caregiver Webinar Series

June 14: Topic to be Determined
July 12: Creating Healthy Boundaries
August 9: Preparing for Loss Death, Dying, and Grieving
September 13: Maintaining Health During Challenging Times
October 11: Topic to be Determined
November 8: Gratitude Explosion



Healthy Living Webinar Series

March 13th, 1-2pm: Managing Work-Life Balance
April 10th, 1-2pm: Managing Stress and Mental Health
May 9: Diabetes Simplified, A Deeper Understanding
June 12: Change Your Thinking: Fight Stress and Build Happiness
July 10: Importance of your Feet & Balance: Chair Yoga
August 15: What Color is Your Food? Why that is Important?
September 11: Heart-Healthy Cooking Made Easy
October 9: Financial Wellness: Ideas for Reducing Expenses

Dementia Webinars

March 8: Dementia Research and Policy of 2024
April 12: Couples Living with Dementia: Partner Influences on Health and Well-Being
May 10: Healthy Aging Brain and Utilizing Computer Technology



Dementia Caregiving Series

Dementia Information for Everyone: Wednesday, March 20, 2pm - 4pm
Activities for Persons with Dementia: March 27, 2024, from 2pm - 4pm
Dementia Behaviors and Self-Care: April 3, 2024, from 2m - 4pm

Powerful Tools for Caregivers

Virtual (Zoom): April 25, 2024 - May 30, 2024, from 1:30 pm - 3:00 pm

Caregiver Empowerment and Wellness Conference 2024

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

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

See Page 9 for a full list of COA activities!

SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

HOW SSA.GOV HELPS YOU

We're excited to announce the addition of two helpful screening tools on SSA.gov! These tools are the Benefits Screener and the Card Replacement Screener. The Benefit Screener helps you determine your eligibility for benefits and the Card Replacement Screener helps you request a replacement Social Security card. Let's go over how you can use these tools.

Benefits Screener

You can access the Benefits Screener tool at www.ssa.gov/prepare/check-eligibility-for-benefits to determine which benefits you may be eligible for, typically in 10 minutes or less! Whether you're considering retirement, disability, survivor, or other types of benefits, this tool will guide you in the right direction.

To use the screener, select the "Start" button and answer a few questions about what's going on in your life. You will immediately get a response that tells you which benefits you may be eligible for based on your answers.

Card Replacement Screener

You can access the Card Replacement Screener at www.ssa.gov/number-card/replace-

card. If you need a physical Social Security card, you can use this screener to determine the best way to replace it.

Depending on your situation, you may be able to request a replacement Social Security card without visiting a local office. Select "Answer a few questions" on the

Replacement Card page to get started. If you can't complete the process online and have to visit an office, you can save yourself time by starting with the online application.

Requesting a replacement Social Security card is free. In most situations, you do not need to present a physical card – just knowing your Social Security number is usually enough. But if you do need the physical card, you can use this online screener to get started.

SSA.gov continues to be a safe and secure way to conduct your business with us online. The redesigned website—with its online tools—is the quickest, easiest, and most convenient way to begin.



GAFA
ALZHEIMER'S FOUNDATION OF AMERICA

Did you get your memory screening yet?

Free Virtual Memory Screenings

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

Medicare is NOT issuing new cards!

NOT with a microchip NOT a plastic one NOT because it's a new year

Any call about a new Medicare card is a scam!
Medicare will not call you.

The Brook, it's home.

BrookRetirement.com

Independent, Assisted & Memory Care Living

Random Word Search Puzzle

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

demonstrator	declaration	restaurant	incredible	government
disagreement	instrument	incongruous	cooperative	accountant
commission	manufacturer	integration	hospitality	provincial
arrangement	contraction	relinquish	demonstration	reasonable
tournament	reflection	population	correspond	illustrate
possibility	artificial	complication	dictionary	integrated
mathematics	implication	connection	prescription	conviction
appointment	grandmother	leadership	functional	contribution
indication	settlement	firsthand	opposition	separation
electronics	nationalist	compromise	production	transition

Free Medical Equipment/Supplies

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

Things We Collect!



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

- Used Cell Phones
- Our Family UPC Labels



Redeem this card for a
"Buy One Get One Free"
SPIKE BURGER SG
 (DINE-IN ONLY)
 Coupon Expires Mar. 31
 Photo Copies Not Accepted

301 James Street, Grayling, MI 49738
989-348-7113
www.spikes-grayling.com
 email: manager@spikes-grayling.com

Grayling Save a lot
Half Gallon Milk - \$1.49
Whole, 2%, 1% or Skim

Good thru: 3/1/24 - 3/31/24

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

Limit 2
per coupon.

Kate's Kitchen Corner

Irish Soda Bread



This recipe includes butter and is not quite a traditional Irish Soda Bread, but it is just as tasty, and will be the perfect accompaniment to your corned beef and cabbage this St. Patrick's Day. This recipe has less than 10 minutes of hands-on time, is ready to eat in under an hour, and will make your home smell wonderful while it bakes

2c. Flour
 ½ Tsp. Baking Soda
 ½ Tsp. Salt
 6 Tbl. Butter (frozen)
 1c. Cold Buttermilk

Mix dry ingredients in a large mixing bowl and whisk to combine. Use the large holes on a cheese grater to grate the butter into the dry ingredients and gently stir it together. You might want to grate a little then stir and repeat to keep the butter from clumping and get it spread throughout the flour mixture. Form a well in the dry ingredients and mix until they combine and there are no longer streaks of flour. (I prefer a wooden spoon for this) Your dough will be sticky but not overly wet. At this point you can add extra flour if your dough is very wet, or buttermilk if it is dry. Now, pat your dough into a ball. Knead it a couple of times to bring the dough together. Lightly flour your work surface and then place your ball of dough on it. Flour your hands and pat your dough into a disk that will fit into a standard sized dutch oven. Grease and flour your dutch oven and place the dough inside. Use a sharp knife to score an X across your dough.

Bake uncovered for 30 minutes at 425 degrees. Your bread should be golden brown. Transfer to a cooling rack and let rest for 10 minutes before enjoying your freshly baked bread.

Notes: Don't worry if you don't have buttermilk. Add 1Tbl of white vinegar or lemon juice to 1c. cold milk and let sit for 5 minutes, then use in place of buttermilk.

Tammy's Tips:

Get in the habit of drinking a tall glass of water when you wake up and before each meal.



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:

Drinking enough water when you are on the go can be challenging. Fill your water bottle before you leave home, and bring it along on your daily travels.



AARP®

Safer Driving May Save You Money



Take the AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs!*

- Refresh your driving skills and explore the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get the know-how to help reduce traffic violations, collisions and risk of injury.

Sign up today!

To find additional courses

Visit www.aarp.org/driving36 or call 1-888-773-7160

There's a course near you!

Date:

TUES, May 21, 12:30 to 4:30pm
WEDS, May 22, 12:30pm to 4:30pm.

Location:

Crawford County COA
4388 W M72 Hwy.
Grayling, MI 49738

To Register:

Call (989) 348-7123.
Must attend both sessions for certificate.

Additional Details:

Course fee is \$20 AARP Members & \$25 Non-Members. Cash / Check

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



St. Patrick's Dinner

Thursday, March 14th
Dinner 4:00 - 6:00pm



Corned Beef, Cabbage, Red Potatoes,
Carrots, Diced Pears and Granny Smith Apple Bars

Suggested Donation for 60+ is \$4. Under 60 is \$8.

While all of us at the COA are very excited about our imminent move, it is also causing us to make a few changes. One of these changes is going to be how we do our St Patrick's Day Special Dinner this year. Our dinners have always been walk-in only with no reservations needed, but much of our space will be taken while we prepare for the move so, reservations will be necessary this time. We are going to serve this meal in 2 stages with seating at 4:00pm and 5:00pm. Please call the COA at (989) 348-7123 to make your reservation for your preferred dining time during normal business hours. We are very sorry for any inconvenience this may cause and hope you will reserve your spot to join us in celebrating the end of an era with the very last Special Dinner hosted at our Lawndale location.

Board Meeting for this month is Thursday, March 14th, @ 8:30am.

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

Don't forget, we will be CLOSED Friday, March 29th for Good Friday. As well as, Monday the 1st of April, in observance of Easter. We *will* be open the Saturday between (March 30th).

March's Book Club selection will be: "This Time Tomorrow", by: Emma Straub. This book will be available on our e-readers. Ask a circulation clerk for more details. This meeting will take place on Wednesday, March 27th @ 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, the date for March is the 5th at 11am.

Join us for *Radiant Child Music and Movement*, which is now weekly & is offered at both branches! Devereaux dates are every Tuesday @ 3:30pm, Frederic dates are every Wednesdays @ 4pm. Enjoy a relaxing yoga session which includes music, stretching, stories, movement and meditation; great for all ages!

After school on Wednesdays @ 4pm come read to Monte, the wonder dog!

Frederic has programming! In addition to weekly Radiant Child on Wednesdays, there is also Tales 2 Tails Therapy Dog Sessions at 4pm on Thursdays, as well as Puzzles & Study time on Thursdays as well!

Flower Arrangements with Nancy is fun for all ages! Nancy coaches patrons as they put together their own arrangements two days a week. The Adult group meets Saturdays @ 10am, the Kids' Group is every Wednesday after school (3:30pm)!

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.

CHRONIC PAIN PATH TOOLKIT
Mar 4 – Apr 8

BEGIN WITH A BREATH MINDFUL MON.
Mar 4, 11:30AM – 12:30PM Zoom

CHRONIC PAIN PATH
Mar 4, 2PM – 4PM, Online via Zoom
RELAX: ALTERNATIVES TO ANGER

Mar 4 – Mar 5, 6PM, Online

MICHIGAN BIRDING 101: SPRING
Mar 5 7:00PM – 8:00PM Zoom

MSU EXT. TAI CHI FOR DIABETES
Mar 11, 9AM – 10AM, ZOOM

MINDFUL EATING MINDFUL MONDAY LUNCH AND LEARN

Mar 11, 10:30AM – 12:30PM, Zoom

WITS WORKOUT - FORGET ME, NOT!
Mar 11, 1:00PM – 1:30PM, Online

LAUGHTER IS THE BEST MEDICINE
Mar 12 1:00PM – 2:00PM, Zoom

MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - MAR 13

Mar 13, 12PM – 1PM, Zoom

CHANGING NEGATIVE SELF TALK TO POSITIVE SELF TALK MINDFUL WEDNESDAY LUNCH AND LEARN

Mar 13, 12PM – 1PM, Zoom

DIABETES PERSONAL ACTION TOWARDS HEALTH (PATH)

Mar 13, 1PM – 3PM, online via Zoom

MINDFUL WALKING MINDFUL MONDAY LUNCH AND LEARN

Mar 18, 11:30AM – 12:30PM, Zoom

ONLINE: STRESS LESS WITH MINDFULNESS DAILY MAR

Mar 18 1:30PM – 2:30PM Online

PROTECTING YOUR IDENTITY

Mar 20, 12PM – 1PM, Zoom Webinar

BE KIND TO YOUR MIND MINDFUL MONDAY LUNCH AND LEARN

Mar 25 11:30AM – 12:30PM Zoom

WITS WORKOUT - ROAM IN ROME
Mar 25 1:00PM – 1:30PM Online

MINDFUL EATING MINDFUL WEDNESDAY LUNCH AND LEARN

Mar 27 12:00PM – 1:00PM Zoom

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

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:

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



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

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



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd.
P.O. Box 668
Grayling, MI 49738

(989) 348-7321
(800) 968-2722
Fax (989) 348-7698



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



**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

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

rhamiltonaud@gmail.com

www.advantagehearingonline.com

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

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

— Food Resources — Crawford County Residents

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

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

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

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

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

See Page 10 for a full list of COA activities!



There is hope.



If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

**988 SUICIDE & CRISIS
LIFELINE**



The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

For more information go to:

<https://988lifeline.org/about/>

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/



Cups of Love!!

Family Fare is showing the community love for Valentines

Day. Tammy Sluck

and her wonderful staff started a program called "Cups of Love". Shoppers could buy a box of hot chocolate to donate to someone in the community. The Commission on Aging was able to send them to our Home Delivered Meals participants, In-Home clients, and participants at the Senior Center. The big debate was with marshmallows or without. Which do you prefer? Family Fare is continuing the program with candy in February and Chili in March.

Thanks so Much!!

Stay in the Know!

Sign up for FREE e-mail news about our activities.

Email: 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:

Spring is here! The change of season often brings moments of reflection, and in this case, warmer weather and renewal. It's the perfect time of year to start anew and refocus your wellness priorities, whether that means eating better, exercising more, or both.



Tammy's Tips:

According to the National Institutes of Health (NIH), healthy seniors should walk 7,000 – 10,000 steps per day. That is 3 to 3 ½ miles per day.



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



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

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

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

**EMPTY
PROPANE
TANKS**



1st Annual Pet Palooza

Saturday, June 22, 2024

11 AM to 1 PM

**Crawford County Commission on Aging
4388 M-72 Highway**

Tax Preparation

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

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

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.