

Crawford County Senior Gazette April 2024

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Sally Slicker, Volunteer Where Your Feet Are!

By Toby Neal

You must be living under a rock not to know that the Commission on Aging's success in fulfilling its mission is dependent on the work of those that volunteer their time and talents to the cause. Look

through this issue of the Senior Gazette and notice the list of names recorded of those who volunteered. That was just this past month alone! Those names do not include many people who prefer to remain anonymous in their volunteer time and activities. If you are around the Commission on Aging for any length of time, you will undoubtedly see not only the need to volunteer but understand the heart behind it. There is just so much upside in giving of yourself in helping others. Sally Slicker is one such older adult who, through her



connection with the COA, decided to give of herself in the service of others.

In 2023 Sally began her journey as a volunteer for the Commission on Aging. Knowing the Commission always needs help to execute their Meals on Wheels program, Sally decided to become a driver. After filling out an application and going

through the process of being interviewed and orientated for the work, Slicker rode along with a seasoned driver learning the Roscommon and Center routes. Sally drives these routes seasonally, and when she is not driving for the

COA's Meals on Wheels program, she is volunteering her time in the kitchen doing dishes during mealtimes. "There is always a need," Sally stated.

People become volunteers through different avenues and for various reasons. For some, volunteering at the Senior Center is something new; many people have their first volunteer experience at

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**

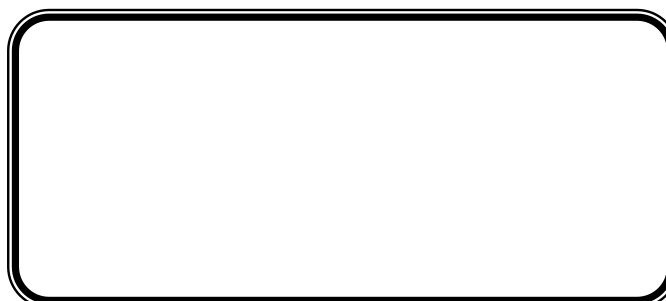
HOURS OF OPERATION

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

**4388 West M-72 Hwy
Grayling, MI 49738**

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

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



director@crawfordcoa.org
Phone: (989) 348-7123
Fax: (989) 348-8342
4388 West M-72 Hwy
Grayling, MI 49738

Smartphone Scan
to our Website



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Editor — Alice Snyder

Contributing Writers

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

The Senior Gazette

4388 West M-72 Hwy, 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.

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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, Chair
Shannon Sorenson, Vice-Chair
Laurie Jamison, Commissioner
Sandy Woods, Secretary
Susan Hensler, Member
Jason Thompson, Member
Jeanne Weible, Member

Commission on Aging Staff:

Alice Snyder, Director
Todd Lako, Facility Maintenance
Tammy Findlay, Advocacy & Resource Coord.
Lynn Cheney, Office Manager
Carlie Wilson, Senior Center 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

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



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.



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.

When your friends & family visit your Facebook page, they will see our posts on your page feed. It’s a great way to brag about the awesome activities, programs, and pictures we have for you plus include your family in events.

facebook.com/CrawfordCOA/

Like, Love or Share
Please help us grow our
impact with free publicity.



TwoRiverDeli

**Slicing Meat's &
Cheese's to Order**

**Fresh & Frozen
Pasties**

989-344-5554 tworiverdeli.com

Check out our new location @ 600 N James St. Grayling



Support Groups:

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri.(C/B) 8:00 pm

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

Mon. Any 12 step program

“Recovery Group” 7 pm

Wed. “AA” (WC/D)(Women’s) @ 7:00 pm

St. Francis Episcopal Church, Grayling

Saturday, 10:00 am (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



General Giving



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

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

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

MAIL A CHECK TO: COA, 4388 West M-72 Hwy GRAYLING MI 49738

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

IN PERSON @ THE SENIOR CENTER

Sponsors

Silver Sneakers led by Rich Ferrigan of **Grayling Fitness Center**

Foot Clinic Offered by **Comfort Keepers**

Hearing Clinic Offered by **Advantage Audiology**

Birthday Lunch Flowers donated by **Family Fare**

Legal Aid Offered by **Jason R. Thompson Law Office PLC**

Medicine Shoppe Bingo by **The Medicine Shoppe Pharmacy**

Fit for the Aging by **Sami Szydzil of Stronger Fitness**

General Donations from:

John & Kathleen Kroll	Roxanne Franklin Patricia & Steve
Shirley Schmoock Alice Foley	Kopera Kirsten Lietz

988 SUICIDE & CRISIS LIFELINE

Volunteers and donations received After the 11th day of the month, will be noted in the next **Senior Gazette**.

Hometown Heroes

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

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

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

Be our Hometown Heroes.

Memorials

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love.

Your tax deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also buy a memorial plaque to be displayed in our Dining Room.

Tammy's Tips:

Top tips to reduce dust in your home when spring cleaning

1. Always remove footwear when entering the home
2. Invest in a HEPA air purifier
3. Ditch the duster and use a microfiber cloth
4. Clean carpets and mop hard floors
5. Wash your bedding frequently
6. Get a 'waterhog' mat to catch dust
7. Change your A/C unit filters

Volunteers

Volunteers give of their time and we could not do what we do without them. Volunteer applications:

www.crawfordcoa.org/volunteer/volunteer-application

There are many way to help, please talk to us!

Memorial Gifts

In loving memory of:

<u>Gene Rauch</u> By David and Cheryl Millikin Sheryl Hooper The Cheney's <u>Tina Foster</u> By Scott Foster	<u>Judith Sumner</u> By Darlene Anderson <u>Linda (Brooks) Thomas</u> By Farrell Thomas
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Make a Donation Today & Create Golden Opportunities for a Lifetime!

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

Method of Payment ☐ Cash ☐ Check **Amount Enclosed \$** _____

Please make check payable to “COA” at 4388 West M-72 Hwy, Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.
All Gifts are Tax Deductible

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

Thank you to our COA Volunteers

Courtney Adams	Cathy Lester
Camay Alderson	Kirsten Lietz
Betty Jo Bresmon	Christa Linderer
Donna Brown	Judy Marchlewicz
Kelly Canter	Dave Markle
Ben & Pam Carr	Michael Matuzak
Debbie Carrigan	Dan & Karen
Alison Chandler	McCarthy
Ashlyn Constans	Linda McClain
Judy Crook	Tim Miller
Carolyn DiPonio	Wayne & Rosemary
Ann Donley	Nelson
Diana Doremire	Marlyn Neuberger
Rich Ferrigan	Beverly O'Connor
Mary Garcia	Suzanne Ostahowski
Emily Gazvoda	Mark Ostahowski
Janet Gilbert	Sharen Perkins
Mary Jo Gingerick	Lois Platt
Sherry Haag	Shelly Quintano
Sharron Hagerman	Tom & Deb Rawlings
Donn Handy	Stephanie Riemer
Patty Hawkins	Chuck & Robin
Val Hendricks	Rodgers
David Henion	Orvetta Roggow
Susan Hensler	Pat Sanders
Cheryl Hopp	Karl Schreiner
Annette Hritz	Jon & Gail Schultz
Donna Hubbard	Mary Sloan
Francis Hummel	Cheryl Starr
Cindy Johnson	Ann Stephenson
John Kay	Dave Stephenson
Ron & Eileen	Brad Summers
Kemerer	Farrell Thomas
Glenn & Lorelei King	Ellen Thompson
Linda LaBrie	Ken Thurston
Ron Larson	Martha Trenkner
James Lawless	Kate Wagner
Sarah Lawless	Carol Wilder
Alice Lee	
Nancy Lemmen	

Thank you!

April Birthdays

Ron Rysso 4/6

Jesse Potts 4/7

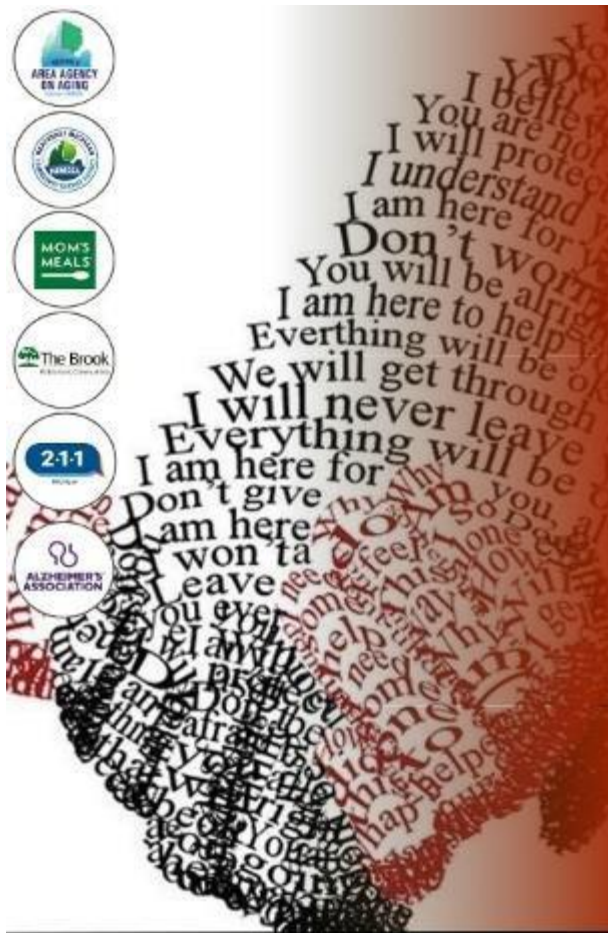
Raymond Swiercz 4/22

Senior Center Birthday Lunch
Tuesday, Apr 23rd 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

Introducing NEMCSA's New Water Assistance Program

At NEMCSA, we believe in the power of communities coming together to support one another. That's why we are thrilled to introduce our latest initiative, the NEMCSA Water Assistance Program. This program is designed to provide a helping hand to eligible individuals and families within NEMCSA's core counties who are struggling to pay their water or sewer bills.

Who is Eligible?

We understand that financial hardships can affect anyone, and that's why our program is here to assist those in need. To be eligible for the NEMCSA Water Assistance Program, you must meet the following criteria:

1. **Residence:** You must reside within one of NEMCSA's core counties.
2. **Responsibility:** You must be responsible for paying your water or sewer bill.
3. **Income:** Your household income must be at or below 200% of the federal poverty level.

Why Water Assistance Matters:

Access to clean, safe water is a fundamental human right, and it plays a critical role in our daily lives. However, for many individuals and families, keeping up with water bills can be a significant challenge, especially in times of economic

uncertainty. Our Water Assistance Program aims to alleviate this burden and ensure that everyone in our community can enjoy a basic necessity without sacrificing other essential needs.

How the Program Works:

Applying for the NEMCSA Water Assistance Program is simple:

1. **Check Eligibility:** Verify that you meet the program's eligibility criteria. For more information and to apply for the NEMCSA Water Assistance Program, visit our website at <https://www.nemcsa.org/services/need-help-paying-water-sewer-bills.html> or contact us at 989-358-4675
- Spread the Word: Share this announcement with friends, family, and neighbors who might benefit from the NEMCSA Water Assistance Program.

At NEMCSA, we are committed to strengthening our community and ensuring that no one is left behind. Together, we can make a positive impact on the lives of those facing water bill challenges.

Let's come together and make clean water a reality for all members of our community. Together, we can create a brighter, more inclusive future.

#NEMCSA #WaterAssistanceProgram
#CommunitySupport #CleanWaterForAll

continued: Slickers from page 1

the Commission on Aging. For others, it is something they have done in different phases of their lives, and for others still, volunteering is something they have done most of their lives. For Sally Slicker, volunteering was something that not only had she done most of her life, but something she raised her family to do as well. Whether she was in her hometown of Ypsilanti, or when her family was in Houghton Lake, or when she finally moved to Grayling in 2002, the Slicker's volunteered their time and talents. "I involved my kids in all the things I did for organizations," Sally shared.

For a thriving volunteer organization like the COA, it takes seasoned volunteers recruiting and promoting people to join their ranks. It was in this vein that Sally was introduced to volunteering by two long-time volunteers, Tom and Deb Rawlings. She knew them as volunteers with Penny Bingo on Thursdays at the Commission on Aging, which she played regularly with her friend, Sue. "They talked to me about being a Meals on Wheels driver," Sally explained, "and seeing how much a need there was and how necessary it is because so many older adults do not or cannot cook; the Meals on Wheels program is so helpful. The meals are a great substitute when older adults can't cook anymore."

At the time this article is being written, Sally is in Florida, her home away from home in the winter. "A lot of us retired people are snowbirds," quipped Slicker. It is nice to get away from the cold and snow, it's like a long vacation for so many. However, being in Florida does not mean that Sally has stopped her volunteering, far from it. "I am a part of a volunteer program in my county here called 'F.E.L.T.,'" Sally shared. F.E.L.T stands for Feeding Empty Little Tummys. The program provides breakfast, lunch, and dinner meals for the weekend to students in need. "I think we deliver over 1,800 meals to kids who need them on the weekends," Slicker said. "I have volunteered for F.E.L.T for the last four years."

"I like to help wherever I am. In fact, there are many 'Snowbirds' who

volunteer here in Florida when they are gone from Michigan," Sally said. "I know some of them and there are even some from Grayling; visitors that volunteer down here." Slicker shared that, like the older adults she delivers meals to here, the students are so grateful and excited when they receive their meals there. "The kids get so excited about the treats, as they call them," Sally said with a smile in her voice.

Why is Sally drawn to help deliver meals, both in Michigan and Florida? "I do not know what it is like to not have food," Sally explained. "I do not know what it's like to go hungry. It's humbling. We have so much." This same humility and desire to help people in need moved Slicker to become a social worker. During her schooling Sally did her internship with the River House here in Crawford County. Working with women in need helped her grow her desire to help people even more. From there Sally's career spanned most of its time at Camp Shawano in Grayling, where she led groups of young men placed there to volunteer at the River House and in other ways in the community.

When asked whether she was inclined to volunteer when asked to help, Sally jokingly admitted, "it's hard for me to say 'no'." We know the truth now, though. Sally Slicker's life experience of volunteering and creating a spirit of volunteerism in both her children and the young people she worked with throughout her career, has led her to continue volunteering, even in retirement, and even wherever her feet find her.

Home Delivered Meals Volunteer

Pictured is our Home Delivered Meals driver, Christa Linderer, being presented a certificate of recognition on her last day of delivering Meals on Wheels by Kathy Meisner, our Program Assistant. Christa has been volunteering her time and greeting many people with her infectious smile for a full year. We greatly appreciate her service to us over the last year, she will be missed by all of us here at the COA.



New to Medicare Seminar

Are you turning age 65 in 2024? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us in person on **Wednesday, April 24, 2024 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information email Tammy at tfindlay@crowfordcoa.org or call (989) 348-7123.



National Prescription Drug Take Back Day

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

- **City Hall**—24 hour, free, outdoor drop box
1020 City Blvd
- **Crawford County Sheriff's Department**
—24 hour, free, outdoor drop box
200 W. Michigan Ave.
- **Medicine Shoppe Pharmacy**
—During business hours
500 James Street in Grayling
- **Munson Hospital Grayling**
—Medsafe drop available in main lobby
1100 E Michigan Ave

Although Saturday, April 27th, 2024 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home. **Together, we can make difference!**



Veteran's Coffee Hour

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



New Building Update - April 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
The Jarosz Family

Outdoor Patio

McClain & Son Construction

Dining Room

In Honor Of The Founding
Members Of The Grayling
Promotion Association
Grayling Promotional
Association

Director's Office

In Honor of Alice Snyder
The Jarosz Family

Lobby

OSB Facility 2024
Weyerhaeuser

Fireplace

Grayling Township

Kitchen

This kitchen is dedicated in
Memory of William W. Allen who
created the Allen Foundation. A
gift from the Foundation made it
possible to equip this kitchen.
Mr. Allen had a vacation home
on the main branch of the
AuSable River. During his life
as an agricultural chemist, Mr.
Allen worked at The Dow
Chemical Co. After retiring, he
worked for the U.S. Mission at
the U.N. where he witnessed
hunger and malnutrition around
the world. The COA commends
the Allen Foundation for
supporting the older adult
nutrition programs in the
community, honoring his legacy.
Allen Foundation

AV / IT Room

Kodiak Group

Exercise Studio

In Honor of Melanie Conway
The Jarosz Family

Copy Room

Bonnie & Tad Randolph

Advocacy & Res. Office

In Honor of Shelly Pinkelman
Sheperd, the Founder of
Friends of Frederic 501c3

Break Room

Carpe Diem
Terry & Charlotte Bloomquist

Office Manager

In Honor of Lynn Cheney
The Jarosz Family

In-Home Services Office

In Celebration of Justin and
Corinne Williamson and the
joining of their families in
marriage
The Williamson Family

Program Assistant Office

In Honor of Kathy Meisner
The Jarosz Family

Interview Room

In Memory of Tina Foster, who
loved assisting others,
especially during Medicare's
Open
Enrollment
Scott Foster

Events Room

To care for those who once
cared for us is one of the
highest honors
Christine LaFontaine

Health Services Room

In Honor of David W. Nelson
Wayne and Rose Mary Nelson

Medical Equipment

In Honor of Eva, Mom,
Grandma, Great-Grandma
Hulbert
Hulbert Family

Senior Center Manager

Abundant gratitude to Barb
Selesky for years of advocacy
and service to older adults.
Sisters of Mercy

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

Jim Hulbert & Family

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 Mahank Family

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.



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



CORNELL AGENCY INSURANCE

"For All Your Insurance Needs"

989-348-6761

cornellinsurance.com

201 Huron St. | Grayling, MI



New Building Update - April 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.

Rooms

Last Room Available
Activity Room - \$5,000

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.

TRUALTA
Caregiver
Online-Platform

<https://region9aaa.trualta.com/login>

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

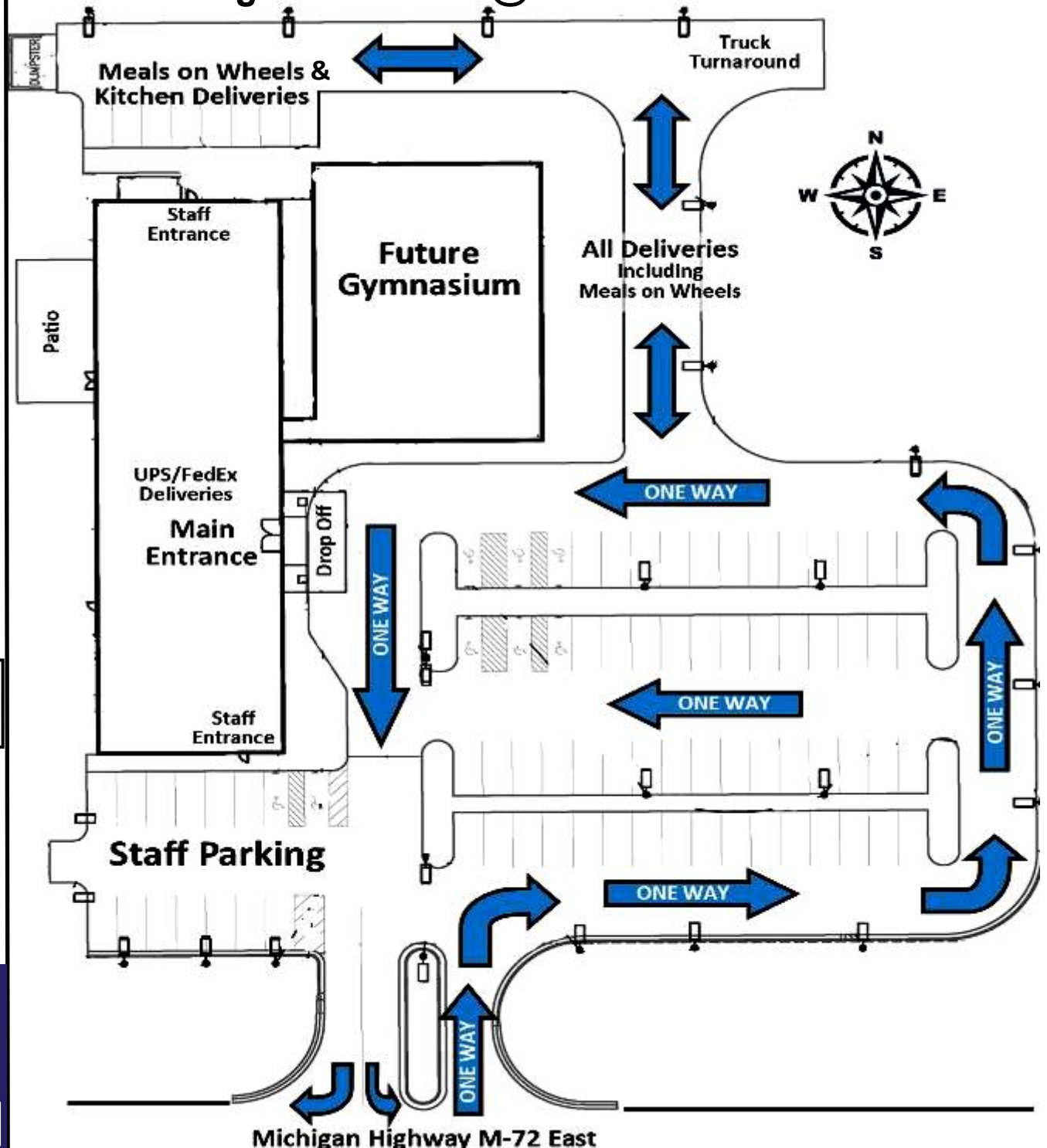
Because part of our mission is to promote health and well-being, the new policy for the Crawford County Commission on Aging & Senior Center's is to provide a tobacco-free environment for all employees, volunteers and visitors. All tobacco products including, but not limited to cigarettes, cigars, smokeless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



April 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30pm Dinner Taco Salad, Corn, Grapes	2 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	3 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	4 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes Senior Center Closed 1-4pm No Dinner	5 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
8 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:30-5:30p Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	9 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	10 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	11 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4-6pm Melting Madness Pizza Party Pizza Party, Pepperoni, Supreme, Hawaiian, Tossed Salad, Fresh Fruit Salad, Ice Cream	12 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
15 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Potatoes, Spanish Rice, Carrots, Kiwi	16 9am Breakfast Presentation 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt	17 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	18 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30p Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	19 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
22 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	23 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	24 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	25 Taste Testing 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana	26 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
29 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:30-5:30p Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	30 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30p Dinner Beef Stew, California Blend Vegetable, Apple	<div>Stay Tuned for all the New Events we are planning at the New Building! Potential Including: Dinner Concerts, Game Nights, Painting Classes, Aerobic Drumming, Chair Yoga</div>		<div> Running Talley of Support: 31 days, \$9,350 <i>Thank you!</i></div>

April 2024 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club	2 9am Friends of a Feather Quilting 10a Zumba Gold 5:30p Diamond Dancers - Tinkers	3 9:30-10:30a – Food Commodities at St. Mary’s Church 10a Silver Sneakers	4 10a Pokeno 10a Zumba Gold Senior Center Closed 1-4pm Staff In-Service	5 10:45a Fit for the Aging 1p Pantry Bingo
8 10a Silver Sneakers 1-4p Chess Club	9 10a Zumba Gold 5:30p Diamond Dancers - Tinkers <div>Eggs Made to Order, Breakfast Potatoes, Silver Dollar Pancakes, Fruit Salad, Juice, & Coffee</div>	10 10a Silver Sneakers 1p Mahjong	11 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds 1-5p Legal Assistance 4p–6p Melted Madness Pizza Party	12 10:45a Fit for the Aging 1p Pantry Bingo
15 10a Silver Sneakers 1-4p Chess Club	16 9am Breakfast Presentation – Community Garden 10a Zumba Gold 4:30p COA Board Meeting 5:30p Diamond Dancers – Tinkers	17 10a Silver Sneakers 11a Alzheimer’s Support Grp. at The Brook in Grayling 1p Mahjong	18 10a Pokeno 10a Zumba Gold 3:30p Daylight Diamonds 1p Penny Bingo 3p Medicine Shoppe Bingo	19 10:45a Fit for the Aging 1p Pantry Bingo
22 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club National Volunteer Recognition Week	23 10a Zumba Gold 11:30 -12:30p Birthday Lunch Party 5:30p Diamond Dancers – Tinkers National Volunteer Recognition Week	24 10a Silver Sneakers 11a New to Medicare Presentation – Tammy Findlay 1p Mahjong National Volunteer Recognition Week	25 10a Pokeno 10a Zumba Gold 11:30 -12:30p Taste Testing 3:30p Daylight Diamonds 1p Penny Bingo National Volunteer Recognition Week	26 10:45a Fit for the Aging 1p Pantry Bingo National Volunteer Recognition Week April 27th - Drug Take Back Day
29 10a Silver Sneakers 1-4p Chess Club	30 10a Zumba Gold 5:30p Diamond Dancers – Tinkers			
Light Bites Menu for Spring 2024 (starting April 15th)				
Southwest Side Salad Chicken Tortilla Soup	Turkey Sub Minestrone Soup Grapes	Side Chef Salad Cheesy Potato Soup Pear	Garden Salad BBQ Chicken Flatbread, Pear	Ham & Cheese Sub Cabbage & White Bean Soup

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 - 4388 West M-72 Hwy, 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:

by *Jason R. Thompson, Law Office PLC*
Free legal consultations available the 2nd Thursday of each month from 1-5pm

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 February 2024!

At the Senior Center

- We served **620** Congregate Meals

In-Home Services

- Delivered **2,986** home delivered meals.
- Provided **105** hours of respite care.
- Provided **225.25** hours homemaker services.
- Provided **74.5** 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: End-of-Life Planning
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

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

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

April 30, 2024 - June 4, 2024, from 1:30 pm - 3:30 pm, via Zoom

Chronic Pain PATH

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!

Bible Study

The Grayling Housing Commission has agreed to continue to host the Bible Study group so they will continue to meet at the 308 Lawndale building.



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

ELDER ABUSE: COMBATING INJUSTICE

Elder abuse is the intentional mistreatment or harming of an older person. An older person is defined by the Social Security Act as someone over age 60. This abuse takes many forms – including physical, emotional, and sexual harm, neglect, and financial exploitation. More than 1 in 10 older adults experience some form of abuse each year. That number is likely much higher because elder abuse is often underreported—especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

You can also help make a difference by checking in with older loved ones. Looking for warning signs of mistreatment is the first step to preventing abuse. Signs of physical abuse include bruises, burns, or other unexplained injuries.

There may also be signs of neglect like:

- Poor nutrition or hygiene.
- Lack of necessary medical aids like

glasses or medications that a caretaker should be providing.

There may also be indications of financial abuse. These may include:

- Unpaid rent.
- Sudden changes to a will.
- Unusual changes in money management.
- Large, unexplained financial transactions.
- Mortgages despite sufficient financial resources.

- Allowing someone new to access bank accounts.

If you suspect that someone is a victim of elder abuse, don't ignore it! If you or someone you care about is in a life-threatening situation, call 911. If you suspect that something isn't right – but nobody seems to be in immediate danger – contact:

Your local Adult Protective Services at

www.napsa-now.org/help-in-your-area.

- The National Center on Elder Abuse at 1-855-500-3537 (ELDR).

You can also find additional local resources by searching the Eldercare Locator for your community at eldercare.acl.gov/Public/index.aspx.

Take some time to call or visit with an older adult. Ask if they are okay and listen to what they tell you. Pay attention to signs of abuse or unusual behavior. Most of all, don't be afraid to report instances of suspected abuse. Please share this information with those who need it.



Report potential Medicare/medical identity theft from fraud, errors, or abuse if:

- You gave out your Medicare and/or health ID number:
- Over the phone or internet to someone offering durable medical equipment, genetic testing, COVID-19 testing/supplies, back braces, etc.
- At a fair or other gathering as a check-in or to receive free services
- In response to a television or radio commercial, Facebook ad, postcard, or print ad requesting a Medicare number
- You see on your Medicare Summary Notice (MSN) or

Explanation of Benefits (EOB) charges for medical services or equipment that you did not receive

- You are contacted by a debt collection company for a provider bill you do not owe
- You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request
- A Medicare and/or a Medicare Advantage plan denies or limits your coverage or benefits because of a medical condition you do not have

Melted Madness Pizza Party

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

Pepperoni, Supreme, Hawaiian, Tossed Salad, Fresh Fruit Salad, Ice Cream - Chocolate or Strawberry

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



Random Word Search Puzzle

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

- | | | | | |
|----------------|----------------|---------------|--------------|--------------|
| brainstorm | association | fashionable | conservative | philosophy |
| pedestrian | discrimination | legislation | incongruous | reluctance |
| instruction | correspond | consumption | countryside | intermediate |
| responsibility | celebration | improvement | sympathetic | psychology |
| negligence | particular | democratic | thoughtful | disability |
| agriculture | contribution | mastermind | accumulation | disappoint |
| examination | decoration | girlfriend | relaxation | stimulation |
| restoration | goalkeeper | diplomatic | presidency | established |
| transmission | communication | development | disposition | constitution |
| corruption | hospitality | revolutionary | litigation | accountant |

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

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



Grayling Save a lot

Crystal 20 Drinking - \$2.49
 Water, 24 pack

Good thru: 4/1/24 - 4/30/24

Limit 2 per coupon.

2333 S. I-75 Bus. Loop (989) 348-6690

More coupons at: www.SaveALot.com

Kate's Kitchen Corner

Simple Vinaigrette



Spring is here and salad season is coming! I know it's easier to buy your favorite store-bought flavor, but I bet you already have these ingredients in your kitchen and this recipe is customizable for every taste.

Simple Vinaigrette (For 1 salad)

- 1 tbl. Vinegar of your choice
- ½ tbl Olive Oil (or oil of your choice)
- ½-1tsp Stone Ground Mustard
- ½-1tsp Honey
- ½-1tsp Minced Garlic (I use the kind from the jar but fresh is good too)
- 1tsp Minced Shallot (Red onion is fine too, it just won't be as mild)
- Salt and pepper to taste
- Spices/Herbs, if desired, to taste

Mince the shallot and garlic, if you are using fresh garlic, and mix with the vinegar. Let sit for 5 minutes. Then add all other ingredients and whisk or put into a jar with a lid and shake to combine. I like to make this first thing in the morning for my lunch and let it sit to let the flavors meld, but you can use it right away if you like. This recipe is to my taste, and I like my dressing tangy, if you prefer a sweeter dressing, increase the honey or try maple syrup or agave nectar. If the vinegar is too strong, try more oil and less vinegar. If you have flavor infused vinegars or oils, this is where they will shine. Try rice wine vinegar with sesame oil and a little ginger added or try maple syrup with apple cider vinegar and a little thyme. The customization possibilities are endless! If you want to make a larger batch of this dressing it will keep in the fridge for up to a week just let it come to room temp and whisk to recombine.

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 CALL: 989-348-2931



Fix it and save a buck!
Conveniently located next door!
 CONTACT THE REPAIR SHOP:
 989-348-1003

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 who participate in events and activities at the Senior Center. This membership requirement does not apply to Congregate Meals. Out of County residents can continue to enjoy our meals without a membership.

After our Grand Opening, anyone who resides outside Crawford County will have the option of purchasing an Annual Membership for \$50 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!

Who?

Crawford County 60+
Guests (Out of County)
Out of County

Cost?

FREE
Event Fee \$5
Annual \$50

Guests are defined as 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.

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

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Safer Driving May Save You Money



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- 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.

Light Bites Menu - Starting April 15th, 2024

A common complaint I get from our clients is that our meals are too heavy for some people to eat for 2 meals a day and if we had a lighter option, like a soup and sandwich, people would eat more of their meals with us. Our new Light Bites menu was created with this in mind. This new menu will not replace any of your favorites, it will be an extra option to choose alongside of our hot congregate meal.

This menu will also follow the same Nutrition Guidelines that our current meals follow but the ingredients were chosen with care to leave you feeling lighter after your dining experience as we move toward hot summer days. Initially, we will start with a 1 week cycle and have a different meal option every day Monday-Friday that we will repeat every week (see the calendar for the menu). This meal is nutritionally

complete on its own and while you can opt out of items, they can't be substituted for items on the hot menu and vice versa. I'm very excited to announce that we will be launching our first week on April 15th and your first peek at our starting menu is included in this month's Gazette. This menu will be extended to 2 weeks and will change seasonally, so this means it's a perpetual work in progress and I'm happy to hear your suggestions on what you would like to see on it. It was all your comments and suggestions that inspired this menu in the first place, so please keep them coming!

Taste Testing

Join us for lunch on April 25th from 11:30-12:30 and also sample some possible items for our Spring/Summer menu. We will be trying crab cakes and dill sauce with lemon broccolini, and we hope to hear your opinion!

Walking Fit for Benefits

Kai Gritter, Michigan State University Extension

We need physical activity in our lives but it is something we often overlook. Centers for Disease Control state that of the 1,440 minutes in each day, just 30 minutes should be spent exercising every day. This could benefit our minds and bodies in many ways.

Walking is a low or no cost form of physical activity. Cost is important for many people because of the financial issues most people face today. It is not necessary to purchase special clothes but it is important to be dressed appropriately for the weather at the time of your walk. If possible, walk during the daylight hours so that you are much easier to be seen by others and be able to see where you are going. If you prefer to walk in the early morning or later in the evening, then carry a flashlight and wear light-colored clothing. Another feature to consider is walking with a friend, for company, encouragement and safety. Walking in a mall, school or a community center are also options that can keep you safe while you exercise.

Becoming fit is the goal, so start out walking slow and gradually increase duration, distance and pace over time. There will be subtle benefits that you will notice as you continue your walking quest:

- Lower bad cholesterol (LDL)
- Raise good cholesterol (HDL)
- Lower blood pressure
- Manage weight
- Reduce risk of heart disease
- Reduce risk of Type 2 diabetes
- Lower stress
- Increase energy

Did you know that walking could also slow



MSU School of Social Work and Region 9 Area Agency on Aging are hosting a caregiver conference on Friday, May 17, 2024, at the **Flying Pig Venue** (2723 Grove Street Road, Standish, MI 48658) from 10:00 am to 3:00 pm.

There will be a complimentary breakfast and lunch along with great door prizes and an array of vendors. All caregivers are welcome to attend this free, fun, and informative conference.

To register call 989.358.4616 or click here:

<https://forms.office.com/r/rWYrAYX2g6i>

mental decline? We often think that there are only physical benefits from walking, but studies have shown that it can also benefit our mental health by:

- Lowering Alzheimer's risk
- Improving sleep
- Improving mood
- Allowing time for meditation

There are many lifelong benefits to walking, including that it is inexpensive and does not require equipment. Although walking may not be listed as a necessity, it definitely provides lifelong benefits without great expense or equipment. Michigan State University Extension recommends trying to begin by allowing just 30 minutes each day of walking so that you can reap the benefits.

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

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

Advanced Care Planning

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

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

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

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

DENHOLM FAMILY
CHIROPRACTIC

6838 M 93 HWY S
Grayling, MI

P: (989) 348-6600
F: (989) 348-3537

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

Upcoming Online Classes - MSU Ext.

WALK WITH EASE SELF-PACED SERIES

April 1, 2024 – May 12, 2024

WITS WORKOUT SAVOR THE SEASONS

April 2 – May 7, 11:30-12pm Zoom

PRESERVING MI HARVEST- PRESERVING SPRING PRODUCE
April 4, 1-2 p.m. and 6-7 p.m. ET Zoom

WITS WORKOUT - STAR GAZING
April 8, 1 – 1:30PM Online

ONLINE TAI CHI FOR FALL PREVENTION
April 9, 2024 – June 6, 2024 9AM- 10AM
Tues/Thurs, Online via Zoom

RELAX ONLINE
April 9, 2024 – April 30, 2024 Tuesdays
from 5:30-6:30 pm ET Online

WITS WORKOUT - THE BEST MEDICINE (APRIL 15)
April 15, 2024 1:00PM – 1:30PM Online

WITS WORKOUT - THE BEST MEDICINE (APRIL 22)
April 22, 2024 1:00PM – 1:30PM Online

WITS WORKOUT - GAME DAY!
April 29, 2024 1:00PM – 1:30PM Online

ONLINE: RELAX ALTERNATIVES TO ANGER WEEKLY SERIES APR/MAY
April 30, 2024 12:30PM – 1:30PM Online

ONLINE: STRESS LESS WITH MINDFULNESS WEEKLY
May 2, 8:30AM – 9:30AM Online

ONLINE: SLEEP EDUCATION FOR EVERYONE MAY/JUNE
May 2, 12:30PM – 1:00PM, Every Thurs
Online

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

Sorenson Lockwood
FUNERAL HOME INC.

Pre-Planned Funerals Cremation Services
Markers Monuments

Terrie L. Lockwood, Manager/Owner
Phone: (989)348-2951 Fax: (989)348-4968
1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

— 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!

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.



1st Annual Pet Palooza

Saturday, June 22, 2024

11 AM to 1 PM

Crawford County Commission on Aging
4388 M-72 Highway

SCAM ALERT

Watch out! Scammers
target everyone.



There is hope.

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



988 SUICIDE & CRISIS
LIFELINE



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Social Security Administration

Publication No. 05-10597 | January 2024 (February 2023 edition may be used) | Produced at U.S. taxpayer expense



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



Abbey C., RN
Munson Healthcare

COMMITTED TO OUR HOMETOWNS

MUNSON
COMMITTED TO YOU

munsonhealthcare.org/commitment

The Brook, it's home.

BrookRetirement.com

Independent, Assisted
& Memory Care Living

Thompson Treusch
Law Office PLC

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

989-745-6625

Grayling Community Garden Gears up for 2024 Season. Join us for a Breakfast Presentation about the Garden on April 16th

It is with heavy hearts that we share the loss of Greg Nelson, our Community Garden Coordinator. Greg passed away on February 23, 2024 leaving a very large void at the garden. Greg dedicated his time and talent to the Grayling Community Garden and got it back up and running. His love for gardening and more so his love for feeding those in need led to getting the garden cleaned up, the well and sprinkling system in place and an increase in the number of individual gardeners tending plots. This was all at the same time he tended the community plot which was grown to donate food to the Crawford County Christian Help Center, Crawford County Commission on Aging, the Riverhouse Shelter and other neighbors from within our community. His smile will be missed and as we garden this summer we will celebrate his life and "Garden for Greg"!

We are happy to share that the Grayling Community Garden, as enters its 17th year, has received a very generous donation from an anonymous donor, and along with other donations received in 2023, will provide the necessary funding for a new fence to be installed around an expanded garden space prior to the beginning of the 2024 garden season. The Community Garden property, located at the corner of Madsen and Mary Ann Streets, has been made available courtesy of the Carl W. Borchers Post Veterans of Foreign Wars (VFW) #3736 and the Seator family. The Garden not only provides access to land and irrigation, but how-to-education, free seeds and plants, tool lending, and a networking hub for both new and experienced gardeners, so that community members across the county can have access to fresh healthy food through gardening opportunities.

To continue Greg's legacy, and provide fresh produce to donate to the community, the garden leadership team is looking to recruit Garden Volunteers to:

help with the preparation, planting, weeding, harvesting and distribution of the produce grown in the community plot work to be done in preparation of the new fence:

- Tree removal
- Stump grinding
- Irrigation expertise - need someone to supervise the installation of new system and to learn to run the system during the summer
- Need a tractor with a bucket to remove existing wood chips around old fencing
- Need a tractor with a tiller for tilling the soil around the new fencing
- Ditch witch or strong people for digging trench for weed barrier around new fencing
- Install weed barrier around new fencing
- Move and spread wood chips at fence border and new paths

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Breakfast Menu:

Eggs Made to Order, Breakfast Potatoes, Silver Dollar Pancakes, Fruit Salad, Juice, & Coffee

We also are looking to recruit new and returning gardeners to garden individual plots.

Registration for garden membership and plot registration will open April 1, 2024. There will be three categories of membership this year:

Primary Gardener (person who is responsible for a plot)

Garden Member (person who will be gardening on a plot with the primary gardener)

Garden Volunteer (person who wishes to contribute at the community garden)

This year the garden will be requiring a plot registration fee of \$25.00. *If you or your group would like to register for a garden plot, but feel prevented from doing so because of financial constraints, a Plot Fee Waiver Request will be available! The GCG exists to promote gardening. We strive to make growing food accessible to everyone in our community. All the money GCG collects will be reinvested into our mission which is to promote the garden as a food growing endeavor, recognized as an open accessible gathering space for people of all ages and all abilities to share knowledge and leisure, that is supported by sustainable practices. We will honor as many Plot Fee Waiver Requests as our annual budget will allow.*

Garden membership and plot registration will be online via the Crawford County Commission on Aging website www.crawfordcoa.org/special-programs/grayling-community-garden-registration
Also look for more information on the Grayling Community Garden Facebook page.

The Grayling Community Garden continues to be grateful to these important community partners for their generous donations of either supplies or time: Jack Millikin, Inc., the City of Grayling, Shawono Center, McLean's ACE Hardware, MSU Extension 4 - H, District Health Department #10, and other anonymous donors. The Grayling Community Garden is also grateful for the continued support of the Crawford County Commission on Aging which acts as the fiduciary agent for the garden project.

To learn more about the gardening and volunteer opportunities at the Grayling Community Garden, as well as plans for the 2024 season, please joins us for a breakfast presentation at the new Crawford County Commission on Aging and Senior Center, on Tuesday April 16, 2024, at 9 am.

For more information

email: graylinggarden@gmail.com.

To make a donation go to: <https://www.crawfordcoa.org/make-a-donation>.

CRAWFORD COUNTY

NEIGHBORHOOD CONNECT



Neighborhood Connect is a FREE event that will feature products and services from various community agencies and organizations aimed at helping ALL residents with a focus on FAMILIES of Crawford County and improving health.

June 20, 2024

AT GRAYLING HIGH SCHOOL

Pre-register here

<https://bit.ly/3V2IBLc>

Preregistration closes on June 19th @ noon

Onsite registration will be available

Registration is required
Contact: Tammy Tyler @ 989-275-9565 or tylert@coorisd.net



GET PRESCHOOL
INFORMATION

CONNECT WITH
LOCAL RESOURCES
THAT SUPPORTS
FAMILIES

CAR SEAT
CHECKS AND
INSTALLATIONS



Crawford County
CHILD PROTECTION COUNCIL

Free Legal Assistance

The Crawford County Commission on Aging & Senior Center, in partnership with the Jason R. Thompson Law Office PLC offer free, basic legal



advice to Crawford County Seniors age 60 and over. Jason has given much of his time and expertise to the Commission on Aging and Senior Center. Jason helped establish the Free Commission on Aging Legal Assistance program for senior citizens. If you would like to meet with Jason, he will be available on the and Tuesday of each month beginning April 11, 2024 from 1-5 pm. Consultations are by appointment only and last about 20-30 min. These consultations are designed to see:

- 1) if your issue really needs an attorney
- 2) to what extent you need legal services
- 3) when retaining an attorney might be advisable.

Appointments may be made by calling the Commission on Aging & Senior Center at 989-348-7123.

Appointments must be made in advance.