



Crawford County Senior Gazette April 2025

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State of the Senior Center

By Toby Neal



Spring is a season of renewal when fresh ideas take root and new possibilities emerge. At the Crawford County Commission on Aging (COA), change is in the air as a new director steps in, bringing a vision for the future while building upon the strong foundation already in place. The transition in leadership marks not just a shift in personnel, but a moment of growth and transformation for the center and the community it serves. This transition and a history of where the Senior Center has been and is going were laid out during the State of the Senior Center address given by Alice Snyder and Brian McLaughlin on February 20th, 2025.

Alice Snyder, the outgoing director, has spent 20 years dedicated to the mission

of the COA, ensuring that older adults in the county have access to essential services, social engagement, and a welcoming space that feels like home. Reflecting on her tenure, Alice emphasized the importance of continuity in care, acknowledging the relationships she has built and the programs that have flourished under her leadership. She spoke with gratitude about the staff, volunteers, and community members who contributed to the COA's success, making it a vibrant hub for seniors.

Snyder showed the audience the COA's funding sources and used various graphs to show expenses, charting the rise in staffing and food costs post-Covid. Through careful navigation of existing funding, grants, and charitable donations, the COA has been able to lean on the community for continued support in helping their Meals on Wheels program. "I want to give a special shout-out to Huntington Bank," Alice said, "they have, over the past three years given us grants...last year we received \$15,000 from them." Grant money, that, according to Snyder, helped to offset the need to draw from the milage dollars to help pay for Meals on Wheels. "So, we really need some (more) corporate sponsors to help bring that down," Alice pleaded.

The outgoing director also broke down the annual attendance numbers over the years, showing that there has been a continued

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
8:30 am to 6:00 pm
Friday
8:30 am to 4:30 pm

4388 West M-72 Hwy
Grayling, MI 49738

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

director@crawfordcoa.org

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Commission on Aging & Senior Center
to our Website



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The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

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

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

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Kate Moshier, Nutrition Manager

Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services Manager

Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Jill, Susan & Danette

April Birthdays

Jesse Potts 4/7

Ron Rysso 4/6

Raymond Swiercz 4/22

**Senior Center Birthday Lunch Tuesday,
April 22nd,
11:30a- 12:30p**

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

Happy Birthday!



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698

Tammy's Tips



Establish a healthy sleeping routine, make sure to turn off all electronics at least 30 minutes prior to going to bed and try to establish a calming nighttime ritual, such as reading or meditating. This ritual will signal your mind to relax and prepare for a restful night's sleep.

Car Donation Program

Keeping that old car running can be expensive. Donating your car to Senior Neighbors is easy, the pick-up is free, and your gift is tax deductible. Senior Neighbors accepts cars, trucks, RVs, vans, motorcycles, boats, and much more! Visit the COA's link to donate your old vehicle today: <https://careasy.org/crawford-county-commission-on-aging> or call 844-411-5768 for more information on the car donation program.

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Support Groups:

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St. Francis Episcopal Church, Grayling

Sun. (O/ST) / Tue. (C/D) / Fri. (C/B)
@ 7:00 pm

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

Wed. (W/C/D) (Women's) @ 7:00 pm

St. John Lutheran Church, Grayling

Sat. (B/C) @ NOON / Thurs. (C/D)@7:00 pm

Frederic Twp. Hall

SAT. @ 6:00 pm (C/H)

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

GIVING

General Giving

GIVING

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies and Crawford United we could not do what we do without also having the support of people just like you. You can donate online at crawfordcoa.org/make-a-donation, in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, MI, 49738.

Make Your Mark: Leave a Legacy

By including the Crawford County Commission on Aging (COA) in your estate plans, you can help ensure that our mission of advocating and promoting the well-being and independence of older adults endures long after you're gone. Here are a few ways you can gain tax or estate benefits while also supporting the COA. If you're not sure where to start, we encourage you to consult with an attorney or financial advisor to determine the best option for you.

Bequest

You can designate a specific amount or percentage of assets that you would like to leave to COA as part of your will or trust and your gift will be exempt from federal estate taxes.

Retirement Plan Beneficiary

You can name the COA as a beneficiary of an IRS, 401(k) or 403(b). A change of beneficiary form is required from your plan administrator.

Life Insurance Beneficiary

You can assign a charitable organization as the beneficiary of your life insurance policy which can provide tax benefits while helping to sustain arts and culture.

Charitable Trusts

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes.

By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure everyone receives a meal, in-home services, and the advocacy needed to support the needs of older adults in our community.

Thank you for your consideration.

Sponsors

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

Foot Clinic Offered by **Linda Russel**

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 Szydzik of Stronger Fitness Housing Counseling** by Laurie Jamison

General Donations from:

Anne Duby
Kelly Lako
Kirsten Lietz

Carol Wilder
Rolling Oak
Brewing

*Thank You Donors
We Appreciate Your
Support!*

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 that 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. If you are interested in making a donation in memorial of someone, call 989-348-7123 for more information.

Interested in Becoming a Commission on Aging Volunteer?

Volunteers are always needed at the Commission on Aging. If you'd like to register to become one of our volunteers, fill out the online application at <https://www.crawfordcoa.org/volunteer/volunteer-application>. Paper copies are available upon request at the COA. For more information, call 989-348-7123.

Hometown Heroes

\$300 per day or supports a day of Meals on Wheels

**Running Tally of Support:
\$16,115 Thank you!**

51 meal days have been purchased to date. Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. April 2nd was donated by Sorenson Lockwood Funeral Home, April 9th was donated by JP Heating of Northern MI, April 16th was donated by JM Door, and April 23rd was donated by Jack Millikin Excavating. Thank you all for donating to Meals on Wheels for the month of April.

Memorial Donations

Farrell Thomas in memory of
Linda (Brooks) Thomas
David & Cheryl Millikin in memory of
David Pettyjohn
Barbara & John Lubahn in memory of
William Hamlin

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

Nancy Billingham	Judy Marchlewicz
Kelly Canter	Dave Markle
Ben & Pam Carr	Sandra Marshall
Debbie Carrigan	Dan & Karen McCarthy
Faith Dandois	Barb & Mike Miller
Carolyn Diponio	Tim & Olie Miller
Diana Doremire	Michelle Millikin
Kathy Dreffs	Wayne & Rosemary Nelson
Donna Farren	Suzanne & Mark Ostahowski
Dave Felker	Ron Pagerski
Linda Fieldhauer	Lois Platt
Janet Gilbert	Tom & Deb Rawlings
Sherry Haag	Al Reynolds
Sharron Hagerman	Chuck & Robin Rodgers
Lynn Hagon	Jon & Gail Schultz
Donn Handy	Jon Shazri
Val Hendricks	Cheryl Starr
Susan Hensler	Randy & Tanya Stephens
Cheryl Hopp	Ann & Dave Stephenson
Annette Hritz	Brad Summers
Donna Hubbard	Farrell Thomas
Liedewey Hunter	Ellen Thompson
Cindy & Jim Johnson	Ken Thurston
John Kay	Zoella Wethington
Ron Kemerer	Carol Wilder
Glenn & Lorelei King	Curtis Williams
Linda LaBrie	Ernie & Ruthann
Eileen Langhorne	Windolph
Jim Lawless	
Alice Lee	
Cathy Lester	
Kirsten Lietz	

April Showers Bring New Activities

April Fools Party April 1st, 11:00 am—12:00 pm

Join us for an absurd April Fools Party at the Crawford County Commission on Aging & Senior Center! Play pranks, test your wits with fun facts, and compete in goofy games for a morning full of laughs and surprises.

Tai Chi with Michigan State University Extension Office

April 1st, 2:00 pm—4:30 pm

This program combines the benefits of Tai Chi for Arthritis and Fall Prevention and Sleep Education for Everyone. Tai Chi has been shown to increase strength, improve balance, and prevent falls. Participants will also learn techniques to improve the quality and quantity of their sleep.

Each session will include:

- Tai Chi Warm-ups
- Tai Chi Lesson
- Tai Chi Cool Downs

Call 989-344-3264 to reserve your spot today. Please, NO MINT.

Geriatric Fitness with Toby

April 2nd, 3:00 pm—4:00 pm

Wednesdays and Fridays. Stay strong, independent, and active with Geri-Fit—a strength training program designed to improve balance, flexibility, and overall mobility. With just a few sessions, you'll build muscle, reduce fall risk, and feel more confident in your daily activities!

Digestive Health Information Booth with DHD #10

April 8th, 11:30 am—1:00 pm

Good digestive health is essential for overall well-being, as it affects nutrient absorption, energy levels, and immune function. Poor digestion can lead to discomfort, bloating, and more serious issues like nutrient deficiencies or gut disorders. Visiting an informational booth on digestive health can provide valuable tips on maintaining a balanced diet, managing common digestive concerns, and improving gut health naturally. Stop by to learn how small changes can lead to a

healthier, happier digestive system!

Trivia with Clay Horton April 8th, 12:30 pm

Clay Horton is back for another infectious game of trivia. Come by for lunch on April 10th and enjoy an exciting game with good friends.

Pub Runner's Concert April 17th, 6:00 pm

The Pub Runners, a Gaylord-based band, have been entertaining audiences for nearly 30 years with their engaging blend of traditional Irish music, American folk tunes, storytelling, and humor. Attending their concert at the COA offers a unique opportunity to experience lively Irish melodies, heartfelt ballads, and interactive sing-alongs that capture the spirit of Irish culture and promise an unforgettable evening of entertainment. Tickets are \$20.00 in county/\$25.00 out of county.

AuSable River Dixieland Band May 6th

The AuSable River Dixieland Band is a Michigan-based ensemble known for their lively and upbeat performances that capture the essence of traditional Dixieland jazz. Attending their concert at the COA is a wonderful opportunity to experience this energetic style firsthand, promising an evening filled with classic tunes and infectious rhythms. Tickets are \$5.00 in county/\$10.00 out of county.

Other Noteworthy Events to Keep in Mind

Dinner Resumes April 1st

Dinner at the Commission on Aging will be resuming April 1st. Starting April 1st, our hours of operation will be 8:30 am—6:00 pm Monday through Thursday, and 8:30 am—4:30 pm on Friday. No dinners on Fridays.

Footcare Resumes in April

April, two sessions will be offered to catch up after the long break. Session one will be offered on April 7th with appointments from 9:00 am—4:30 pm. The second session will be on April 28th and has appointment slots from 9:00 am—4:30 pm. Call the COA to book your appointment, 989-348-7123. Spots are limited and appointment slots fill up quickly, so call the COA as soon as possible to ensure your spot is saved. The cost per appointment is \$25.00.

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LAW OFFICE PLC

Jason Thompson - (989) 745-6625

<https://www.facebook.com/JasonRThompsonlaw/>

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1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

Continued: State of the Senior Center

increase of participation at the Center post-Covid; an upward trend that will hopefully continue. Alongside this was a display of the decrease in congregate meals, especially in light of attendance pre-Covid. Congregate Meals, both lunch and dinner (when offered) are key income drivers for the Senior Center and an opportunity to feed people, as anyone who walks through the door is welcome. Snyder also anticipates an increase in advocacy services for older adults and insurance counseling in the coming year. As she prepares to step aside, Alice expressed confidence in Brian, the new director, who will take the reins to face these challenges and move the Senior Center forward. She noted his passion for community work, experience in organizational leadership, and his dedication to serving older adults. Her optimism underscores a central truth about change: while it can be daunting, it also brings the opportunity for new energy, fresh ideas, and renewed commitment.

Stepping into his new role, Brian spoke about his enthusiasm for the future. He recognizes the COA's strong legacy and intends to honor it while exploring ways to expand services and deepen engagement with the community. His vision includes strengthening partnerships with local organizations, introducing innovative programs that reflect the evolving needs of seniors, and fostering an environment where all feel included and empowered.

One of Brian's key priorities is ensuring that the COA remains adaptable and responsive to the changing needs of older adults. As lifestyles, technology, and healthcare continue to shift, he sees an opportunity to enhance existing programs while introducing new initiatives that support independence, social connection, and overall well-being. He also acknowledges the importance of listening—taking the time to understand the experiences, concerns, and hopes of those who rely on the center's services.



The new director spoke of plans for a new storage facility, with a shaded overhang where people can relax and watch outdoor pickleball being played on the court that will be built. The pickleball courts are expected to be completed by the spring of 2026. The Senior Center aims

to serve older adults and youth, with plans for a gymnasium, indoor pickleball, and after-school programs. McLaughlin sees the Crawford County Commission on Aging's Senior Center becoming a community center; where the whole community is welcome and has events and facilities everyone can utilize. Considering these things, Brian and the staff of the Commission on Aging will be exploring options for catering and food service for events, including in-house and external catering. They will continue to survey the community to gauge interest in breakfast, dinner, and other programming in the future. Director McLaughlin will be investigating grant opportunities that could provide funding for staffing and program expansion, as well as continuing to recruit additional volunteers to support the increased programming and activities.

With spring approaching, the timing of this leadership transition feels particularly fitting. Just as the season brings new growth and fresh starts, so does this moment in the COA's journey. The community can look forward to a blend of tradition and innovation, where the values that have made the COA a cornerstone of Crawford County remain strong while new possibilities unfold.

For those who visit the senior center regularly, the change in leadership may feel bittersweet. Alice's contributions have left a lasting impact, and her presence will be missed. At the same time, Brian's arrival signals a commitment to carrying the COA's mission forward with energy and purpose. Change, after all, is not just about letting go—it's about embracing what comes next with hope and enthusiasm.

As April arrives and the world begins to bloom again, the Crawford County Commission on Aging will step into a season of renewal. The Senior Center remains a place where older adults can find support, friendship, and purpose—a testament to the resilience and strength of the community it serves. With Brian at the helm, the journey ahead looks bright, promising a future where seniors continue to thrive in a place they can truly call their own.

As the new director, Brian is stepping into a position that requires not just managerial skills but also a deep understanding of how people and organizations grow. Just as his family worked to ensure that a building originally meant for education could evolve into a place of care, Brian understands that organizations must adapt to meet the changing needs of their communities. He does not view leadership as merely making decisions from the top but as fostering a culture where people feel empowered and valued.

A prime example of this mindset is his approach to leadership within his previous roles. He understands the importance of

recognizing talent and allowing people the space to grow into their potential. His former marketing director, for example, wasn't just given a job—she was entrusted with responsibility and encouraged to expand her skills, helping to shape the organization's vision alongside him. This ability to see people as integral parts of a larger mission will be critical as he takes the helm of the Commission on Aging.

Brian's vision for the Commission is one of sustainable growth and meaningful change. He knows that to truly make a lasting impact, it is not enough to implement new programs without considering their long-term viability. He believes in putting in the effort to build something that will not just serve the current needs of seniors in Crawford County but will also leave a foundation for future generations. Just as his great-grandfather designed the building and laid the bricks of a school that would later become an assisted living facility, Brian sees his work as laying the groundwork for a Commission that will continue to evolve and serve for years to come. "Normally when I come into an organization I know I have to change the culture," Brian shared, "but, that isn't the case here – we have a wonderful culture, we just need to ensure it continues."

One of his key focuses is ensuring that the Commission remains deeply connected to the people it serves. He understands that seniors are not just recipients of services but active members of the community who have wisdom, experience, and a desire to stay engaged. His leadership style reflects this understanding—he values collaboration, listens to the voices of those around him, and works to create an environment where everyone feels they have a role to play in shaping the future.

At the core of Brian's leadership philosophy is the belief that change should be intentional and built to last. Whether it's honoring the legacy of his family's commitment to community-building or shaping the future of the Commission on Aging, he approaches his work with a sense of purpose and dedication. His patience, his ability to see the bigger picture, and his commitment to empowering others make him well-suited for this role.

As Brian steps into his new position, he carries with him the lessons of his great-grandfather, his father, and his own experiences. He is not just leading an organization—he is continuing a tradition of building something meaningful, something that will stand the test of time. And in doing so, he is ensuring that the Crawford County Commission on Aging will not only serve today's seniors but will remain a vital part of the community for generations to come.

Walk in the Woods Spring 2025 Schedule

May 7th, 10:00 am: Hartwick Pines
3612 State Park Dr, Grayling, MI 49738

Please be advised that you will need to purchase a State Recreation Passport in order to enter the park. Passes can be purchased on site, or when you renew your license plates.

May 14th, 10:00 am: Camp AuSable
2590 Camp AuSable Rd, Grayling, MI 49738

May 21st, 10:00 am: Gahagan Nature Preserve
585 Southline, Roscommon, MI 48653

May 28th, 10:00 am: Rayburns (M-72)
3544 M72, Grayling, MI 49738

June 4th, 10:00 am: Wakeley Lake (M-72)
Please be advised, this location requires a National Forest/National Park Pass, without the pass, it is a fee of \$5.00. It is a cost of \$30.00 for the season.

June 11th, 10:00 am: North Higgins Lake State Park
11747 N Higgins Lake Dr, Roscommon, MI 48653

Please be advised this location requires a State Recreation Passport.

June 18th, 10:00 am: Bright and Glory Lakes
3612 State Park Dr, Grayling, MI 49738
Please be advised, this location requires a State Recreation Passport.

June 25th, 10:00 am: Hanson Hills
7601 Old Lake Rd, Grayling, MI 49738
This event includes a guided tour, as well as a short game of disc golf for those who are interested in participating. Discs will be provided for those interested in playing.

The group plans to meet after each walk for lunch at the Crawford County Commission on Aging. The walks for out of county residents cost \$5.00 a walk, or \$50.00 for the entire year for all activities. Lunch for those under 60 is \$8.00, and is a recommended donation of \$4.00 for those over 60.

Senior Center Updates

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.
Scan below to visit our page!



Scan here to be Taken to our Facebook

New to



Seminar

Are you turning age 65 in 2025? 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 on **Wednesday, April 16th, 2025 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare. Tammy Findlay, advocacy coordinator, 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, contact the Crawford County Commission on Aging and Senior Center at 989-348-7123.

Tammy's Tips



Beware of Tech Chatbots! Fraud often starts with a pop-up message saying your computer has a virus. After clicking a link or calling a fake support number, you give a criminal remote access to your computer and all of your information. DON'T Click on pop-up links!

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2ND ANNUAL PET PALOOZA!

Stay tuned for the official date announcement. This event will be free, but donations are always encouraged and appreciated! All donations will benefit the Crawford County Commission on Aging Pet Assistance Program.

Northern Pines ASSISTED LIVING

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

Electronic Waste and Document Shredding Day 2025!
Saturday, June 14th from 10am to 12pm
@200 E. Michigan Ave (Crawford County Courthouse Parking Lot)

NO Household Hazardous Waste

Please do NOT bring any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE. Unlike in previous years, this event is strictly for Electronic Waste and Document Shredding. We appreciate your understanding in this matter.

Document Shredding

\$10-\$15 suggested donation dependent on box size
 Document shredding is from 10am - noon. All funds raised will go to Crawford County Commission on Aging. Suggested donations of \$10 for a 13 gallon-size bag or box \$15 for a 40 gallon-size bag or box will be collected on-site.

Electronic Waste

Computer Equipment, Printers, Cell Phones, Gaming Consoles, Video Players, Steria Equipment, Electronic Cords & Cables, Etc.

Volunteers Needed

**Call Carey @
248-961-3056**

**Our Volunteers Make Waves:
Happy National Volunteer Appreciation Week!**

Volunteer Appreciation Week is April 20th through April 26th

Volunteers are the unsung heroes of our programs, they are at the core of everything that we do. Each week, we ask so much from each of them, and without a second thought, they come to our aid.

Each week, volunteers help us pack and deliver 814 meals for Meals on Wheels, that's over 42,000 meals a year. Every day, we have volunteers that lead activities like Silver Sneakers, Zumba Gold, and Mahjong, to name a few of the many programs we offer that are lead by our team of volunteers.

We have servers that come in every month that help us put on Special Dinners, we also have plate scrapers, dish washers, and hosts. Every volunteer that dedicates their time with us, does so with heart, dedication, and compassion.

If you have been to the Senior Center, there's a good chance you've seen them in action. Each of them proudly wears a nametag, and each of them lend a hand to those in need. They're the ones who greet you with a kind smile and a knowing heart.

They are more than just a part of our team, they are a part of our family. Thank you, volunteers. The next time you see one of our volunteers, be sure to thank them, because we could not do what we do without them.

Thank you, Volunteers!



**Region 9 Area on Aging
Caregivers Conference**

Region 9 Area Agency on Aging is hosting a free Caregiver Empowerment and Wellness Conference on Friday, April 25, 2025, at the Crawford County Commission on Aging located at 4388 W M-72 Hwy, Grayling, MI 49738, from 10:00 a.m. to 4:00 p.m. 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. For more information or to register please call 989.358.4616 or go to www.nemcsa.org. This event is hosted by Region 9 Area Agency on Aging.





Closed for Good Friday

In preparation for Good Friday, meals for Meals on Wheels will be delivered on Thursday, April 17th. The COA will be closed on Friday, April 18th in observance of Good Friday and Easter Sunday.

Drug Takeback Day

Tabitha Scott with Up North Prevention will be hosting a Drug Takeback Day on April 25th, 12:00 pm—2:00 pm. This event is a great time to properly dispose of unused and expired medications. With spring cleaning time on the horizon, now is the time to clean out your medicine cabinets and get rid of these medicines. Crawford County Sheriff's Office will be present to assist in the disposal of these medications.

April 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4:30-5:30p Dinner BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes	2 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, and Apple  Sorenson Lockwood	3 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30p Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	4 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
7 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30p Dinner Chicken Enchilada, Corn and Black Bean Fiesta, Applesauce	8 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	9 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries  JP Heating of Northern MI	10 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:00p -6:00p Spring Serenade Special Dinner Grilled Alaskan Salmon with lemon wedge, Fresh Roasted Baby Potatoes and Asparagus, Dinner Roll, & a Lemon Raspberry Cheesecake Square.	11 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
14 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:30-5:30p Dinner Chicken Fajita, Roasted Corn and Black Bean Fiesta, Grapes	15 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	16 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear  JM Door	17 MEAL DAY* 11:30a-12:30p Lunch Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi 4:30p-5:30p Dinner Beef Stew, California Blend Vegetable, Apple	18 CLOSED FOR GOOD FRIDAY
21 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Spanish Rice, Carrots, Kiwi	22 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	23 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30p Dinner Pork Roast, Baked Potato, Green Beans, Pear  Jack Millikin Excavating	24 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	25 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
28 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	29 11:30a-12:30p Birthday Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	30 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	Reminder: Meals on Wheels will be delivered on Thursday, April 17th instead of Friday, April 18th, as the Commission on Aging will be closed in observance of Good Friday.	
Light Bites Southwest Side Salad, Chicken Tortilla Soup, Kiwi	Light Bites Turkey Sub, Minestrone Soup, Grapes	Light Bites Side Chef Salad, Cheesy Potato Soup, Pear	Light Bites Won Ton Soup, Mandarin Salad, Kiwi	Light Bites Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple

April 2025 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 11a April Fools Party 12:30p Euchre 2p Tai Chi with MSU-E	2 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong 3:00p Geri-Fit	3 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Medicine Shoppe Bingo	4 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
7 9a-4:30p Footcare 10:30a-3:30p Blood Drive 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	8 9a Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 11:30a Digestive Health Booth with DHD#10 12:30p Trivia with Clay Horton 12:30p Euchre 2p Tai Chi with MSU-E	9 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong 3:00p Geri-Fit	10 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Spring Serenade Special Dinner	11 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
14 10a Silver Sneakers 10:30a-3:00p Secretary of State Mobile Office 1-4p Chess Club 2-3p Diamond Art Club	15 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E 4:30p COA Board Meeting	16 10a Silver Sneakers 11a New to Medicare 11a Alzheimer's Support @ the Brook 11a Blood Pressure Checks 12:30p Mahjong 3:00p Geri-Fit	17 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Assistance 6:00p Pub Runners Concert	18 CLOSED FOR GOOD FRIDAY
21 10a Silver Sneakers 1-4p Chess Club 1p Pantry Bingo 2-3p Diamond Art Club	22 9a Zumba Gold A 10a Zumba Gold B 2p Tai Chi with MSU-E 12:30p Euchre	23 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong 3:00p Geri-Fit 2p-4p Commodities	24 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	25 10a-4:00p Caregiver Conference 10:30a Bible Study 10:45a Fit for the Aging 12p-2p Drug Takeback Day 3:00p Geri-Fit
28 9a-4:30p Footcare 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	29 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 12:30p Euchre 2p Tai Chi with MSU-E	30 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong 3:00p Geri-Fit	Pantry Bingo, originally scheduled for Friday, April 25th, has been moved to the Events Room on Monday, April 21st due to a scheduling conflict.	

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - appointments only \$25 per visit - by Linda Russell — 4th Mondays, 9:00 am –4:30 pm - 4388 West M-72 Hwy, Grayling

Hearing Clinic - appointments only by Advantage Audiology. Call COA Office for appt.

Blood Pressure Checks - every Wednesday from 11:00 am to 1:00 pm.

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. \$30.00.

Commodities Food Distribution:

The 4th Wednesday of the month from 2:00 pm to 6:00 pm @ the Commission on Aging.

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 3rd Thursday of each month from 1-5pm

Housing Counseling

Get housing advice from Laurie Jamison from

Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.

Call 989-348-7123 for an appointment.

Medicaid/Medicare Assistance Program (MMAAP)

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/Senior Companion:

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 once each year.

Tai Chi: Helps people with or without arthritis to improve balance.

Walk with Ease: Learn to walk safely and comfortably. The class runs on Mondays through October.

Matter of Balance:

Learn helpful tips that will improve balance over time.

Geri Fit:

Learn helpful skills to improve balance and strength.

Fitness Programs

Fit for the Aging: This class focuses on maintaining safe fitness activities as we age. Seated and standing variations for every workout. Led by Volunteer: Sami Szydzik.

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, Meredith Anderson and 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 helps us to help more. **We are grateful!**



How We Served You in February 2025!

At the Senior Center

- We served **486** Congregate Meals
- **In-Home Services**
- Delivered **3,203** home delivered meals.
- Provided **67** hours of respite care.
- We provided **282.35** hours of homemaker services.
- We provided **41** hours of bathing assistance services.

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.

Contact In-Home Services, Kathy Meisner at (989) 348-7123



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

Dementia Caregiving Series:
Dementia Caregiver Support Group
 April 2nd, 2025
 9:00 am—10:00 am or 5:00 pm—6:00 pm
 Virtual

Programs:
Matter of Balance: Gaylord at the Sheldon's Place Apartments (920 West Sheldon Street):
 March 31, 2025-May 19,2025 from 9:00am--11:00am

Matter of Balance: Oscoda County Council On Aging:
 March 31, 2025 - May 19, 2025 from 1:30pm-3:30pm

Relatives Raising Relative's Children (Kinship) Support Group
 April 10, 2025, 10:00 am—11:30 am
 Virtual

Healthy Living Webinar: What is Normal Aging?
 April 10, 2025
 1:00 pm —2:00 pm
 Virtual

Caregiver Webinar: Body, Mind, Soul: Building a Caregiver Wellness Plan,
 April 11, 2025, from 1:00pm-2:00pm

Caregiver Journaling Club (Zoom): Spring Changes
 April 11th, 2025, 3:00 pm—4:00 pm
 Virtual

Caregiver Webinar: Caring for a Veteran
 April 25, 2025, from 10:00 am —4:00 pm

Contact with Questions:
 Brooke Mainville
 Special Projects Coordinator
 (989) 358-4616 mainvilleb@nemcsa.org

See Page 9 for a full list of COA activities!

Coming Attractions: Save the Dates

Veteran's Coffee Hours Dates for 2025

Dates:
 Thursday, April 10th

Time:
 10:00-11:00 AM


At the American Legion Post #106
 More Info: (989) 344-3861

Versiti Blood Drives 2025

Monday, April 7th
 Monday, June 9th
 Monday, August 11th

Monday, October 13th
 Monday, December 8th

All blood drives run from 10:30 am—3:30 pm. Register to donate in advance by visiting: www.donateblood.versiti.org/donor/schedules/county/



2025 Party Schedule

April 1st April Fool's Party	October 31st Halloween Party
June 19th Back Yard Party	November 20th Friends-Giving Party
July 3rd Fourth of July Party	December 30th Noon Years Eve
September 8th Grand Parent's Day	

Secretary of State Mobile Office April Date

The SOS Mobile Office will be at the Commission on Aging on April 14th from 10:30 am—3:00 pm

Appointments are held at the Commission on Aging. Contact the COA to schedule an appointment within 30 days of the listed date. You can get your license, plates, and more taken care of all in one spot. Call 989-348-7123 to register. For pricing information, please contact the Secretary of State.

Crawford County Commission on Aging And District Health Department #10 Health Awareness Presentations



Digestive Health Class April 8th, 11:30am-1:00pm	Immunization Education Class August 12th 11:30am-1:00pm	Diabetes Health Class November 10th 11:30am-1:00pm
Stress Health Class May 13th 11:30am-1:00pm	Cholesterol Presentation September 11:30am-1:00pm	Fire Safety December 9th 11:30am-1:00pm
Brain Health Class June 10th 11:30am-1:00pm	Lung Health Class October 14th 11:30am-1:00pm	Contact the Health Department directly at 989-348-7800 for more information on these classes.
Blood Health Class July 8th 11:30am-1:00pm		

Trip Previews for Spring/Summer 2025

Mackinac Island Lilac Festival June 12th, 2025 Ticket Price: • \$70.00 for in county residents • \$75.00 for out of county residents 8:30 am —4:00 pm Please bring extra cash for any souvenirs you'd like to purchase. Wear good walking shoes.	Uncommon Ranch Visit July 16th, 2025 10:30 am—3:00 pm Ticket Prices: • Under 60 in county: \$20.00 • Over 60 in county: \$12.00 • Under 60 out of county: \$25.00 • Over 60 out of county: \$17.00 Ticket price accounts for your meal.
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Crawford County Commission on Aging 2025 Concert Series Sneak Peak

Pub Runners April 17th, 2025, 6:00 pm Tickets are \$20 / \$25 out of county	Straight Forward Blue Grass Band June 23rd, 2025, 6:00 pm Tickets are \$10 / \$15 out of county
AuSable River Dixie Land Band May 6th 2025, 6:00 pm Tickets are \$5.00 / \$10.00 out of county	More dates to be announced soon. Please watch our Facebook Page for updates.

April Word Search Puzzle

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

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|---------------|-----------------|--------------------|
| 1. April | 18. Greenery | 35. Petals |
| 2. Spring | 19. Chirping | 36. Hatchling |
| 3. Rain | 20. Crocus | 37. Wisteria |
| 4. Showers | 21. Dewdrops | 38. Misty |
| 5. Bloom | 22. Meadow | 39. Sprightly |
| 6. Flowers | 23. Pollination | 40. Daffodil |
| 7. Easter | 24. Worms | 41. Verdant |
| 8. Bunny | 25. Mild | 42. Germinate |
| 9. Eggs | 26. Breeze | 43. Cherry Blossom |
| 10. Sunshine | 27. Renewal | 44. Rejuvenation |
| 11. Rainbow | 28. Equinox | 45. Zephyr |
| 12. Drizzle | 29. Umbrella | 46. Vernal |
| 13. Puddle | 30. Cloudburst | 47. Awakening |
| 14. Sprout | 31. Forsythia | 48. Pollen |
| 15. Butterfly | 32. Lamb | 49. Fledgling |
| 16. Garden | 33. Thaw | 50. Perennial |
| 17. Bud | 34. Fertile | |

Kate's Kitchen Corner



Chinese Garlic Green Beans Recipe

I may be in the minority here but when I go to a Chinese buffet one of my favorite things is always the fried green beans. Now that Spring is here and we will be seeing a greater availability of fresh produce, why pay restaurant prices when they are so easy to make at home? For my fellow fried bean enthusiasts, this one is for you.

- 1 pound green beans (trim the ends)
- 3 tablespoons neutral oil (such as avocado, coconut, canola, or vegetable)
- 1 tablespoon water (or half soy sauce half water)
- 5 cloves garlic (finely chopped)
- Salt (to taste)

Bring a pot of salted water to a boil. Blanch the green beans for 2 minutes. Drain and dry well.

Heat a wok or large skillet over medium-high heat, and add the oil. When the oil is shimmering, add the green beans, and let them fry until they begin to scorch and wrinkle, about 2 minutes. Lower the heat to medium, and add the water, garlic, and salt to taste. Stir-fry for 1 minute, just until the garlic turns golden. Serve!

Notes: *Salt your blanching water like you would pasta water. Very little of the sodium will be in your beans but it will help your beans keep their bright green color, crisp texture, and nutrients as they cook.

*Make sure your beans are dry before you fry. Water will react explosively with hot oil.

Enjoy!

We've Heard You! Responses to the Senior Center Suggestion Box

Suggestion # 1:

We used to have computers for individual use by seniors who may not have access. My suggestion is for at least one computer with mirroring to T.V. or a large monitor so folks can take part in online offered courses through MSU extension etc.

Response # 1:

This is a great suggestion. We will look into getting a computer or two that can sit in the activity room and be used for the internet, we will have to raise funds for such a purchase. In the meantime, we do have free WiFi in the building if you have a tablet or laptop, but no internet service. Also if there is a class that someone is interested in taking please let us know and if there is a room available, we will do everything we can to help you get online and take that class.

Suggestion # 2:

Bathrooms need taller toilets! Put toilet risers in rooms so people with bad hips – knees can use the bathroom. Maybe risers with a 5 inch lift. Also, handrails there's nothing to help get up with.

Response # 2:

I am sorry, but I will not put 5 inch risers on the toilets. They are mounted with 6 inch long bolts that go through the risers with very loose tolerances. The seats regularly slide and swivel at the mounts. They also have

space between the bowl and the seat, but do not lift up like a normal toilet seat, so they are difficult to clean and become unsanitary and unsightly. On the second point of grab bars, we have 2 - ADA compliant, handicap accessible stalls with 3 grab bars each, for help getting up and down. In addition the 2 - non ADA stalls have 2 grab bars each for help getting up and down. Every stall has grab bars in them.

Attached below are photos of the ADA compliant stalls and the separate ADA compliant bathroom. As previously mentioned, these have multiple hand rails for helping a person gain leverage.



Please reach out to me via email at director@crawfordcoa.org or call me at (989) 348-7123 if you have additional suggestions or compliments.

**Thank you for the suggestions.
Keep them coming!
Brian McLaughlin, Director**



Check the status of your Social Security Benefits Claim Online

**By Hillary Hatch, Social Security
Public Affairs Specialist**



If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal *my* Social Security account. If you don't have an account, you can create one at www.ssa.gov/myaccount to review the following information about your appeal:

- Date of filing.
- Current claim locations
- Scheduled hearing date and time.
- Incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

If you have questions about retirement, disability, Medicare, or survivor benefits, or about Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

Please share this information with your loved ones.

Save the Date: Health Carnival Coming Soon

This year's Health Carnival will take place in August of 2025. Formal date announcement coming soon. This event is informative and fun for all ages. More details on this event to follow. This is a carnival that you won't want to miss.

DENHOLM FAMILY



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

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

Grayling Save a lot

Crystal Falls Drinking Water, \$1.99, 24 pack
Limit 2 w/coupon
PLEASE DO NOT DUPLICATE

Good From 4/1/25-4/30/25
One Coupon Per Family

Stay in the Know!

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

Call: (989) 348-7123

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

VIKING ATHLETIC PASS

Bring this pass into Grayling High School between 9:00am and 3:30pm during the week and receive a free Lifetime Athletic Pass for any high school or middle school home athletic events. One per person, passholders must be 62 years of age or older.

Special Dinner Recap and Preview



Our St. Patrick's Day dinner was a success! Thank you to everyone who came out to help us celebrate, thank you to our dedicated volunteers for making it happen, and thank you to the weather for finally behaving! We

were able to serve corned beef and cabbage to 171 guests, most of whom were enthusiastically green-adorned, and fun was had by all! A highlight of the evening was the "photo booth" table in the lobby. There were many great pictures taken and memories preserved, and I wish we had the space to include them all. Do you see anyone you know?

The month of April will be another brand-new theme for us at the Commission on Aging, "Spring Serenade." Listen to our friend Lonnie Cook serenade you, along with piano accompaniment, as you enjoy your dinner. Speaking of dinner, this month, we will be

serving Grilled Alaskan Salmon, Fresh roasted Baby Potatoes and Asparagus, a Dinner Roll, and a Lemon Raspberry Cheesecake Square. April's giveaway is a set of size 8 hiking boots, and in addition, we are also giving away another cooking set also donated to us by the Haag Family. This Winter, which we are finally leaving behind, has felt particularly long and we hope to see you all here to celebrate Spring with us!

Just one more reminder that goes for all special dinners, If you or a loved one would like to participate but don't like the entrée we are serving, please give us a call to talk about an appropriate substitution. Unfortunately, as we must prepare meals for 200+ people, this is not an invitation for everyone to customize their whole meal, but if you are staying home because, for example, you don't like fish and won't be able to eat the main part of the meal, please give us a call.



This month's Volunteer Spotlight is Clay Horton. Clay is a relatively new volunteer at the Senior Center, but has proven himself to be a valuable asset.

About Clay:

Clay holds a master's degree and taught at Kirtland Community College for more than thirty years. During the last few years of service, he worked closely with former president, Dr. Quinn, to advance the mission of the college.

What Does Clay Do?

Clay is one of our many activity leaders, and he is the host of monthly Trivia games. This month, he will be hosting Trivia on Tuesday, April 8th, beginning at 12:30 pm. Clay invites everyone of all ages to come out and play Trivia. You don't have to know everything to play, you just have to be willing to have fun and test your memory.

Come meet Clay on April 8th, at 12:30 pm.

April Medical Equipment Spotlight



This Super Light Folding Transport Chair by Drive Medical has a lightweight, silver aluminum frame with nylon upholstery. Weighing only 19

pounds, this transport chair is one of the lightest in the market. It folds like a conventional folding chair for easy storage and transportation. Comes standard with composite, maintenance free wheels that provide a smooth ride over most surfaces, padded flip-back armrests and fold down footrests and rear wheel locks and seat belt ensuring a convenient, comfortable and safe transport chair.

This folding wheelchair is convenient and it's made with 1" aluminum tubing so it can handle up to 250 lbs.

The Crawford County Commission on Aging has one available along with other medical equipment for adults 60 and older. Please call Kathy at 989-348-7123 to see if we have what you might need.

Upcoming Online Classes - MSU Ext.

Online Tai Chi for Fall Prevention T/TH 9AM-10AM EST.

April 1, 2025 9:00AM – 10:00AM 9:00AM-10:00AM EST. Online via Zoom

Smart Food Choices Wednesday Lunch & Learn

April 2, 2025 12:00PM – 1:00PM Zoom

Mindfulness for Better SLEEP, April 3-May 8, 1-2:30 pm ET

April 3, 2025 Online

Wits Workout - Star Gazing (April 7)

April 7, 2025 1:00PM – 1:30PM Online

Diabetes Simplified Mindful Wednesday

April 9, 2025 12:00PM – 1:00PM Zoom

Preserving MI Harvest- Foraging and Preserving Michigan Plants

April 10, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Wits Workout - The Best Medicine (April 14)

April 14, 2025 1:00PM – 1:30PM Online

Tips to Build and Protect Your Credit (Webinar) – April 16, 2025

April 16, 2025 12:00PM – 1:00PM Zoom

Preserving MI Harvest- Preserving Spring Produce and Herbs

April 17, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Healthy Aging Series

April 21, 2025 – July 14, 2025 Online via Zoom

Make a Spending Plan Work for You! - April 23, 2025

April 23, 2025 10:00AM – 11:00AM Zoom

Maintaining Health in Challenging Times

April 23, 2025 12:00PM – 1:00PM ZOOM

Online - Mindfulness for Better SLEEP Apr/May Weekly

April 24, 2025 – May 29, 2025 Online via Zoom

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

The Crawford County Library has a full month of events in April.

- Join exciting Dungeons and Dragons sessions at the Devereaux Memorial Library, Thursdays at 4:00 p.m. For teens and young adults.
- This April, we will continue our story hour journey through the alphabet. Join us every Wednesday at 11:00AM for fun stories and a matching craft.
- Our meeting of the Junior Graphic Novel Book Club is Tuesday, April 15th. Sign-up and a valid library card are required. For ages 8-13. Call us or visit the Devereaux Memorial Library Circulation Desk to sign-up.
- Diamond Painting, a new way to color by number, is every other Thursday from 1PM to 3PM. Basic materials provided, intended for adults.
- Highschool-Meetup, a casual space just for high-schoolers, is every other Friday from 3PM to 4:30PM.
- Wildlife Explorers, an educational animal program for elementary-aged children, is every 2nd and 4th Tuesday from 3:30PM to 4:30PM.

- Lego Club, open to ages 7 and up, is every other Wednesday from 3:30PM to 5PM.

Our regular running programs include:

- Genealogy (Mondays 9:00 a.m. - 12:00 p.m.)
- Let's Get Fit (Tuesdays and Thursday at 10:00 a.m.)
- Sit-N-Knit (Thursday's at 10:00 a.m.)
- Book Club (last Wednesday of each month at 1:00 p.m.)
- Come on in for Happy Dog Yoga every Monday at 9:30AM in Devereaux, and every Thursday at 5PM in Frederic. For adults.
- Check out crochet classes for both beginners and experienced, every Monday at 1PM. The class difficulty alternates each week. For adults.

Keep in touch with the Crawford County Library via our social media platforms to stay informed about the newest updates, events, and book suggestions. Follow our Facebook and Instagram profiles for exclusive material, behind-the-scenes looks, and sneak peeks. Devereaux Memorial Library offers conference rooms that can be utilized.

Devereaux Memorial Library is located at 201 Plum St. Grayling. The Frederic Community Library is located at 6470 Manistee St, Frederic. Call (989) 348-9214 or email us at ccl@crowfordcolibrary.org for more information.

Double Up Food Bucks Program Information

To use the **Double Up Food Bucks** program, go to a participating grocery store or farmers market with your Bridge Card (**EBT card**), and speak with a cashier/market employee. This program offers a *dollar-for-dollar* match on fresh fruits and vegetables purchased with your EBT card up to **\$20 per day**. Funds on your Double Up card will expire **90 days** from the date of earning.

To get a Double Up card or a replacement card, go to a location that uses the Double Up card and ask a cashier for one.

Please download the **MyFresh Wallet** application on your mobile device to keep track of your account balance and more, or visit:

www.mydoubleup.com/

For further assistance contact us via email or call the **Double Up Food Bucks** hotline at (866) 586-2796 during business hours.

Congratulations, Alice!



Former Director Alice Snyder is the 2025 You Made it Happen Award Recipient on behalf of the Crawford County Commission on Aging and the Grayling Regional

Chamber of Commerce. She won the award in recognition of all of the hard work she put into getting us our new building. Congratulations, and thank you, Alice!



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Advance Care Planning

Dates for Advance Care Planning are April 1st, June 3rd, August 5th, October 7th, and December 2nd. The time for this event is 10:00 am—12:00 pm.



Pet Program Information

The Crawford County Commission on Aging & Senior Center Pet Program can assist with preventative care which includes vaccines, nail trimming, dental care and medication. 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

2025 Monthly Income Eligibility Guidelines

Household of 1 - \$1,882

Household of 2 - \$2,555

Household of 3 - \$3,227

Please call Tammy Findlay at 989-348-7123 to see if your pet might qualify.

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Thank You Grayling for Supporting Meals on Wheels



The smile on the face of Jeannie Matista is indicative of the one we have as we bask in the after-glow of a successful Meals on Wheels Fundraiser.

On March 6th, the Commission on Aging hosted Joel Tacey, better known as Michigan's Funnyman, for a night of comedy and fundraising. At the event, we had gifts baskets up for raffle donated by local businesses. We also had a lucrative 50/50, and plenty of food for everyone to enjoy.



In total, this event raised \$2,500.00 for Meals on Wheels. This amount equates to 8 full days of meals. We cannot thank everyone who attended enough.

We would like to thank the following restaurants for catering our event for us. Thank you Mi Mezcalito, Paddle Hard Brewing Company, and Alma of Tacos Lupe. Thanks to

Thank You Grayling Masonic Lodge #356

Thank you to the Grayling Masonic Lodge #356 for

donating \$300.00 to the Crawford County Commission on Aging and Senior Center. Pictured above is Louis Aurrealo and Past Minister Fred Campbell. Also present is Bill Haag, his wife Sherry Haag, Crawford COA Director Brian McLaughlin, and fellow Masons. We appreciate your donation.



them, we were able to provide samples of their food for the people who attended our event. We could not have held this event without all of you.



A special thank you to our sponsors for their time and financial support. Thank you: North Central Area Credit Union, Jordan Balkema Elder Law Center, Q-100, Thompson and Treusch Law Office, Spikes Keg'O'Nails, Michelle Millikin of Homewaters Realty, Laurie Jamison, The Medicine Shoppe, Tractor Supply, Hidden Nook Booksellers, Tip'N the Mitten, The Grayling Regional Chamber of Commerce, Our Town Coffee and Treats, and Lynn Oldfield.

We look forward to continue to host these events to help us maintain the Meals on Wheels Program. Stay tuned in the coming months for more fundraising events and opportunities.



Caregiver Presentation May 15th, 2:00 pm—4:00 pm

Are you caring for an individual that requires 24-hour care and/ or supervision due to chronic illness?

The Commission on Aging and Region 9 Area Agency on Aging will be having a Caregiver Presentation on Thursday, May 15, 2025 from 2:00 pm-4:00 pm. Speakers will share useful local resources available to you. Need to bring your loved one along? We will have trained staff present to provide Respite care. Seating is limited, so please pre-register by May 2nd, 2025.

If you have any questions, please call Sarah Pollock at (989) 348-7123.