



# Crawford County *Senior Gazette* May 2022



## Highlights:

Pg 2 Senior Action Week!  
Pg 4 Volunteer Spotlight  
Pg 4 Things We Collect  
Pg 6 #ageisjustanumber  
Pg 6 Activities Updates!  
Pg 7 First AID/CPR Class!  
Pg 7 Medical Equipment Spotlight  
Pg 7 Sound Therapy!  
Pg 8-9 May Meal & Activity Calendar  
Pg 11 Social Security Tips  
Pg 11 4 R's of Fraud  
Pg 12 Cook's Corner  
Pg 12 Word Search  
Pg 13 Making Healthy Choices  
Pg 13 Mother's Day Luncheon!  
Pg 13 New to Medicare Seminar  
Pg 14 Emergency House Number Signs  
Pg 15 Shred Day Information  
Pg 15 Food Assistance  
Pg 16 Barn & Rummage Sale  
Pg 16 COA Volunteer Retires

## Money-Saving Coupons:

Pg 12 Save-a-Lot  
Pg 13 Spike's

## Mother's Day 2022

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2022 will occur on Sunday, May 8. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian

festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.



Continued on Page 5

## *Our Mission...*

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

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

## HOURS OF OPERATION

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

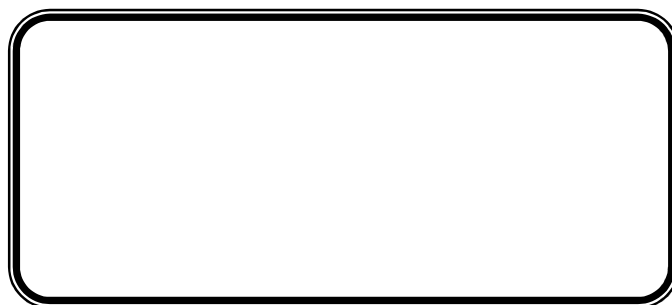
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Grayling, MI 49738**

**Phone (989) 348-7123  
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to our Website



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

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Senior Action Week · MAY 9-13, 2022



Join the Area Agencies on Aging Association & community partners in a week of advocacy!  
Hear about our top advocacy priorities and why they are so important to older adults in Michigan. Let's rally to protect these vital services that allow seniors to age with dignity and independence in their own homes.

The following is a portion of the Platform for Legislative Action proposed for Senior Action Week. Find out more during the Live-Stream event through the information below.

SUPPORT AND STRENGTHEN THE DIRECT CARE WORKFORCE

In Michigan, an additional 34,000 direct care workers are needed to meet the demand. There is currently no federal training standard to professionalize the direct care workforce although they provide the majority of in-home care.  
ACTION: Support the Governor's FY 2023 budget inclusion of the \$2.35 DCW wage increase and ensure the wage increase is made permanent.  
ACTION: Support and strengthen the direct care worker network through training, opportunity for advancement, and increased wages and benefits.

REBALANCE COMMUNITY-BASED LONG-TERM SERVICES AND SUPPORTS (LTSS)

Michigan ranks near the bottom in the proportion of taxpayer dollars spent by states to provide long term care in home and community-based settings versus institutional care.  
ACTION: Rebalance Medicaid long-term services and supports in Michigan by appropriating at least 50% of funding to HCBS.  
ACTION: Urge MDHHS to allow flexibility to increase special income limits for home and community-based services.

EXPAND ACCESS TO MI CHOICE

The MI Choice Waiver Program is an in-home service program that enables Medicaid eligible seniors and adults with a disability to receive long-term services and supports in their home rather than a nursing facility. MI Choice has demonstrated that care delivered in the home

is 42% less expensive than having the same person moved into an institutional setting.  
ACTION: Raise the MI Choice capitation rates to keep up with inflation and support direct care worker wage increases to stabilize and advance this workforce.

INCREASE ACCESS TO HOME AND COMMUNITY-BASED SERVICES

In Michigan, there are currently 7,270 seniors on waiting lists for essential non-Medicaid in-home services. Services funded by the Aging and Community Living Supports Bureau include home delivered meals, in-home personal care, homemaking, and respite care that delay or prevent the need for more costly long-term care interventions.  
ACTION: Support the Silver Key Coalition's request for a \$7 million increase for in-home services and a \$1 million increase for home delivered meals in the Aging and Community Living Supports Bureau's FY 2023 budget.

BRIDGE THE DIGITAL DIVIDE FOR OLDER ADULTS

Broadband access can reduce isolation, improve health outcomes, and help lower health care costs, but Michigan's digital divide is leaving many older adults behind. Older residents and individuals with disabilities are two groups who often face difficulty traveling for medical appointments and are also significantly less likely to have broadband service at home.  
ACTION: Urge policymakers to use new federal funding for broadband infrastructure to expand access to affordable, reliable high-speed internet for all Michigan residents, regardless of where they live in the state.  
ACTION: Urge policymakers to fund new and existing educational programs that provide technology training for older adults.



AREA AGENCIES ON AGING  
ASSOCIATION OF MICHIGAN



LIVESTREAM EVENT · WEDNESDAY, MAY 11 · 11:00AM

Hear from legislators on important issues that impact Michigan's most vulnerable population.

Join the Livestream Event: <https://us06web.zoom.us/j/84811284381?pwd=SHk4eUJkbnlKK3JWLTlKUjltQUDlODz09>

Meeting ID: 848 1128 4381 Passcode: 228183 Join via phone: 1-301-715-8592



# General Giving

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

## General Donations Made

Bob Becks

Elizabeth Chance

Dianna Dawson

Jim Jorgenson



Kristen Lietz

Barbara Wolcott

Ron & Margaret Yon

## Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. Sponsorship can be one-time or continual and is available at any financial level.

### Our Sponsors

Foot Clinic Offered by  
Comfort Keepers

Hearing Clinic Offered by  
Advantage Audiology

Legal Aid Offered by  
Jason R. Thompson Law Office PLC

Birthday Lunch Flowers  
donated by Family Fare

Medicine Shoppe Bingo by The  
Medicine Shoppe

## Memorial Gifts

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also buy a Plaque to be displayed in the Dining Room.

## Volunteers Needed!

One of our most popular and asked about activities has been Aquatic Aerobics. The combination of water resistance and exercise makes this exercise easier and enjoyable. Our desire is to make this activity available as soon as we can. What we need to make this happen is someone who may already be certified to teach it that would volunteer their time to do so with the Commission on Aging. If you, or someone you know is that person, consider contacting us about it! We look forward to hearing from you!

## Memorial Donations

Donations made by family and friends, in memory of Jerry Morford, were used to pay for the rest of the AED Machine at the New Senior Center on M-72 East.



Volunteers and Contributions received after April 15th will be acknowledged in the next edition of the Senior Gazette.

## Gifts of Supplies

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

- Jugs of Cat Litter
- Reams of Copy Paper
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- No-Rinse Shower Caps
- Kleenex
- Cans of Air Freshener
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call the COA for details

## Make a Donation Today & Create Golden Opportunities for a Lifetime!

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Method of Payment ☐ Cash ☐ Check Amount Enclosed \$ \_\_\_\_\_

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738  
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.  
\*\*\*All Gifts are Tax Deductible\*\*\*

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





- |                  |                 |
|------------------|-----------------|
| Olivia Anthon    | Tim Miller      |
| Judy Crook       | Olie Miller     |
| Charlie Curro    | RoseMary Nelson |
| Marc Dedenbach   | Wayne Nelson    |
| Dick Dodge       | Debra Rawlings  |
| Lyn Dodge        | Tom Rawlings    |
| Anne Essmaker    | Karl Schreiner  |
| Rich Ferrigan    | Jon Schultz     |
| Mary Garcia      | Gail Schultz    |
| Sharron Hagerman | Leidewey Sims   |
| Sue Hensler      | Joyce Sorenson  |
| Cheryl Hopp      | Maze Stephan    |
| Tom Jarosz       | Farrel Thomas   |
| Glenn King       | Ellen Thompson  |
| Lorelei King     | Vera Trimble    |
| Alice Lee        | Janet Weaks     |
| Nancy Lemmen     | Becca Wolford   |
| Karen Leslie     | Sandra Woods    |
| Cathy Lester     |                 |

# Things We Collect!

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

**Family Fare Receipts:**  
Bring in your whole receipt! We use the points on the receipts!



**Used Cell Phones:**  
Drop off your old cell phone to us instead of throwing it away! We are able to turn them in for funds towards our programs!

### Recycle Your Used Cell Phones

- ✓ Simply drop off your phone at the Senior Center
- ✓ All data will be erased
- ✓ Keep chemicals and heavy metals out of the environment

Your old phone can be income for the Commission on Aging

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UPC labels from all Our Family brand



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## Long Time COA Volunteer, Clara Gibbs, Retires

By Heidi Powers, NEMCSA's AmeriCorps Seniors

.It is with sadness and a heavy heart we share the retirement of Crawford County's Senior Companion, Clara Gibbs. Clara has served the clients of Crawford County's Commission on Aging as a Senior Companion volunteer for 17 years and has touched the hearts of many over the years!

As a Senior Companion, Clara volunteered 20 – 25 hours per week visiting other seniors in their home throughout the county providing friendship, assisting with trips to the doctor office, lunch outings at the Senior Center or a favorite restaurant, or just hanging out playing cards. One client, living alone, asked Clara if she would accompany him on a four-wheeler ride around his property. An activity he knew was not wise doing alone. After providing Clara with brief operational instruction and a helmet they proceeded to explore his property. Something he hadn't been able to do for a long time. It made for a great day for both!



There is no way to quantify how many times she's brightened the day of her clients or assisted them with the ability to stay in their own home, but she has always insisted that that she has benefitted more from these friendly visits than she ever gave. When asked, I'm sure her clients will disagree. She's an absolute gem.

Knowing how important it is to stay connected and have a purpose, Clara intends to stay connected with the many friends she's made. We wish Clara the best in her retirement!

## Tammy's Tips

Whenever you see the Tammy's Tips logo (shown above) throughout this issue of the Gazette you will discover one or more of her helpful tips!



## May Birthdays

Beverly Wilcox 5/3  
Charlotte Ippolito 5/9  
Joyce Sorenson 5/18  
Larry Roggow 5/23

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

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Mother's Day 2022  
Taken from *History.com*

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized “Mothers’ Friendship Day,” at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother’s Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the “Mother’s Day Proclamation,” a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a “Mother’s Peace Day” to be celebrated every June 2.

Other early Mother’s Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother’s Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers’ Day in the late 19th and early 20th centuries. Some have even called Hering “the father of Mothers’ Day.”

The official Mother’s Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother’s 1905 death, Anna Jarvis conceived of Mother’s Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother’s Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother’s Day event at one of Wanamaker’s retail stores in Philadelphia.

Following the success of her first Mother’s Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother’s Day as an annual holiday, and Jarvis had established the Mother’s Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother’s Day.

Anna Jarvis had originally conceived of Mother’s Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one’s mother or attending

church services. But once Mother’s Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

While Jarvis had initially worked with the floral industry to help raise Mother’s Day’s profile, by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother’s Day flowers, cards and candies.

Jarvis eventually resorted to an open campaign against Mother’s Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name “Mother’s Day,” eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the government to see it removed from the American calendar.

While versions of Mother’s Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother’s Day is always celebrated in August on the birthday of the current queen, Sirikit. Another alternate observance of Mother’s Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

In the United States, Mother’s Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

At times, Mother’s Day has also been a date for launching political or feminist causes. In 1968 Coretta Scott King, wife of Martin Luther King, Jr., used Mother’s Day to host a march in support of underprivileged women and children. In the 1970s women’s groups also used the holiday as a time to highlight the need for equal rights and access to childcare.

Taken from *History.com*

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RECONNECT  
ENJOY OTHERS

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BACK TO NORMAL?

8

9

中

中

8

9

mahjong

POKE-NO

BINGO!

FRIENDS OF A  
FEATHER

QUILTING & SEWING GROUP

EUCHRE

Paint Class

Wii

BOWLING

Craft  
& Chat

Bible  
Study

WE ALSO HAVE MONTHLY FOOT CLINICS &  
NUTRITIONAL EDUCATION & MUCH MORE!

CHECK OUT THE ACTIVITIES CALENDAR FOR  
TIMES AND DATES FOR THESE ACTIVITIES!

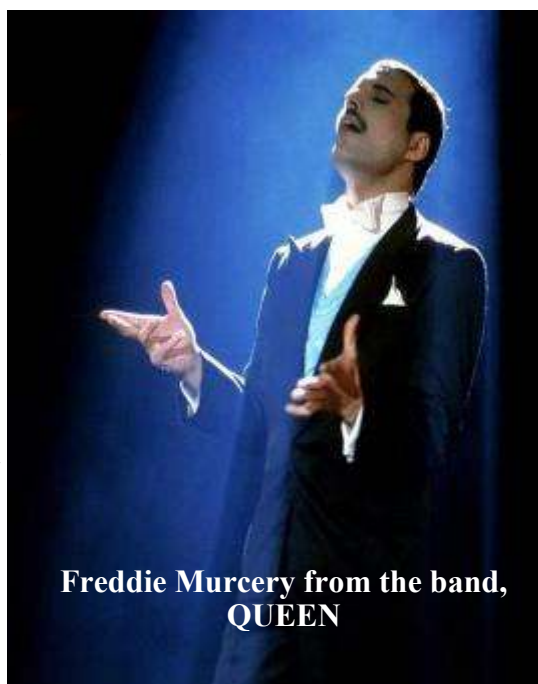
5



## Who Wants to Live Forever? #AgeisJustaNumber

By Toby Neal, Senior Center Manager

You may remember, or even still listen to, the band Queen. While famous for the sports arena anthem, "We Will Rock You" they were mostly well known for the melodic rock-opera song, "Bohemian Rhapsody." Somewhere during all their fame and lists of popular songs is a song called "Who Wants to Live Forever." Written by the band in 1986 for the soundtrack to the movie Highlander, this song asks a very powerful question, "who wants to live forever?" The sad irony here is that five years later, Freddie Mercury, the lead singer for the band, would die at the age of 45 due to bronchial pneumonia because of complications from AIDS.



Freddie Murcery from the band,  
QUEEN

When we use the hashtag #ageisjustanumber we are primarily trying to change people's perspectives about aging and how we age well. One of our goals here at the Commission on Aging is to help people age well, and we offer a plethora of programs available to help do this. However, one thing people often overlook in their pursuit of a longer life is this: the influence of your life lives on after you are gone. There was a man who was struggling with how to live his life. His counselor asked him, "when the time

comes, what type of grandfather do you want to be?" The man thought about it then expressed his desires to the counselor to which he replied, "live in such a way that you become that grandfather." The counselor furthered this line of thinking by then asking, "how do you want to be remembered after you are dead? Live in such a way that you become that." In other words, living a longer life isn't as important as living an impactful life that will affect people in a positive way after you're gone.

This article is not about the band Queen or their famous songs, nor is it about life and death, dying too soon, or living too long, but rather it is about a different way of thinking about how your life can extend farther than you once thought it could. Science has shown that positive thinking, and purposeful living leads to an overall healthier life. The science of aging has grown to a place that globally, according to the World Health Organization, life expectancy has increased by more than 6 years between 2000 and 2019. Pandemic aside, people are living longer, healthier lives. We cannot live for 200 years, but we can live in such a way now that a hundred years from now our positive influence is still alive.

## Matter of Balance & Tai Chi UPDATE!

We will be partnering with MSU Extension to offer these classes, with Nicole Wethington and Toby Neal, teaching them! We will also be partnering with MSU Extension to offer Tai Chi in July and August! Registration information for these classes will be in June's Gazette.

## PICKLEBALL UPDATE!

We are excited to announce that we will be offering Pickleball FIVE DAYS A WEEK from 9-11am down at our New Senior Center on M72-East!

## ZUMBA UPDATE!

Now you can do Zumba with Nancy Lemmen on Tuesday AND Thursday at 10am down at the New Senior Center! Lemmen

## Clogging is Back!

Sarah Medler from Just for Kicks Cloggers is back to teach clogging! Classes will be held on Monday at 5pm, **starting May 2nd** at the future home of the Senior Center on 4388 M-72 Hwy. This class is free to both men and women.

## Introducing CHAIR YOGA!

Starting in June join Melissa Hayes as she guides participants through the practice of chair yoga. Yoga has proven benefits and combined with the safety and function of the chair, will help older adults with their mobility and stability, along with their overall wellness. Chair Yoga will be held on Monday's in June, July and August at 11am at our New Senior Center location just east of town on M-72. Call Toby at 989-348-7123 if you have questions or to register for this class.

ACTIVE  
HAPPY  
HEALTHY

ISN'T IT TIME YOU GOT  
BACK TO BEING YOU AGAIN?

GET MOVING @  
THE NEW SENIOR CENTER

LOCATED @ 4388 M72 EAST, GRAYLING

PICKLEBALL



STILL KICKING

CLOGGERS



SilverSneakers



CHECK OUT THE ACTIVITIES CALENDAR FOR  
TIMES AND DATES FOR THESE ACTIVITIES!



## MEDICAL EQUIPMENT SPOTLIGHT



### Adult Pull-Up Daily Underwear for Men and Woman

MaxSorb™ Gel Technology which locks up moisture to help keep you feeling cleaner, fresher, and drier. 100% Breathable with AirMax™ Layer helps you stay cool and comfortable by allowing air to circulate. Dri-Fit™ helps you feel more natural by keeping your skin dry and comfortable. Comfort-Shape® Plus with gentle elastics shape to your body for a more comfortable and discreet fit

The Crawford County Commission on Aging has some available along with other medical equipment for older adults 60 and over and are on a first come first served basis. Please call Kathy at (989) 348-7123 to see if we have what you might need.

## FIRST AID, CPR w/ AED Certification Event

The COA is hosting this class on June 21st from 1-5pm at the Senior Center located on 308 Lawndale Street. This class will be taught by Captain Dana Swander of the Frederic Fire Department who is a Paramedic and trained instructor for the American Heart Association. The cost of this certification event is \$40 and you need to register before by either visiting the COA or calling 989-348-7123.



Signs of Stroke?  
Minutes Matter.  
Make it Munson.

A stroke is a medical emergency. If you or someone you love shows signs of stroke, call **9-1-1** immediately.

**BE FAST.** Learn the signs of stroke at [munsonhealthcare.org/stroke](http://munsonhealthcare.org/stroke).

 **MUNSON HEALTHCARE**



To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens): Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.

## Sound Therapy @ the COA!

My name is Pauline Hardacre, I am 23 and I live locally in Grayling, MI. I value natural and holistic alternatives to healing the body and mind. This led me into learning and practicing sound healing.

Frequencies and vibrations can relax and release known or unknown stress and tension stored in the body. Different emotions vibrate at different levels. Blocked, or unexpressed emotions, are the main source of dis-ease. Some of the most common benefits of sound therapy are:

- Triggers the relaxation response
- Reduces blood pressure
- Alleviates symptoms of chronic stress
- Releases and harmonizes the mind, body and spirit



I invite you to join me in a group sound healing and meditation session on May 20th, 2022 from 10AM-11AM at the Senior Center on Lawndale Street. We will begin with a discussion and taking a moment to get into a comfortable seated position (feel free to bring a blanket). This is followed by a guided meditation that leads into listening to the sounds of a variety of instruments being played throughout the room.

Take some time for yourself and sink into the present moment. I hope to see you there.  
-Pauline Hardacre

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## Support Groups

### ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.  
Mon. / Fri (C/D/H) A.A. NOON  
Mon.. (H) "Recovery Group" 7 p.m.  
Thur. O/D/H NOON (Women's)  
**At St. Francis Episcopal Church, Grayling**  
SAT. 6:00 PM (C/D/H)  
**At Frederic Twp. Hall**

### ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am  
**The Brook of Grayling**, 503 Rose St.  
For more info call the COA 989-348-7123

### CHOICES GROUP

Anger Management for Women  
Mondays, 1:00-2:30pm  
**At River House Inc. in Grayling**  
Call Lynn or Danyelle to register (989)348-3169

### GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders  
**At River House Inc. in Grayling**  
who have experienced domestic violence (directly or indirectly) sexual abuse or bullying.  
Call RiverHouse, Inc at 989-348-3169 for info.

### GRAYLING AL-ANON

Tuesdays 11am  
**St. Francis Episcopal Church, Grayling**  
For more info call Greg at 989-348-1382

### HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm  
**At River House Inc. in Grayling**  
Call Barbara to register at (989)348-3169

### LONG COVID PATIENT SUPPORT GROUP

First Thursday of each month, 5-6:30pm  
via Zoom, call 231-935-0951 to register

### NARCOTICS ANONYMOUS

Wednesdays, 8pm  
Saturdays, 4pm  
**St. Francis Episcopal Church, Grayling**

### TOPS WEIGHT LOSS CLASS

Thursdays 10am – 11:15am  
**St. John Lutheran Church, Grayling**  
More info, call Mary Kay at 989-348-1398

## Important Phone Numbers Social Security

**1-800-772-1213 or 1-866-739-4802**

### Medicare

**1-800-633-4227**

### Veterans Administration

**1-800-827-1000**

### Alzheimer's Assistance

**1-800-272-3900**



May 2022 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	<b>3</b> <b>11:30a-12:30p Lunch</b> Chicken Taco, Corn, Pinto Beans, Cantaloupe & Honeydew	<b>4</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>5</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>6</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
<b>9</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>10</b> <b>11:30a-12:30p Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes	<b>11</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>12</b> <b>11:30a-1p Mother's Day Luncheon</b> Roast Beef, Garlic Roasted Redskins, Green Bean Almondine, Mixed Fruit, Cherry Pie	<b>13</b> <b>11:30a-12:30p Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
<b>16</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>17</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>18</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	<b>19</b> <b>11:30a-12:30p Lunch</b> Baked Ham, Scalloped Potatoes, California Blend Vegetable, Apricots	<b>20</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<b>23</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>24</b> <b>11:30a-12:30p Lunch</b> Beef Stroganoff, Asparagus, Italian Blend Vegetables, Kiwi	<b>25</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear	<b>26</b> <b>11:30a-12:30p</b> Pork Roast, Baked Potato, Green Beans, Pear	<b>27</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetables, Asparagus, Apple
<b>30</b>  <b>CLOSED Memorial Day</b>	<b>31</b> <b>11:30a-12:30p Birthday Lunch</b> Beef Enchilada, Brown Rice, Corn, Mandarin Oranges, Cake & Ice Cream			

May 2022 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9-11am – Pickleball – E-M72 10am SilverSneakers -E-M72 10am – Craft & Chat - Lawndale 5pm – Clogging – E-M72	<b>3</b> Pickleball 9am-11am – E-M72 <b>9am-4pm – Quilting Group - Lawndale</b> 10am Bible Study – Lawndale 10am Zumba – E-M72 1pm – Euchre - Lawndale <b>Election Day. Vote from 8am-7pm</b>	<b>4</b> Pickleball 9am-11am – E-M72 10am SilverSneakers - E-M72 <b>9:30-10:30am Commodities – St. Mary's Church</b> 1pm – Walk in the Woods – Hartwick Pines 1pm – Mahjong - Lawndale 1pm Wii Bowling – Lawndale	<b>5</b> Pickleball 9am-11am – E-M72 10am Pokeno – Lawndale 10am Zumba – E-M72 1pm Penny Bingo – Lawndale <b>3pm Medicine Shoppe Bingo - Lawndale</b>	<b>6</b> Pickleball 9am-11am – E-M72 1pm Pantry Bingo – Lawndale
<b>9</b> 9-11am – Pickleball – E-M72 10am SilverSneakers -E-M72 10am – Craft & Chat - Lawndale 5pm – Clogging – E-M72	<b>10</b> Pickleball 9am-11am – E-M72 10am Bible Study – Lawndale 10am Zumba –E-M72 1pm – Euchre - Lawndale 4pm – Diamond Dancers – E-M72	<b>11</b> Pickleball 9am-11am – E-M72 10am SilverSneakers – E-M72 1pm – Walk in the Woods – Rayburns (E-M72 Trailhead) 1pm Wii Bowling – Lawndale 1pm - Mahjong	<b>12</b> Pickleball 9am-11am – E-M72 10am Pokeno – Lawndale 10am Zumba – E-M72 2pm Penny Bingo – Lawndale 4pm – Diamond Dancers – E-M72	<b>13</b> Pickleball 9am-11am – E-M72 1pm Pantry Bingo – Lawndale
<b>16</b> 9-11am Pickleball –E-M72 10am SilverSneakers -E-M72 <b>12:30pm – Advanced Care Planning 101 - Lawndale</b> <b>1-2:30pm - TEFAP</b> <b>1-3p Paint Class - Lawndale</b> 5pm – Clogging – E-M72  *No Craft & Chat	<b>17</b> Pickleball 9am-11am – E-M72 10am Bible Study – Lawndale 10am Zumba –E-M72 4pm – Diamond Dancers – E-M72 1pm – Euchre - Lawndale <b>4:30pm – Board Meeting - Lawndale</b>	<b>18</b> Pickleball 9am-11am – E-M72 10am SilverSneakers – E-M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> 1pm Wii Bowling – Lawndale 1pm – Walk in the Woods – Bright & Glory Trail 1pm – Mahjong - Lawndale	<b>19</b> Pickleball 9am-11am – E-M72 10am Pokeno – Lawndale 10am Zumba – E-M72 1pm Penny Bingo – Lawndale 4pm – Diamond Dancers – E-M72	<b>20</b> Pickleball 9am-11am – E-M72 <b>10am – Sound Therapy - Lawndale</b> 1pm Pantry Bingo – Lawndale
<b>23</b> 9-11am – Pickleball – E E-M72 10am SilverSneakers -E-M72 10am – Craft & Chat - Lawndale <b>12-4pm Foot Clinic – Appt. Req. – Lawndale</b> 5pm – Clogging – E-M72	<b>24</b> Pickleball 9am-11am – E-M72 10am Bible Study – Lawndale 10am Zumba – E-M72 <b>11:30-3pm - Money Smart for Older Adults – Lawndale</b> 1pm – Euchre - Lawndale 4pm – Diamond Dancers – E-M72 <b>Barn Rummage Sale – Drop off 9am-5pm</b>	<b>25</b> Pickleball 9am-11am – E-M72 10am SilverSneakers E-M72 <b>12pm – New to Medicare - ZOOM</b> 1pm Wii Bowling – Lawndale 1pm – Walk in the Woods – Camp AuSable Boardwalk 1pm – Mahjong - Lawndale <b>Barn Rummage Sale – Drop off 9am-5pm</b>	<b>26</b> Pickleball 9am-11am – E-M72 10am Pokeno – Lawndale 10am Zumba – E-M72 1pm Penny Bingo – Lawndale 4pm – Diamond Dancers – E-M72 <b>Barn Rummage Sale – 12-5pm</b>	<b>27</b> Pickleball 9am-11am – E-M72 1pm Pantry Bingo – Lawndale <b>Barn Rummage Sale – 9am-5pm (Also on Saturday 9am-5pm)</b>
<b>30</b>  <b>CLOSED Memorial Day</b>	<b>31</b> Pickleball 9am-11am – E-M72 10am Bible Study – Lawndale 10am Zumba – E-M72 <b>11:30-12:30 Birthday Lunch</b> 1pm – Euchre - Lawndale 4pm – Diamond Dancers – E-M72	<b>Coming in June... Chair Yoga! More Walk in the Woods!</b>	<b>Coming in July &amp; August... Matter of Balance! Tai Chi! LoopIt! Kayaking! And much more..!</b>	<b>Every Saturday @ 10am – Diamond Dancers – E-M72</b>



# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Workers in Your Home and Social Security Taxes

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,400 in 2022? If you will pay at least \$2,400 to one person during the year, which may include transportation, meals, and housing, you have additional financial responsibilities to consider.

When you pay at least \$2,400 in wages to a household worker, you must do all of the following:

Deduct Social Security and Medicare taxes from those wages.

Pay these taxes to the Internal Revenue Service.

Report the wages to Social Security.

Accurate reporting is important as

employees earn credits toward Social Security benefits and Medicare coverage. You can currently earn Social Security or Medicare credit for every \$1,510 in wages that are reported. Generally, people need 10 years of work to qualify for: Retirement benefits (as early as age 62).

Disability benefits for the worker and the worker's dependents.

Survivors benefits for the worker's family.

Medicare benefits.

You can learn more about reporting household worker income by reading Household Workers [www.ssa.gov/pubs/EN-05-10021.pdf](http://www.ssa.gov/pubs/EN-05-10021.pdf).



## Time to Take a Hike!

It is time to get those hiking! Our first Walk in the Woods will be on Wednesday May 4th and continue every Wednesday through June. We will meet at 1pm at each trailhead. Bring your own trekking poles or borrow ours! Location and times of each hike are subject to change due to weather/trail conditions.

## Euchre Players Wanted!

Euchre is back at the Senior Center on Lawndale Street! If you would like to play Euchre and make new friends, then come out on Tuesday's from 1-4pm and join our Euchre group!

## Craft & Chat News!

The Craft & Chat group will be meeting again on Monday's starting at 10am at the Senior Center on Lawndale Street. Bring whatever craft you're working on, make friends, stay for lunch, and craft and chat the day away!



FREE MASKS

FREE COVID TESTS

The Senior Center has a supply of free N95 & cloth masks available to those in need. Also, Americans with Medicare Part B, including those enrolled in a Medicare Advantage plan, now have access to Food and Drug Administration (FDA) approved, authorized, or cleared over-the-counter COVID-19 tests at no cost. People with Medicare can get up to eight tests per calendar month from participating pharmacies and health care providers for the duration of the COVID-19 public health emergency. This is the first time that Medicare has covered an over-the-counter self-administered test at no cost to beneficiaries. This new initiative enables payment from Medicare directly to participating eligible pharmacies and other health care providers to allow Medicare beneficiaries to receive tests at no cost, in addition to the two sets of four free at-home COVID-19 tests Americans can continue to order from [covidtests.gov](http://covidtests.gov). Based on policy and preferred pharmacy get them at the following locations: Medicine Shoppe, Family Fare and Walgreens.



Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens. Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.

# The 4 R's of Fraud

### 1. Record

- Record the dates of doctor's appointments on a calendar. Note the tests and services you get, and save the receipts and statements from your providers. If you need help recording the dates and services, ask a friend or family member.
- Contact your local Senior Medicare Patrol (SMP) program to get a free Personal Health Care Journal. To locate the SMP program in your area, use the SMP locator at [smppresource.org](http://smppresource.org), or call 1-877-808-2468.

### 2. Review

- Look for signs of fraud, including claims you don't recognize on your "Medicare Summary Notices" (MSNs), and advertisements or phone calls from companies offering free items or services to people with Medicare.
- Compare the dates and services on your calendar with your MSNs to make sure you got each service listed and that all the details are correct. If you find items listed in your claims that you don't have a record of, it's possible that you or Medicare may have been billed for services or items you didn't get.
- Visit [MyMedicare.gov](http://MyMedicare.gov) or call 1-800-MEDICARE (1-800-633-4227) to review your Medicare claims. TTY users should call 1-877-486-2048. If you're in a Medicare Advantage Plan (like an HMO or PPO) or Medicare Prescription Drug Plan, call your plan for more information about a claim.
- Get help from your local SMP program with checking your MSNs for errors or suspected fraud.

### 3. Report

- Report suspected Medicare fraud by calling 1-800-MEDICARE. When using the automated phone system, have your Medicare card with you and clearly speak or enter your Medicare number and letter(s).
- You can also report fraud to the Office of the Inspector General by visiting [forms.oig.hhs.gov/hotlineoperations](http://forms.oig.hhs.gov/hotlineoperations) or by calling 1-800-HHS-TIPS (1-800-447-8477). TTY users should call 1-800-377-4950.
- If you identify errors or suspect fraud, the SMP can also help you make a report to Medicare.

### 4. Remember

- Protect your Medicare number. Don't give it out, except to your doctor or other health care provider.
- Never give your Medicare number in exchange for a special offer.
- Never let someone use your Medicare card, and never use another person's card.

To learn more about Medicare fraud, and how to protect yourself and loved ones, visit [Medicare.gov](http://Medicare.gov). You can also think about volunteering with the SMP program to help other people with Medicare and their caregivers identify and report suspected fraud and abuse.

You have the right to get the information in this product in an alternate format. You also have the right to file a complaint if you feel you've been discriminated against. Visit <https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html>, or call 1-800-MEDICARE for more information.



# Assistance to Help You Maintain Your Independence

## COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

### Health Services

#### **Blood Pressure & Sugar Checks**

by Munson Home Health Care  
- Thursdays, 11:30am-12:30pm

#### **Foot Care Clinic - by appointment**

**\$25 per visit** - by Comfort Keepers  
4th Monday, 12-4pm at 4388 M-72 E, Grayling

#### **Hearing Clinic - by appointment**

by Advantage Audiology  
Contact the COA office to set up an appt.

#### **Incontinence Supplies**

Supplies are available for a donation of \$5.00

#### **Medical Equipment Loan Closet**

Items are available for a donation of \$5.00

### Nutrition Services

#### **Boost Plus**

Discounted cost for liquid nutrition with a prescription from your doctor.

#### **Commodities Food Distribution**

Monthly, 9:30-10:30am @ St. Mary's

#### **Congregate Meal Program**

Lunch is provided Mon-Fri from 11:30am - 12:30pm. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

#### **Home Delivered Meals**

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

#### **Senior Project Fresh**

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

#### **T.E.F.A.P. Food Distribution**

Quarterly @ American Legion Hall 1-2:30pm  
February, May, August, November

### Resources

#### **Information and Assistance**

Our staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

#### **Legal Assistance**

by Jason R. Thompson, Law Office PLC

Free legal consultations available by calling (989) 348-7123.

#### **Medicaid/Medicare Assistance Program (MMAP)**

Trained counselors help seniors in deciding which health insurance options are best for them.

#### **Medical Transportation**

We can assist in arranging transportation for seniors who have no other means.

#### **Resource Center**

Bookcase of loan materials, both videos and books.

#### **Senior Gazette**

A monthly Senior Gazette which is full of information for seniors and their caregivers.

### 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.

#### **Matter of Balance Program**

This program offers practical strategies to reduce falls.

#### **PATH (Personal Action Toward Health)**

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

#### **Powerful Tools for Caregivers**

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

#### **Tai Chi**

Tai Chi includes movements that are relaxed

and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

#### **Walk with Ease**

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

### Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



### At the Senior Center

- We served **605** Congregate Meals

### In-Home Services

- Delivered **2523** home delivered meals.
- Provided **111.75** hours of respite care.
- We provided **219.75** hours of homemaker services.
- We provided **50.75** hours of bathing assistance services.

#### **Nutrition Tip**

The fats found in avocados, nuts and olive oil are great for your health, but a little goes a long way. Stick with 5-6 teaspoons of healthy oils a day.



**Tune into the Community Calendar for our Calendar of Events**  
**aired daily on all the Blarney Stone Broadcasting Stations or go**  
**to [q100-fm.com](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com),**  
**or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**

The block contains four logos: Blarney Stone Broadcasting (a green circle with a white shamrock), Q100.3 (a red and white logo with "The Only Place for Rock & Roll"), North FM (a blue and white logo with "94.5 & 106.3"), and WGRY 101.1 (a blue and white logo with "UP NORTH SPORTS RADIO").

The advertisement shows a man in a green shirt reading a newspaper. To his right is a sign that says "Senior Gazette ADVERTISE WITH US Call 348-7123". Below the sign, it says "Reaching Seniors and Beyond!".



Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles. We are currently considering resuming puzzle collection in the future.

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

- artichoke  
asparagus  
avocado  
azuki bean  
bamboo shoot  
bean sprout  
Belgian endive  
bell pepper  
black eyed pea  
bok choy  
broccoli  
brussel sprout  
butternut squash  
cannellini bean  
carrot
- cauliflower  
celery  
collard greens  
corn  
cucumber  
eggplant  
escarole  
fennel  
garlic  
green beans  
heirloom tomato  
mushroom  
parsnip  
potato  
pumpkin
- radish  
red lentil  
romaine lettuce  
rutabaga  
salad  
scallion  
shallot  
snow pea  
spinach  
sweet corn  
swiss chard  
tomato  
vidalia onion  
watercress  
zucchini

Cook’s Corner  
Avocado Chicken Salad



A nice fresh May dish to make and enjoy!

INGREDIENTS

- 2 boneless skinless chicken breasts, poached and cut into bite-sized pieces
- 2 avocados, cubed
- 1 small mango, cubed
- 1 c. grape tomatoes, quartered
- 1/2 c. fresh or frozen corn
- 1/4 red onion, thinly sliced

FOR DRESSING

- 1/4 c. lime juice
- 3 tbsp. extra-virgin olive oil
- 2 tbsp. freshly chopped cilantro
- 1 tbsp. minced jalapeño
- 2 tsp. honey
- Kosher salt
- Freshly ground black pepper

DIRECTIONS

Make dressing: In a medium bowl, whisk to combine dressing ingredients and season with salt and pepper.

In a large bowl, combine salad ingredients and prepared dressing. Gently toss until salad is coated in dressing, then season to taste with salt and pepper.

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

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Purchase of  
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Skim, 1%, 2% or Whole

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



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P: 989-745-6667



# Eating Fruit to Help Stay Hydrated - Making Healthy Choices

By Maria Garcia, From - Sarah Peterson, from Michigan State University Extension

Nearly 60% of the human body is made up of water, which is why it is so important to remain hydrated throughout the day. An easy solution to staying hydrated is to make sure you are drinking adequate amounts of water by adopting a system such as carrying a water bottle with you during the day. Aside from drinking water, what are some other ways to stay hydrated? Grabbing a ripe piece of fruit is one way. Fruits contain adequate vitamins and minerals to keep your body healthy, plus they contain a large portion of water that can help quench your thirst. According to the U.S. Department of Agriculture, the fruits listed below contain significant portions of water:

Cucumber. Typically thought to be a vegetable, a cucumber is botanically considered a fruit because they have seeds and grow from the flower of the plant. This crisp, green fruit has one of the highest water contents of any fruit at 95% water. You can add cucumbers to salads, eat them raw or add them to your water for a refreshing flavor.

Tomato. Also often thought of as a vegetable, tomatoes hold almost 95% water inside their thin skins. Tomatoes are also an excellent source of a variety of vitamins.

Watermelon. "Water" is in the name, so of course this fruit is made up of a large portion of water. Watermelon is made up of 91%

water, which makes it one of the best fruits to eat if you are feeling dehydrated.

Strawberries. Like watermelon, strawberries are made up of nearly 91% water. These small, red fruits are a favorite sweet treat.

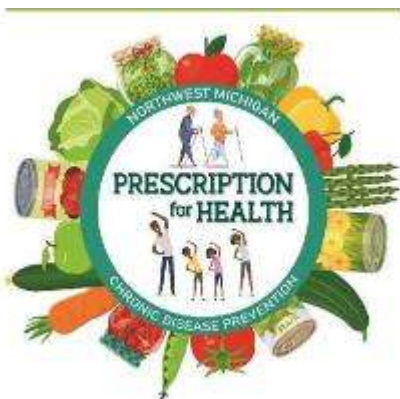
Cantaloupe. Cantaloupe is a mildly sweet melon fruit that, when ripe, contains 90% water.

Grapefruit. This popular breakfast fruit comprises 88% water, which, along with grapefruits other health advantages, makes it an excellent way to start the day.

Peaches. Nearly 88% of these fuzzy, soft fruit is made up of water, which can help keep you hydrated.

Oranges. Not only do oranges contain 87% water, they also come in a natural container and are easy to take with you. Just peel and enjoy!

Fruit is a great snack for children, athletes or anyone in need of a little extra hydration. You can enjoy a sweet treat while replenishing your body with much needed liquids and other beneficial vitamins and minerals. Whether you are out and about on a hot, summer day, attending a kids' sporting event or participating in physical activity, Michigan State University Extension encourages you to compliment your intake of water by also eating fruit with high water content.



Attention Crawford, Kalkaska, Mecosta, Missaukee and Wexford Counties!, Attend a virtual/online session and earn up to \$100 in Fruits and Vegetables!

Michigan State University Extension and Munson Healthcare, in partnership with DHD#10, are offering virtual wellness classes all spring long!

Register at: <https://events.anr.msu.edu/pfhspring2022/>.



## Mother's Day Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Mother's Day Luncheon on **Thursday, May 12th from 11:30-1pm**. On the menu will be Roast Beef, Garlic Roasted Redskins, Green Bean Almondine, Mixed Fruit and Cherry Pie for dessert.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.

## Stay in the Know!



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

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

***director@crawfordcoa.org***

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



## New to Medicare Seminar

Are you turning age 65 in 2022? 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 via Zoom on **Wednesday, May 25th 2022 @ 12PM** 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 or to get the Zoom link email Tammy at [tfindlay@crawfordcoa.org](mailto:tfindlay@crawfordcoa.org) or call (989) 348-7123.



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## Money Smart for Older Adult Presentation

Huntington Bank representatives will be on hand Tuesday, May 24th from 11:30-3pm to present Money Smart for Older Adults. This fun presentation will consist of good food, important information, and a Bingo game full of prizes! Lunch will be provided by Huntington Bank for everyone who registers by Friday, May 20th. The Money Smart presentation will walk older adults through information about preventing scams and elder financial exploitation. This seminar is free and sponsored by Huntington Bank. There is an attendance limit of 25 for this event so register soon! To register for this great event, please contact the Crawford County Commission on Aging by calling 989-348-7123. Registration must take place by Friday, May 20th.

## Emergency House Number Signs Available

During an emergency, are the first responders going to be able to locate your house quickly? There are still homes in Crawford County which do not have good house number signs. The Commission on Aging has a few emergency house number signs still available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home. Crawford County residents age 60 and older in obtaining a sign if you do not already have one by contacting Tammy Findlay, at (989) 348-7123.



To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):  
 Don't hang laundry outside — pollen can stick to sheets and towels.  
 Wear a pollen mask if you do outside chores.

## Community Garden UPDATE!

May 6th is the last day to reserve your garden plot at the Grayling Community Garden! If you would like to do this, please contact the Crawford County Commission on Aging before May 6th. Call 989-348-7123 or go online to <https://www.crawfordcoa.org/special-programs/grayling-community-garden-registration> to reserve your gardening plot today!





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## Upcoming Classes

Our Community Partners are offering educational and fitness classes. To register or to learn more about the classes visit the links below:

### Spring Food Safety Q&A - It's Getting Green

Mondays, May 2, 2022, 1:00-1:30 p.m.

### Wits Workout - Comforts of Home

Tuesdays, May 3, 2022, 11:00-11:30 a.m.

### Be Kind to Your Mind

May 4, 2022, 12:00-1:00 p.m.

### Diabetes Personal Action Toward Health (PATH)

Thursdays, May 5, 2022 - June 9, 2022, 10:00 a.m.-12:00 p.m.

### Preserving MI Harvest - Condiments

Thursdays, May 5, 2022, 1:00-2:00 p.m., and again 6:00-7:00 p.m.

### RELAX Alternatives to Anger Daily

May 9, 2022 - May 12, 2022, 1:30-3:00 p.m.

### Diabetes Prevention Program - Information Session

Tuesdays, May 10, 2022, meets weekly 10:00 -11:00 a.m.

### Birds and Coffee Chat

Second Wednesdays, May 11, 2022, 10:00-11:00 a.m. Online

### Laughter is the Best Medicine

May 11, 2022, 12:00-1:00 p.m. Online

### Mindful Morning Coffee Hour - Changing Negative Self-Talk

May 12, 2022, 8:00-9:00 a.m.

### Protecting Your Identity

May 12, 2022 12:00 -1:00 p.m.

### Surviving and Thriving on a Fixed Income!

May 23, 2022, 12:00-1:00 p.m.

### Mindful Morning Coffee Hour - Caring for the Caregiver

May 26, 2022, 8:00-9:00 a.m. may26

To register for any event visit:

<https://www.canr.msu.edu/rlr/> and click on the Events tab

See Page 9 for a full list of COA activities!





## Smoking & Asthma

From Maegan Sorenson, Public Health Educator, District Health Department #10

May is National Asthma Awareness month. Asthma is a chronic disease that affects the airways of the lungs. During an asthma attack the lungs become swollen and it makes it harder to breathe. Symptoms of an asthma attack include coughing, wheezing, shortness of breath, or tightness/ pain in the chest. Smoking can exasperate asthma. May is national Asthma awareness month.

If you have been diagnosed with asthma and you also smoke it is important to know the additional harm that you are causing your lungs. Tobacco is a common trigger for asthma, and it is important to avoid smoking and secondhand smoke. Secondhand smoke is defined by the CDC as a "Mixture of gases and fine particles such as smoke from burning tobacco products like cigarettes, cigars, or pipes. It is also defined as smoke that is blown out from someone else's lungs who smoke" (CDC).

Asthma can be prevented by not smoking and not being present around secondhand smoking. There is no cure for asthma, so it is important to do whatever you can to prevent the symptoms of asthma by not smoking and

not being around secondhand smoke. If you are a smoker, consider quitting to prevent future asthma attacks. You can also prevent asthma by taking medication prescribed by your doctor. Talk with your doctor about the options to quit smoking.

There are many different options to replace smoking. You can exercise, distract with other activities such as painting, yoga, or game nights with friends. Some people find relief by chewing on gum or sucking on a sucker.

You can call the smoking quit line where a quit coach will guide you on how to quit smoking. Call 1-800-QUIT-NOW for more information. Quit coaches can help you get the help you need to quit smoking by giving you alternate options and by helping with medications to quit smoking. You can also get helpful tips on withdrawal symptoms, getting support from family and friends, and how to use quit medication properly.

Find the full article at <https://www.cdc.gov/tobacco/campaign/tips/diseases/secondhand-smoke-asthma.html>



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## Food Assistance Update!

Governor Whitmer today announced all Michigan families who are eligible for food assistance benefits will continue to receive at least an additional \$95 monthly payment in April to help lower the cost of groceries and ensure Michiganders can keep more of their hard-earned money. The additional assistance will help approximately 1.31 million Michiganders in more than 700,000 households.

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## PROTECT YOUR IDENTITY SHRED YOUR DOCUMENTS AT THE

Crawford County  
**Electronic Waste & Document  
Shredding Day**

Saturday, June 11th, 2022

9AM - 12PM

County Building Parking Lot  
200 W. Michigan Ave, Grayling



Document shredding is from  
10am - noon.

**All funds raised will go to  
Crawford County  
Commission on Aging.**

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## Food Distribution

The next CSFP Food Distribution will be Wednesday, **May 4th** from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information. The next TEFAP Distribution will be held on **May 16th** from 1-2:30pm at the American Legion Post #106 The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.





ALL PROCEEDS GO TO THE COA'S MEALS ON WHEELS PROGRAM!



**MEMORIAL DAY WEEKEND BARN & RUMMAGE SALE!**

**DROP OFF DATES & TIMES**  
**MAY 24 | 9AM-5PM**  
**MAY 25 | 9AM-5PM**

NO TVs or Computers. Limited Electronics. Everything clean, no stains or tears. Smoke-free Preferred.

**SALE DATES & TIMES**  
**MAY 26 | 12PM-5PM**  
**MAY 27 | 9AM-5PM**  
**MAY 28 | 9AM-5PM**

Clothing, Tools, Lumber odds & ends, Collectibles, Books/Puzzles, Furniture, Old Windows, Limited Children's items and much more!

Location: 9270 N. Higgins Lake Dr., Roscommon 48653  
 For more information call 989-348-7123

## Summer Kayaking

If you are interested in doing some local kayaking trips this summer, we'd like to hear from you! Please contact Toby at 989-347-7123 to express your interest and find out more about kayaking this summer!

## Mahjong is back!

We are excited to welcome back our Mahjong group to the Senior Center on Lawndale Street! Mahjong players play here every Wednesday from 1-3pm. If you are interested in playing this fun and challenging game, please stop in and join them!



## Use Your Bridge Card for Congregate Meals!

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging?

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler.

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

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



## Center Stage!

Pictured above is the new stage our fitness instructors and dance instructors use at the New Senior Center! Members of the Grayling Rotary and the Grayling Promotional Association collaborated to build and donate the materials to make the exercise stage and shoe-changing bench along with donating area carpets to help keep the floor clean. This volunteer team was led by Maze Stephan and Ruth Pilon along with many helpers. They hope to do more such projects to help our Senior Center and programs.

**Advance Care Planning**

**MUNSON HEALTHCARE**

## Making Your Medical Wishes Known Advanced Care Planning

Steve Peterson from Munson Healthcare's Advance Care Planning team will be presenting important information making your medical wishes known through Advanced Care Planning. This presentation is on **May 16th after lunch at 12:30pm** at the Senior Center on Lawndale Street, Grayling.

This free workshop will help guide you through the process of talking about your wishes and completing an advance medical directive. Register by calling 989-348-7123. For more information go to [munsonhealthcare.org/advancecareplanning](https://munsonhealthcare.org/advancecareplanning)



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 WEBSITE: [glhcu.com](https://glhcu.com)