



Crawford County Senior Gazette May 2024

The Brook
Retirement Communities
Assisted & Independent Living
989-745-6500
BrookRetirement.com

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Highlights:

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GRAND OPENING

By Toby Neal

Monday, March 25th I woke up to snow on the ground. Knowing it would not last I tried not to worry about it, and what could I do about it, anyway? I certainly was not going to let it sour my mood, because today was the big day – the Grand Opening of the new Senior Center! Snow or no snow, this day was going to be great! The culmination of over four decades of vision, almost twenty years of trying and failing, and the last several years of blood, sweat and tears (and there were lots of

all of them!) was happening today!

My role on this day was simple, and to me, exciting – “record the events of the day on Facebook LIVE,” Director Alice Snyder had instructed several days prior. Facebook LIVE is a feature that allows a user to record an event while it is happening so people can watch it in real time, and I had no problem doing this for the Commission on Aging, and for Alice! Well, for starters, I love the COA! I love the staff and the people they serve! Also, this meant that I would be able to there early and see the building before the Grand Opening – it felt like a special honor, and I liked that feeling! Plus, as Alice pointed out, “by putting it on



Continued on Page 5

Our Mission...

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

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

HOURS OF OPERATION

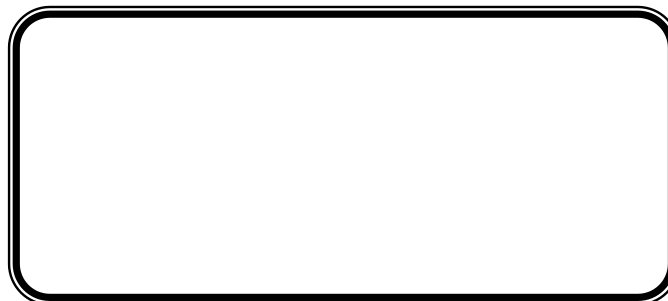
Monday - Thursday
8:30am to 6:00pm
Friday
8:30am to 4:30pm

4388 West M-72 Hwy
Grayling, MI 49738

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

director@crawfordcoa.org

www.facebook.com/crawfordcoa



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

Commission on Aging & Senior Center
Smartphone Scan to our Website



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**Toby Neal, Kate Moshier,
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The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

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

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

Commission on Aging

Board Members:

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

Commission on Aging Staff:

Alice Snyder, Director
Todd Lako, Facility Maintenance
Tammy Findlay, Advocacy & Resource Coord.
Carlie Wilson, Senior Center Manager
Lynn Cheney, Office Manager
Receptionist: Helen Nolan & Patty Lemmons

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

Sarah Pollock, In-Home Services Manager
Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Tasha, Susan & Danette

Free Vaccination Clinic

Tuesday, May 14th

9:00 AM until 12:00 PM

The following vaccinations are available: Tetanus Boosters, MMR, Hepatitis A, Hepatitis B, Varicella, HPV, Flu, Covid, Shingles, Pneumonia (All 3 doses), RSV.



If you would like your Michigan Immunization chart pulled, please call or email Pharmacist Joshua Simpson 586-703-0190 or Joshua.Simpson@SpartanNash.org

The vaccinations are free of cost, but you must register in advance! To register, please call: 989-348-7123

Join us for a Charcuterie Class! With Julie Calkins Thursday, May 23rd, 3:30pm - 4:30pm



The cost is \$75.00 per person, and you must register in advance. All materials are provided. Class will be held in the Events Room at the Senior Center.

Registration is due by May 15th at 4:00 pm. No refunds will be given.

To Register for the Class: Call Reception at 989-348-7123

Or make a payment online:

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

with the memo of Charcuterie Class.

Your reservation is only valid once your payment is received.

TwoRiverDeli

Slicing Meat's & Cheese's to Order

Fresh & Frozen Pasties

989-344-5554 tworiverdeli.com

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



Support Groups:

ALCOHOLICS ANONYMOUS

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

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

Mon. Any 12 step program

“Recovery Group” 7 pm

Wed. “AA” (WC/D)(Women’s) @ 7:00 pm

St. Francis Episcopal Church, Grayling

Saturday, 10:00 am (B/C)

St. John Lutheran Church, Grayling

Sat (C/H) 6:00 pm **At Frederic Twp. Hall**

ALZHEIMER’S SUPPORT GROUP

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

Info call: COA Senior Center (989) 348-7123

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders

at River House Inc. in Grayling

who have experienced domestic violence (directly / indirectly) sexual abuse or bullying.

River House info: (989) 348-3169

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

First Thursday each month, 5-6:30pm

via Zoom, call (231) 935-0951 to register

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

Wednesday, 6-8pm—(Aug 2 to Oct 25 Class)

Grayling Baptist Church, 705 Madsen St.

(989) 390-0831 www.griefshare.org/about

www.griefshare.org/groups/169551

GIVING

General Giving

GIVING

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

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

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

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

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

IN PERSON @ THE SENIOR CENTER



Tammy's Tips:

Medicare scam calls occur when criminals call you pretending to be from Medicare or a legitimate healthcare insurance provider. They'll often use phone spoofing technology to manipulate your Caller ID into displaying that they're calling from Medicare, a health or life insurance provider, or a local phone number.



Sponsors

Silver Sneakers led by Rich Ferrigan of Grayling Fitness Center

Foot Clinic Offered by Comfort Keepers

Hearing Clinic Offered by Advantage Audiology

Birthday Lunch Flowers donated by Family Fare

Legal Aid Offered by Jason R. Thompson Law Office PLC

Medicine Shoppe Bingo

by The Medicine Shoppe Pharmacy

Fit for the Aging by Sami Szydzil of Stronger Fitness

General Donations from:

Alice and Richard Foley	Mickie & Dennis Meyers
Shirley Schmooock	Brenda Mikula
Ron & Margaret Yon	John & Nan Stindt
Kirsten Lietz	Sherry Haag
Carol Peterson	Kay Leslie
Lowes	Stan Prevost

Hometown Heroes

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

May 15th - Bruce & Pam Jerome Celebrating his mother Vivian's birthday

Running Talley of Support: 31 days, \$9,650 Thank you!

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

Be our Hometown Heroes.

Volunteers

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

www.crawfordcoa.org/volunteer/volunteer-application

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

988 SUICIDE & CRISIS LIFELINE

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

Memorials

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

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

Memorial Gifts

In loving memory of:

Gene Rauch

By

Jenifer, Hayley, Collin, Megan, Hazel & Avery

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

Method of Payment Cash Check Amount Enclosed \$ _____

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

All Gifts are Tax Deductible

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

Thank you to our COA Volunteers

Courtney Adams	Michael Matuzak
Betty Jo Bresman	Dan & Karen
Donna Brown	McCarthy
Ben & Pam Carr	Linda McClain
Debbie Carrigan	Cheryl Melroy
Allison Chandler	Tim Miller
Ashlyn Constans	Joselyn Miss Clean
Judy Crook	Bee
Ann Donley	Marlyn Neuberger
Diana Doremire	Bev O'Connor
Rich Ferrigan	Suzanne Ostahowski
Anna Fradl	Mark Ostahowski
Mary Garcia	Sharon Perkins
Emily Gazvoda	Lois Platt
Mary Jo Gingerick	Deb & Tom Rawlings
Karen Gribb	Tom/Deb Rawlings
Sherry Haag	Stephanie Riemer
Donn Handy	Chuck & Robin
Val Hendricks	Rodgers
David Henion	Karl Schreiner
Susan Hensler	Mary Sloan
Donna Hubbard	Mark Snyder
Francis Hummell	Cheryl Starr
JM Door	Dave Stephanson
Cindy Johnson	Maze Stephen
John Kay	Brad Summers
Glenn & Lorelei King	Farrell Thomas
Todd Lako	Ellen Thompson
Sarah & Jim Lawless	Ken Thurston
Alice Lee	Martha Trenkner
Nancy Lemmen	Carol Wilder
Bobbie Martinez	

Thank you!



PLATFORM FOR LEGISLATIVE ACTION

SENIOR ACTION WEEK: APRIL 29 - MAY 3, 2024
 OLDER MICHIGANIANS DAY: MAY 1, 2024

MARK YOUR CALENDAR Older Michiganians Day Wednesday, May 1, 2024

Event 10am -12:30pm with lunch following
 Join us for a special livestream or in person event on the Capitol Lawn.

Livestream Link & Access:

<https://us05web.zoom.us/j/85725469136?pwd=4j8HjaV4UaHGD6CPGbWi1oNdNI0oaz.1>

budget distributed to AAAs to support continued development of AAA Caregiver Resource Centers, caregiver educational opportunities, services and supports with a focus on health equity.

ACTION: Urge policymakers to pass the Caring for MI Family Tax Credit to provide tax relief of up to \$5,000 per year for family

1. SUPPORT AND STRENGTHEN THE LONG-TERM CARE OMBUDSMAN PROGRAM

The Long-Term Care (LTC) Ombudsmen work with residents of licensed long-term care facilities such as nursing homes (NH), home for the aged (HFA), and adult foster care (AFC) homes with a goal of improving quality care for residents.

Michigan currently ranks 50th out of 53 programs in our ratio of ombudsman staff to beds. A recent review of the ombudsman program found that to reach the recommended minimum staff-to-bed ratio of 1:2000, Michigan needs to add 33 more full-time ombudsman at a cost of about \$3 million. The funding formula used to distribute Ombudsman funding has also not been updated since 1987.

ACTION: Urge the Legislature to adequately staff Michigan's Long-Term Care Ombudsman Program by appropriating a \$3 million permanent increase in the MDHHS budget to staff 33 new full-time positions.

ACTION: Support the Commission on Services to the Aging in continuing to work on avenues to update the Ombudsman Funding Formula with current data and formula factors to distribute increased funds more equitably.

2. SUPPORT FAMILY AND INFORMAL CAREGIVERS

Family caregivers provide essential care to older adults and loved ones. It is estimated that 1.73 million Michiganians provide an estimated 1.1 billion hours of voluntary care worth approximately \$19.6 billion per year and are the largest source of long-term services and supports in the country. With the continuing direct care workforce shortage, support for caregivers is even more important to assist older adults in their homes. Without continued family-provided help, the cost to Michigan's health and Long-Term Services and Supports systems will skyrocket.

ACTION: Urge policymakers to support a permanent \$5 million appropriation in the FY25

caregivers.

3. EXPAND ACCESS TO MI CHOICE

Michigan ranks near the bottom in the proportion of taxpayer dollars spent by states to provide long-term care through home and community-based services (HCBS) versus institutional care. In Michigan during Fiscal Year 2023, only 29% of Long-term Services and Supports (LTSS) funding was allocated to HCBS while 71% went to institutional settings – far below the national average of 53% of LTSS funding going towards HCBS. The MI Choice Medicaid Waiver Program is an in-home service program that enables seniors and adults with a disability who meet eligibility requirements to receive LTSS in their home rather than a nursing facility.

ACTION: Urge the legislature to support an increase of the participant's asset limit (currently \$2,000) in the MI Choice Medicaid Waiver Program that reflects inflation that has occurred since the current rate was established.

ACTION: Urge the legislature to bring equity between HCBS and institutional care by rebalancing Medicaid LTSS funding to at least the national average of 53%.

4. INCREASE ACCESS TO HOME AND COMMUNITY-BASED SERVICES

In Michigan, there are currently 6,161 seniors on waiting lists for essential non-Medicaid in-home services provided through Michigan's Administration for Community Living Supports (ACLS). ACLS funded services 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 ACLS in-home services.

ACTION: Support the Silver Key Coalition's request to make the \$1 million increase for home delivered meals in ACLS' FY24 budget permanent.



May Birthdays

Cathy Morrow 5/2
 Beverly Wilcox 5/3
 Dollie Adolph 5/4
 Charlotte Ippolito 5/9
 Norm Beach 2/13
 Martie Reichelderfer 5/23
 Larry Roggow 5/23

Senior Center Birthday Lunch Tuesday, May 28th 11:30 - 12:30p

**Cookies with Ice Cream,
 and friends!**



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

Powering Advocacy for 50 Years

continued: Grand Opening from page 1



staff and volunteers behind them, of cutting the ribbon with those classic large scissors provided by the Chamber of Commerce. The news media cameras rolled, people cheered, clapped, and celebrated as I recorded it all on Facebook LIVE for everyone on social media to see!

Facebook LIVE, people who are not able to attend can see the ribbon cutting and be a part of things." Alice is always thinking about everyone.

I mentioned we woke up to snow. Well, I have not mentioned that upon arriving at the new Senior Center that morning my truck nearly slid into another vehicle while I tried parking! Most of the new, large, and needed parking lot was covered in ice! Penguin walking (something I learned from my days of working for the Commission on Aging) from my truck to the building the automatic doors opened, and all the

through their paces, rehearsing their lines and pretending to show guests around the new building. Each person shared what their new space was about and how anyone could benefit from using it and being a part of the new Senior Center. It was so nice to see the love everyone had for the new building and their appreciation for each other as they worked together preparing for this special day!

It would not be long and other special guests started to arrive. I will have to admit that I was a little amazed at the turnout of important people showing up! Members of Michigan's government, and our local officials alike, greeting one another and marveling at the look and feel of the new Senior Center. Business owners and financial donors walked around shaking hands and shedding tears. If this day felt special to me before, that feeling only started to intensify as I witnessed

Of course, the celebration was only getting started! The 180-seat dining room was filled to overflow, with chairs, tables and spaces being made



staff and volunteers were there, laughing and joking and greeting everyone! Someone prophetically stated that the ice would soon melt and that nothing was going to ruin this day.

Director Snyder walked everyone through their paces; each person there early that day had a key role to play in the events of the Grand Opening. People took their places and went

everyone celebrating the accomplishment they all had some part in.

It wasn't long and the parking lot was filled to overflow, and the crowds gathered around the main entrance to the new Senior Center. The yellow tape could not hold back the tears and smiles as Director Alice Snyder and former director Sherry Hagg shared the honors, with the entire Commission on Aging



out in the greeting area to accommodate guests as they visited and ate a delicious catered meal. It was during this time that the Grand Opening presenters walked the overflow crowd through the history of the building project, honored all those who donated to the cause, and offered time for some of the staff to reflect on what this new building meant to them. There was not a dry eye in the place when Director Snyder spoke of the sacrifices it took to see this building program brought to fruition. I had a few tears in my eyes as I proudly stood there recording the whole thing on Facebook LIVE. Those tears were quickly replaced with smiles and cheers as everyone enjoyed the Grand Opening of the new Senior Center, and what a grand opening it was!





Senior Center Donors & Opportunities

by Alice Snyder, Commission On Aging Director



New Room Naming Donors

Activity Room
Hospital & Medical Staff
Munson Healthcare Grayling

Room Still Available
\$8000 Exercise Lobby

Other Donors



Above: Barbara Mikula donated two beautiful bird pictures she painted. Pictured above with our director, Alice Snyder.

Thank you to Lowe's for donating a \$300 gift card for purchasing all of our battery operated tools for the new senior center.



Below: Artwork of northern Michigan donated by Stan Prevost



Above: John Stindt resident of Crawford County, graciously donated several pieces of art to our facility.



Left: Artwork hanging in the new dining room donated by Sherry Haag



Artwork for the New Senior Center Available for Sponsorship

The COA would like to hang four drawings by artist, Daniel P. Feldhauser from Drake's Fly Shop (formerly Ron's Fly Shop), now owned by Scott Wejrowski & Sarah DeVries. Each drawing depicts a section of the AuSable River and can be purchased for the following cost,:

- Old AuSable \$100,
- Main Stream \$100,
- North Branch \$80
- South Branch \$80.



New Black Spruce Tree Donors

Spruce Trees

You Are Missed My Beautiful Wife, Dawn Marie (Haag) Pindell

Alder Flynn Slater

Mia Marie Fowler

Jasper Miles Messerschmidt

Zoey Adrian Messerschmidt

In Loving Memory Dawn

Marie (Haag) Pindell

Mark Pindell

Spruce Tree

In honor of her parents, Leo & Jeanette Ralph

In honor of his parents, John Jr & Winifred Woods

Craig & Sandy Woods

Spruce Tree

In Memory of Rita Lone

Susan Hensler and Glenn & Lorelei King

Spruce Trees

In memory of Jackie Case

In memory of Ed Papendick & Angie Moggo

Kelly & Todd Lako

Spruce Trees

In Honor of Helen Nolan

In Honor of Denise Conte

In Honor of Megan Hagle

Tom Jarosz

Spruce Trees

In Honor of DiPonio Family

Carolyn DiPonio

Final Touches ~ Artwork for the New Senior Center

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

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

Please visit the businesses during their normal business hours and make a donation of any size to go toward artwork for the new Senior Center. Ron's Fly Shop will officially open mid April but interested donors can call Rhonda Rakaoczy (989) 370-0417 to schedule a time to view artwork at the Fly Shop. The COA will then go shopping with the money donated to purchase art which fit appropriately in the spaces available. If you have any questions, please reach out to Director, Alice Snyder at 989-348-7123 or director@crawfordcoa.org.

Sponsored Item Naming Opportunities

The COA intends to permanently recognize it's donors by displaying their names near the item or area sponsored for all to see. Donors can name the items in honor or memory of someone as well.

Black Hills Spruce Trees \$400

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

Outdoor Sign \$50,000

This electronic message center will be positioned outdoors in the median between the driveways in and out of the parking lot. This will

allow the COA to advertise to the high traffic volume on M-72 East.

Outdoor Storage \$25,000

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

Lawnmower \$4,000

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

There is also an important opportunity for a donor(s) to help us fund Phase II which includes the addition of a gymnasium which has a 2 lane walking track and 2 pickleball courts. This ask is \$3 million dollars.

CRAWFORD COUNTY NEIGHBORHOOD CONNECT



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

June 20, 2024

AT GRAYLING HIGH SCHOOL

Pre-register here
<https://bit.ly/3V2IBLc>

Preregistration closes on
June 19th @ noon

Onsite registration will be
available

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

**FOOD
TRUCK**



GET PRESCHOOL
INFORMATION

CONNECT WITH
LOCAL RESOURCES
THAT SUPPORTS
FAMILIES

CAR SEAT
CHECKS AND
INSTALLATIONS



Breakfast Presentation REGION 9 AREA AGENCY ON AGING SERVICES AND PROGRAMS PRESENTATION Wednesday, May 8th at 9:30am at the COA, 4388 W M-72 HWY Grayling with Brooke Mainville, Region 9 Area Agency on Aging Special Projects Coordinator

Come join us to
learn about
Region 9 AAA's
programming for
older adults, and
caregivers.

- Caregiver Programs
- Health and Wellness Programs
- Online Tools and Resources



Breakfast Menu

**Scrambled Eggs, Turkey Sausage,
Wheat Toast, Hash Browns,
Blueberry Yogurt, Juice & Coffee**

The cost of the breakfast is \$8.00 for
those under 60 and a suggested
donation of \$4.00 for those 60 years
of age or older.

Household Hazardous Waste, Electronic Waste & Document Shredding Day

Saturday, June 8th from 10am to 12pm

Household Hazardous Waste

If you have any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE this is your chance to dispose of it in an environmentally responsible manner, such as, Aerosols, Batteries, Oil Based Paint, Motor Oil, Pesticides, Herbicides, Swimming Pool Chemicals.

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

Electronic Waste

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

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.

EA
CORNELL AGENCY INSURANCE

"For All Your Insurance Needs"

989-348-6761

cornellinsurance.com

201 Huron St. | Grayling, MI

Tammy's Medicare Tips:

Medicare never makes robo calls-Whatever scam scenario follows, the caller is trying to get your personal information, such as your Medicare card number, your Social Security Number, or other health insurance identification. Medicare does not call you uninvited and ask you for personal or private information.



Walk In The Woods

Resumes in May, June, September and October with the help of a COA volunteer team. Their advice and help in setting the schedule plus the letting us know what they need from COA was great! Thank you Cheryl, Mary, Judy, Bev and Val!

Rules: Try to Car pool. Never walk alone. Be healthy and wise with clothing, sunscreen, health issues, bug spray and water. Expect to walk for about 90-120 minutes. Safety first.

May 1st – 10 am - Hartwick Pines

State DNR Park Pass for your vehicle is needed. Visitor Center and hike the Old Growth Forest Trail. Expect 2 hour visit and hike. 3612 State Park Dr., Grayling, MI

May 8th – 10 am - Hanson Hills –

7601 Old Lake Rd, Grayling,

May 15th – 10 am - Aspen Park –

Commerce Blvd, Gaylord, MI

May 22nd – 10 am - Milock Family Preserve

Camp Tapico Rd, Kalkaska, MI 49646

May 29st – 10 am - Camp AuSable

590 Camp AuSable Rd, Grayling, MI 49738

June 5th – 10am - Gahagan Nature Preserve

209 W Maplehurst Drive,
Roscommon, MI

June 12th – 10am - Bright & Glory Lakes

State DNR Park Pass for your vehicle is needed. Bright Glory Ln, Grayling MI



June 19th – 10am - Groen Nature Preserve

10950 Hetherton Road,
Johannesburg, MI

June 26th – 10am - North Higgins Lake State Park

Upland Nature and Fitness Trail, State DNR Park Pass for your vehicle is needed. 11747 N Higgins Lake Dr, Roscommon, MI 48653. The entrance is on the north side of North Higgins Lake Dr. across from the campground (just past the park headquarters and the CCC interpretive center)

May 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>May 15th - Bruce & Pam Jerome Celebrating his mother Vivian's birthday</p> <p>Running Talley of Support: 32 days, \$9,650</p> <p><i>Thank you!</i></p>		<p>1 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple</p>	<p>2 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:30-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange</p>	<p>3 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi</p>
<p>6 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce</p>	<p>7 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear</p>	<p>8 Breakfast Presentation 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries</p>	<p>9 11:30a-12:30p Lunch Beef Tips, California Blend Vegetable, Pear 4:00-6:00p Mother's Day Dinner Spiral Glazed Ham, Au gratin Potatoes, Broccoli, Strawberry Shortcake Layer Cake</p>	<p>10 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries</p>
<p>13 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30p Dinner Taco Salad, Corn, Grapes</p>	<p>14</p> <p>No Lunch or Dinner</p> <p>Staff Training</p>	<p>15 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</p> <div style="text-align: center;">  <p>Bruce & Pam Jerome</p> </div>	<p>16 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Grapes</p>	<p>17 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange</p>
<p>20 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</p>	<p>21 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt</p>	<p>22 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Baked Penne, Prince Charles, Breadstick, Kiwi Nutrition Education at Dinner</p>	<p>23 11:30a-12:30p Lunch Beef Stew, California Blend Vegetable, Apple 4:30-5:30p Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast</p>	<p>24 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes</p>
<p>27</p> <p>CLOSED</p> <p>Memorial Day</p>	<p>28 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread</p>	<p>29 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</p>	<p>30 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana</p>	<p>31 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots</p>

May 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10a – Walk in the Woods - Hartwick 10a Silver Sneakers 10-12:30p Older Michiganians Day 1p Mahjong	2 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 3:30p Daylight Diamonds	3 10:45a Fit for the Aging 1p Pantry Bingo
6 10a Silver Sneakers 1-4p Chess Club	7 9am Friends of Feather Quilting 10a Zumba Gold 5p Game Night	8 9:30a Breakfast Pres. 9:30-10:30a – Food Commodities at St. Mary’s Church 10a Silver Sneakers 10a – Walk in the Woods – Hanson Hills 11-1p Blood Pressure/ Sugar Check 1p Mahjong	9 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds 1-5p Legal Assistance 4p–6p Mother’s Day Dinner	10 10:45a Fit for the Aging 1p Pantry Bingo
13 10a Silver Sneakers 1-4p Chess Club	14 9a-12p Vaccine Clinic 10a Zumba Gold 1p Card Games 5p Game Night	15 10a – Walk in the Woods – Aspen Park 10a Silver Sneakers 11a Alzheimer’s Support Grp. at The Brook in Grayling 11-1p Blood Pressure/ Sugar Check 11:30a Trivia Luncheon 1p Mahjong	16 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds	17 10:45a Fit for the Aging 1p Pantry Bingo Huron Pines AmeriCorps Signature Services Project
20 10a Silver Sneakers 11a-4p Blood Drive 12-3p Foot Clinic – Appt. Required 1-4p Chess Club	21 10a Zumba Gold 12:30-4:30p AARP Class 1p Card Games 4:30p COA Board Meeting 5p Game Night	22 10a – Walk in the Woods – MiLock Preserve 10a Silver Sneakers 11-1p Blood Pressure Ck 12:30-4:30p AARP Class 1p Mahjong 5p Nutrition Education	23 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30-4:30p Charcuterie Class 3:30p Daylight Diamonds	24 10:45a Fit for the Aging 1p Pantry Bingo
CLOSED Memorial Day	28 10a Zumba Gold 11:30 -12:30p Birthday Lunch Party 1p Card Games 5p Game Night	29 10a – Walk in the Woods – Camp AuSable 10a Silver Sneakers 11a New to Medicare 11-1p Pressure/Sugar Ck 1p Mahjong	30 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds	31 10:45a Fit for the Aging 1p Pantry Bingo
Light Bites Menu for Spring 2024 (Dine-in Only)				
Southwest Side Salad, Chicken Tortilla Soup	Turkey Sub Minestrone Soup Grapes	Side Chef Salad Cheesy Potato Soup Pear	Garden Salad BBQ Chicken Flatbread, Pear	Ham & Cheese Sub Cabbage & White Bean Soup

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - appointments only \$25 per visit - by *Comfort Keepers* — 4th Mondays, 12-3pm - 4388 West M-72 Hwy, Grayling

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

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

Lunches: Mon-Fri from 11:30am - 12:30pm.
Dinners: Mon-Thurs from 4:30pm - 5:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

Home Delivered Meals: (Meals on Wheels)

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

Senior Project Fresh:

Each summer, qualified seniors receive \$25 worth of coupons for fresh fruits & vegetables.

Resources

Information / Assistance: (989) 348-7123

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

Legal Assistance:

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.

Senior Gazette: This monthly newspaper which is full of information for seniors and caregivers.

Telephone Reassurance/Friendly Visitor:

COA provides weekly phone calls or home visits to older adults who want a reliable, caring phone call or home visit plus this is a safety check too.

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:

Offered twice each year.



Matter of Balance Program: offers practical strategies to reduce falls and increase safety.

Powerful Tools for Caregivers: classes help caregivers take better care of themselves while caring for a friend or relative.

Fitness Programs

Daylight Diamond (Line Dancing): learn steps to old and new line dances. Increases balance, coordination, rhythm and is a social group. Led by Volunteers: Maze Stephan & Ruth Pilon.

Fit for the Aging: specifically designed for those 55 and older, this class focuses on maintaining safe fitness activities as we age: proper form, increasing strength, flexibility, range of motion, balance, mobility, gait, and more! Seated and standing variations for every workout. Led by Volunteer: Sami Szydzil.

Silver Sneakers: exercise program designed for older adults. Great workout and adaptable to you. Nation's leading fitness program for Seniors. Led by Volunteer: Rich Ferrigan.

Zumba Gold: a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen & Cindy Johnson

Cost for Services

Almost all COA services are available to Crawford County Residents on a suggested donation basis. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. However, our needs are greater than covered by these sources. Your support through donations to our general fund, or directed to a specific program, helps us to help more. **We are grateful!**



How We Served You in March 2024!

At the Senior Center

- We served **402** Congregate Meals

In-Home Services

- Delivered **3,453** home delivered meals.
- Provided **110.5** hours of respite care.
- Provided **285.5** hours homemaker services.
- Provided **75.5** hours bathing assistance.

Important Phone Numbers:

Social Security

(800) 772-1213 or (866) 739-4802

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

Crawford County Commission On Aging & Senior Center (989) 348-7123

Telephone Reassurance Service

Is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation.

This **free program** benefits so many and is easy to sign up for.

(989) 348-7123

In-Home Services, Kathy Meisner



Listen online: **Community Calendar for the COA Calendar of Events**
aired daily by: **Blarney Stone Broadcasting Stations**
q100michigan.com upnorthsportsradio.com
to add events to calendar email: peyton@blarneystonebroadcasting.com



Upcoming Online Classes from the Area Agency on Aging

Caregiver Webinar Series

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



Healthy Living Webinar Series

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

Dementia Webinars

May 10: Healthy Aging Brain and Utilizing Computer Technology

Caregiver Webinar

June 14th: End-of-Life Planning, How to Make Your Final Arrangements

Powerful Tools for Caregivers

Virtual (Zoom): October 24 - November 27, 1:30 pm - 3:00 pm

Dementia Caregiving Series

September 5, 1:00 pm - 2:30 pm Dementia Information for Everyone
 September 12, 1:00 pm-2:30 pm Activities for Persons with Dementia
 September 17, 1:00 pm-2:30 pm Dementia Behaviors and Self-Care

Advancing Caregiving Through Technology Conference

Friday, May 17, @ Flying Pig Venue in Standish from 10am - 3pm

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



See Page 9 for a full list of COA activities!

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



FREE Blood Pressure and Glucose Screenings for Seniors

Crawford County Commission on Aging is pleased to offer FREE blood pressure and glucose screenings for our senior community. Regular screenings are vital for early detection and management of health issues.

intervention to prevent complications such as heart disease, nerve damage, and vision problems.

When: Wednesdays

Time: 11:00 AM - 1:00 PM during the lunch hour

Location: CCCOA Senior Center Health Room

Health Benefits:

- Blood Pressure Screening: Helps detect hypertension early, reducing the risk of heart disease, stroke, and kidney problems.
- Glucose Screening: Aids in the early detection of diabetes or prediabetes, allowing for timely

Details:

- A registered nurse (RN) will be available to perform the screenings.
- It will be first-come, first-served, depending on the number of people signed up for that day.

We encourage all seniors to take advantage of this opportunity to monitor and manage their health. Regular screenings can lead to early detection and treatment, improving your overall well-being. We look forward to seeing as many of you as possible benefit from this program!

How to Protect Yourself From Medicare Enrollment Scams

Scammers often target people they believe are vulnerable to being misled or confused, but their tactics can be slick and sophisticated enough to fool even savvy consumers who might be embarrassed to admit they were victims of a scam.

Experts suggest taking the following steps to squash Medicare scams.

- Don't share your personal information. Avoid answering emails from people or companies you don't know, and don't speak with telemarketers.
- Ignore pressure tactics or threats to take away your benefits. If you qualify for benefits, you won't lose them just because you fail to sign up for a plan.
- Say no to gifts. Agents are prohibited by law from offering you meals or other gifts in exchange for signing up for a Medicare plan.
- Refuse offers of freebies "paid for by Medicare." Scammers sometimes offer free medical equipment (such as a knee brace) as a way to get your Medicare information. You may receive a low-quality device or nothing at all, but the scammers then have what they need to steal your identity.
- Keep an eye on your benefit statements.

Look for anything Medicare paid for that seems incorrect or suspicious, such as supplies you didn't receive, services you didn't request or double charges.

- Report possible scams right away. If you suspect a Medicare scam, call 1-800-MEDICARE to report it.

We Want to Hear from You!

Due to declining participation rates in our weekly Euchre game, we are asking the public to join us this month in finding a replacement card game. For the month of May, we invite you to come in and bring your friends, play any of the variety of card games we will provide. At the end of the month, we will be taking a survey and making the decision of which game to put in this slot! Games will include Phase 10, Bridge, Uno, Euchre, Pinochle, Cribbage and more! Weekly card games will begin on May 14th at 1:00 pm in our activities room.



Mother's Day Special Dinner

Thursday, May 9th
 Dinner 4:00 - 6:00pm



We will be serving Spiral Glazed Ham, Au gratin Potatoes, Broccolini, Strawberry Shortcake Layer Cake!

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

Random Word Search Puzzle

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

cooperative	opposition	headquarters	settlement	difficulty
allocation	deprivation	projection	exaggerate	inhibition
earthquake	experiment	rehabilitation	credibility	occupation
preference	psychology	assumption	decorative	ghostwriter
prescription	excavation	uncertainty	personality	discourage
convulsion	constellation	first-hand	representative	experienced
legislation	continuous	grandmother	literature	possibility
nationalist	responsible	infrastructure	competition	acceptable
nomination	advertising	articulate	chimpanzee	mechanical
jurisdiction	government	atmosphere	production	diplomatic

Kate's Kitchen Corner

Simple Vinaigrette



If you are short on time or energy at mealtime, try a quesadilla! Quesadillas are quick, easy to customize, and don't take any more skill than making a grilled cheese sandwich.

- 8in tortilla
- 3/4c shredded cheese
- 1/4c filling of your choice

1. Preheat a large non-stick skillet on medium heat. Place tortilla in the hot pan. Layer 1/2 c of cheese, 1/4 c of your favorite filling on top of that, and an additional 1/4c of cheese on top of that on just one half of the open tortilla. Fold the tortilla over so it's folded in half with the cheese and filling in the middle and let it cook for 2-3 minutes.
2. When the cheese has begun to melt and the bottom part of the tortilla is browning slightly, flip the folded quesadilla over to cook the other side. Continue to cook until all the cheese is melted, and the tortilla is crisp with browned spots. If the tortilla is browning faster than the cheese is melting, turn down your heat.
3. Using a spatula, transfer the quesadilla to a cutting board and let rest for 2-3 minutes. Cut in half or in thirds and serve warm. Repeat as desired.

Notes: I prefer using a cheese blend rather than 1 type of cheese but you can use whatever cheese or cheeses you prefer. Either bagged shredded or fresh shredded works but fresh always melts much better. The only cheese I don't recommend you try are wrapped single slices.

Fillings can include leftover chicken or other protein, roasted or grilled veggies, black beans, pico de gallo, or a combination of things. Try sprinkling some cumin and hot sauce in yours if you are so inclined, or, skip the filling altogether and just use the cheese! Serve with salsa, sour cream, guacamole, or whatever you feel goes best with your toppings.

Free Medical Equipment/Supplies

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

Things We Collect!



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

- Used Cell Phones
- Our Family UPC Labels

Grayling Hospital for Animals

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

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



Grayling Save a lot

Half Gallon Milk - \$1.49

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More coupons at: www.SaveALot.com



KEG O' NAILS

Redeem this card for a "Buy One Get One Free"

SPIKE BURGER SG

(DINE-IN ONLY)

Coupon Expires May 31
 Photo Copies Not Accepted

301 James Street, Grayling, MI 49738
 989-348-7113

www.spikes-grayling.com
 email: manager@spikes-grayling.com

We Heard You.... Revised Senior Center Membership

We have received comments regarding the board approved policy and the Board has revised the policy based on these comments at the most recent Board meeting.

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

The Crawford County Commission on Aging Board created a Membership Fee for Out of County Residents. This membership requirement does not apply to Congregate Meals. Out of County residents can continue to enjoy our meals without a membership.

Anyone who resides outside Crawford County will have the option of purchasing an Annual Membership for \$50 which includes unlimited attendance at all activities and events. For those who are not as active at the Senior Center, a \$5 event fee can be paid at the time of the activity or event in lieu of the annual membership. In addition, out of County residents may volunteer at the Senior Center for at least 25 hours per year in lieu of the membership fee.

Membership Dues can be paid anytime during the year. The initial membership will be good through September 30, 2024. Annual memberships will normally run from October 1st – September 30th. There will be no prororation of membership fees during the first year.

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

Who?	Cost?
Crawford County 60+	FREE
Out of County	Annual \$50 or 25 Volunteer hours

Tammy's Tips:

Removing weeds is one of the essential steps to prepare your garden for spring because doing so (and removing dead leaves and debris) can tidy up the space in which plants and flowers are to grow.



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Ryan T. Hamilton, Au.D.
Audiologist & Director
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Gaylord Office 321 E. Main Street P: 989-448-2500	Grayling Office 306 State Street P: 989-745-6667
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Safer Driving May Save You Money

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

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

Sign up today!

To find additional courses
Visit www.aarp.org/driving36 or call 1-888-773-7160

There's a course near you!

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

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

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

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

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

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

Atlantic City, New York City & Philadelphia

- Motorcoach transportation
- 6 nights lodging Including 3 consecutive night at an Atlantic City Casino Hotel
- 9 meals: 8 breakfast and 3 dinners
- Guided Tour of New York City, 'The Big Apple' - See Rockefeller Center, Time Square, Wall Street, Central Park, and more!
- Guided Tour of Philadelphia
- Visit Atlantic City and receive a Casino Bonus
- Free time to see the Liberty Bell and Independence hall.
- and much more

\$945*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sat - Fri)
Oct 12 - 18
2024

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$279 for single occupancy. Final Payment Due: 8/5/2024

For Information & Reservations Contact:
Debby Looney
989-366-0205

JB

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Exercise can help relieve arthritis pain in joints

Erin Carter, Michigan State University Extension

There are many benefits of exercising when you have arthritic joints.

It's difficult for most of the U.S. population to exercise regularly and if you throw in joint pain it becomes even more difficult for people to exercise. Finding the motivation to exercise seems overwhelming and daunting when joint pain is constant. This is often the reality for people suffering from arthritis or arthritis type of pain in their joints. It's hard to believe moving more is beneficial for swollen and sore joints but it is.

It is important to continue to be mobile and regularly move joints whether it be in a pool or by taking a walk. Any movement that improves circulation, flexibility, and helps control weight is beneficial for joints. Many people feel if they aren't running a marathon or aren't swimming in the Olympics they will not get any benefits.

Mayo clinic published an [article](#) highlighting the benefits of exercising when you have [arthritic joints](#). These benefits are:

- Strengthens the muscles around your joints
- Helps maintain bone strength
- Gives more energy throughout the day



- Promotes a good night's sleep
- Helps control weight
- Enhances quality of life
- Improves balance

Pain can be limiting and can be a sign of overuse when training for an athletic event, and this can often signal that it is time to cut back or change your training style. On the other hand, giving up on exercise when arthritic or experiencing joint pain can be detrimental to reducing the pain in joints. It's important to find a way to be motivated to move more and get regular exercise in during the day.

The first move before beginning any exercise program is a discussion with your doctor. Michigan State University Extension has many programs to help the public with their overall health and wellness goals. Experts from Michigan State University Extension make it possible to teach healthy lifestyle changes for the long haul.

Michigan State University Extension has many programs to help individuals with living a healthy lifestyle long term. Experts from Michigan State University Extension make it possible to keep communities motivated to live the type of lifestyle most strive.

This article was published by [Michigan State University Extension](#). For more information, visit <https://extension.msu.edu>.

Tammy's Pet Tips:

Regular Exams are Vital. Just like you, your pet can get heart problems, develop arthritis, or have a toothache!



Veteran's Coffee Hour

Thursday, May 9th — 10:00-11:00 AM
American Legion Post #106
info: (989) 344-3861



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

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

Upcoming Online Classes - MSU Ext.

MAKE A SPENDING PLAN WORK!
May 1, 2024 12:00PM – 1:00PM Zoom

STRESS LESS WITH MINDFULNESS
May 2, 2024 8:30AM – 9:30AM Online

SURVIVING ON A FIXED INCOME
May 2, 2024 12:00PM – 1:00PM Zoom

SLEEP EDUCATION FOR EVERYONE
May 2, 12:30PM – 1PM Every Thursday

SLEEP BASICS MINDFUL MONDAY
May 6, 11:30AM – 12:30PM Online

SMART FOOD CHOICES MINDFUL
May 8, 2024 12:15PM – 1:00PM Online

MINDFUL WALKING MINDFUL MONDAY 5.13
May 13, 11:30AM – 12:30PM Online

WALK WITH EASE SELF-PACED
May 15, 2024 – June 19, 2024 Online

RETIREMENT MYTHS AND FACTS
May 16, 2024 12:00PM – 1:00PM Zoom

SLEEP EDUCATION FOR EVERYONE
May 17 – June 21, 12 - 12:30PM Zoom

KEEP MOVING TO PREVENT HEALTH PROBLEMS MINDFUL
May 20, 11:30AM – 12:30PM Online

PROTECTING YOUR IDENTITY
May 22, 12:00PM – 1:00PM Webinar

TYPE 2 DIABETES BASICS MINDFUL
May 22, 12:00PM – 1:00PM Online

TIPS: BUILD & PROTECT YOUR CREDIT
May 29, 2024 12:00PM – 1:00PM Zoom

CARING FOR THE CAREGIVER MINDFUL
May 29, 12:00PM – 1:00PM Online

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



Supporting
Crawford County's
Senior Citizens

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

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

Monthly Trivia Luncheon

Tease Your Brain & Win a Prize
Wednesday, May 15th,
11:30am



Trivia will take place during our lunch service from 11:30 am to 12:30 pm. It will be either teams or individuals depending on turnout!

Bring your phone, computer, iPad or mobile device and come play a few rounds of trivia with us!

Lunch that day will be pot roast!

The cost for those under 60 is \$8.00, and the recommended donation for those +60 is \$4.00

Calling all adventurers! Join us for epic Dungeons and Dragons sessions every Thursday at 4:00 p.m. at Devereaux Memorial Library! Embark on thrilling quests, battle fierce monsters, and forge unforgettable memories with fellow heroes. Space is limited, so secure your spot today by signing up at the library. Don't miss your chance to delve into a world of fantasy and excitement! See you at the gaming table!

Get ready to dive into a literary treasure trove at the Friends of the Library used book sale, happening from May 6th to 11th at the Devereaux Memorial Library! From classic novels to hidden gems, there's something for everyone. Lose yourself in the aisles as you hunt for your next great read, knowing that each purchase supports your local library. Mark your calendars and get ready to stock up on books galore!

Starting May 4th, we're making a change to our Saturday hours at the Devereaux Memorial Library. We'll now be open from 9:00 am to 12:00 pm, giving you even more time to explore our collection and enjoy our services.. Thank you for your continued support.

At story time, we transport ourselves to magical worlds filled with adventure, wonder, and imagination. Gather around as we explore enchanting tales and embark on thrilling journeys together. Let's unravel the mysteries of far-off lands, meet fascinating characters, and let our imaginations soar. Whether you're a young explorer or a seasoned story-lover, there's always a place for you in our circle. So, mark your calendars, grab a cozy seat, and get ready to dive into the enchanting world of stories with us every Wednesday at 11:00 a.m. See you there!

Radiant Child Music and Movement is offered weekly at both library branches. Join us Tuesday's at 3:30 p.m. at Devereaux Memorial Library and Wednesday's at 4:00 p.m. at the Frederic Community Library.

The Devereaux Memorial Library will be the host for 4-H after school programming starting at 3:30pm-5:30pm. 4-H after school programming will be every Monday and Wednesday for the remainder of the school year. Children will need to get registered with

4-H in order to attend. Please reach out to Angela Cook, 4-H Program Coordinator, for more information. Her email is jense123@msu.edu, 989-344-3264 Ext. 2. You can also register at <http://v2.4honline.com/>. If your children need assistance with transportation to attend the 4-H program the library will cover the cost of the dial ride bus fare for any student in need.

Our regular running programs include Genealogy (Monday's 9:00 a.m. - 12:00 p.m.), Let's Get Fit (Tuesday's and Thursday at 10:00 a.m.) and Sit-N-Knit (Thursday's at 10:00 a.m.).

Follow us on our social media channels for all the excitement. Stay connected with the Devereaux Memorial Library by checking out our Facebook, Instagram pages.

Devereaux Memorial Library offers conference rooms that can be utilized. For further details and availability please call (989) 348-9214.



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

There will be a complimentary breakfast and lunch along with great door prizes and an array of vendors. To register call 989.358.4616 or click here:

<https://forms.office.com/r/rWwAYX2g6i>



**— Food Resources —
Crawford County Residents**

Christian Help Center Free Food Truck

Thursday, May 2nd, 10:30am
Grayling Free Methodist Church

Thursday, June 20th, 3-5pm
Grayling High School

Tuesday, July 11th, 10:30am
Beaver Creek Township Hall

Thursday, August 1st, 10:30am
Grayling Evangelical Free Church

Mt Hope free Food Trucks

Saturday @ 10am - 12 noon
May 18th, June 22, July 13, August 10,
September 14, October 12
Mt. Hope Lutheran Church

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

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

Gary B. Rajah, MD
Cerebrovascular Neurosurgeon

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Law Office PLC

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

989-745-6625

1ST ANNUAL PET PALOOZA!

When: Saturday, June 22nd, 2024

Time: 11:00 AM until 1:00 PM

Where: 4388 W. M-72 Grayling (East of Town)

Our Services:

- The AuSable Valley Animal Shelter will be providing free vaccines and microchips
- & Dawn's Grooming will be providing free nail trimming

Donations Encouraged!

This event is free, but donations are always encouraged and appreciated! All donations will benefit the Crawford County Commission on Aging Pet Assistance Program!!

For more information, contact Tammy Findlay: 989-348-7123



Game Night

Interested in a little weekly competition? How about getting the family together to play? Starting on Tuesday, May 7th, we will be hosting weekly game nights! Bring your friends and family and participate in a wide variety of games! Dinner is served at 4:30, and game night will begin shortly after at 5:00. Game night will run weekly on Tuesdays from 5:00 to 6:00 pm.



Blood Drive Give the Gift of Life



**Monday, May 20th
11:00 am until 4:00 pm**

In the Events Room at the Crawford County Commission on Aging. If you are 18 years or older with a clean record of health, consider donating. Giving blood is giving the chance at life.



Grayling Community Garden Gears up for 2024 Season.



Registration for garden membership and plot registration opened April 1, 2024. There will be 3 categories of membership this year:

Primary Gardener (person who is responsible for a plot)

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

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

This year the garden will be requiring a plot registration fee of \$25.00.

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

honor as many Plot Fee Waiver Requests as our annual budget will allow.

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

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

For more information email: graylinggarden@gmail.com.

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



New to Medicare Seminar

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

Join us in person on **Wednesday, May 29th @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare.

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

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

Wellington Farm Needs YOU!

Would you be interested in a leisure time activity that would provide you with fresh air, light exercise, opportunity to meet people, comfortable surroundings, personal satisfaction and fun! How about considering the idea of spending a few hours at Wellington Park? Want to learn more? Stop by Wellington for more information!



Tammy's Tips:

Check the screens... There's nothing like opening the windows and letting that fresh spring air in! But before you do, make sure all window screens are properly fitted. Both cats and dogs have been known to fall out through unsecured screens.

