



Crawford County *Senior Gazette* May 2025



Page Highlights:

Pg 2 Birthday List

Pg 4 New Activities

Pg 4 Walk in the Woods
Schedule

Pg 6 New to Medicare

Pg 6 NEW! Breakfast

Pg 7 The Scoop with Jan

Pg 7 Shred Day

Pg 8 Meal Calendar

Pg 9 Activities Calendar

Pg 11 Save the Dates

Pg 12 April Word Search

Pg 13 Caregiver

Presentation

Pg 13 Social Security

Pg 14 Volunteer Spotlight

Pg 14 Special Dinner

Announcement

Pg 15 Library Calendar

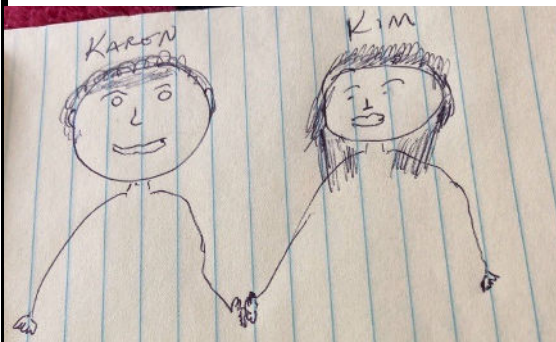
Pg 16 Letter from the

Director

Money-Saving Coupons:

Pg 16 Save-a-Lot

Better Together By Toby Neal



For a little over two decades, Karen Gribb and her daughter Kim Naegel have done something simple yet extraordinary: they've set aside a weekend each spring to take a trip together. Just the two of them. No matter how busy life gets, no matter how many birthdays, grandbabies, or vehicle breakdowns come their way, their annual Mother's Day trip to St. Ignace, Michigan, has remained a sacred tradition—23 years this year and counting.

"It started as just a girls' getaway," Kim shared. "Something light and fun. But over the years, it became so much more." Each May, just after the bustle of Mother's Day weekend subsides and the quiet of Michigan's Upper Peninsula sets in, the two hit the road. The week after Mother's Day has become their time—when the crowds have thinned,

the casinos are calm, and the mighty Mackinac Bridge beckons with the promise of laughter and memories waiting to be made.

Ask them what they do on these trips, and you'll get a little bit of everything. St. Ignace means ventures to the casino for these two. "We're max betters at the casino," Karen laughs. "We hit buttons and hope for the best. But honestly, it's not about the money—it's about being together." Then there was the time they stopped at the Garland Zoo and found it closed—only to be invited in by a kind staff member to meet the baby bobcats. "They had them in a brown paper bag and the bag was moving," Kim laughed. "So, they showed us why it moved and we got to pet them!" Or, there was the infamous year of the fuel pump fiasco that left them stranded mid-trip. "George's auto shop came and got the vehicle, drove us over to their shop, then they took us to the restaurant, dropped us off and came and got us," Karen recalled. U.P. hospitality at its finest for this mother-daughter duo. They've had so many humorous trips, laughing until they cried over their inside jokes. One time they mistakenly assumed a fellow traveler had passed away in a rest area!

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
8:30 am to 4:30 pm**

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

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

director@crawfordcoa.org

[www.facebook.com/
crawfordcoa](https://www.facebook.com/crawfordcoa)



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

Smartphone Scan
to our Website



Senior Gazette Staff

Editor — Brian McLaughlin

Contributing Writers

**Toby Neal, Kate Moshier,
Tammy Findlay, Sarah Pollock, Jan
Williamson, and Carlie Wilson**

The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

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

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

*“Views and comments expressed in
the Senior Gazette are not
necessarily the comments or views
of the Crawford County Commission
on Aging, its staff or its board.
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
Mark Ostahowski, Member
Jason Thompson, Member
Cheryl Wolkens, Member

Commission on Aging Staff:

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

Receptionists: Helen Nolan & Patty Lemmons

Kate Moshier, Nutrition Manager

Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services Manager

Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Jill, Susan & Danette

May Birthdays

Joyce Sorenson 5/18

Larry Roggow 5/23

Martie Reichelderfer 5/23

Senior Center Birthday Lunch

Thursday, May 29th,

11:30a- 12:30p

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

Happy Birthday!

Birthday Lunch Update

Birthday lunch, previously held on the 4th
Tuesday of the month, will now be held on
the 4th Thursday of the month. The time of
the event has not changed. This month's
dessert will be cookies and ice cream. Are
you a local business looking to show off your
desserts? Contact Kate Moshier about
sponsoring a dessert for Birthday Lunch by
calling 989-348-7123.

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



Car Donation Program

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

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

St. Francis Episcopal Church, Grayling

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

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

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

St. John Lutheran Church, Grayling

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

Frederic Twp. Hall

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

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

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

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

GLUED

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

at River House Inc. in Grayling

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

River House info: (989) 348-3169

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

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

Grayling Baptist Church, 705 Madsen St.

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

www.griefshare.org/groups/169551



General Giving



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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

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

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

Thank you for your consideration.

Sponsors

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

Foot Clinic Offered by **Linda Russel**
Hearing Clinic Offered by **Advantage Audiology**

Birthday Lunch Flowers donated by **Family Fare**

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

Medicine Shoppe Bingo by **The Medicine Shoppe Pharmacy**
Fit for the Aging by **Sami Szydzik of Stronger Fitness**
Housing Counseling by Laurie Jamison

Memorials

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax-deductible gift in their name will enable us to continue to provide and initiate programs that promote the well-being and independence of all older adults of Crawford County. You can also buy a memorial plaque to be displayed in our Dining Room. If you are interested in making a donation in memorial of someone, call 989-348-7123 for more information.

Interested in Becoming a Commission on Aging Volunteer?

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

General Donations from:

Dianne Branch	Mason Charitable
Tom & Janet Gaffke	Foundation
Nancy Lemmen & Mark Hansen	North Central Area Credit Union
Holly Holm	Peggy Smith
Kodiak Group	Betty Sorrels
Don & Kate Linter	Ron & Margaret Yon
Kirsten Lietz	

*Thank You Donors
We Appreciate Your Support!*

Hometown Heroes

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

**Running Talley of Support:
\$17,315 Thank you!**

55 meal days have been purchased to date. Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. May 7th was donated by AuSable Eye Care, May 14th was donated by Grayling Restaurant, May 16th was donated by Knights of Columbus, and May 21st was donated by Rev. Brian Chace and Rev. Elizabeth Chace. Thank you all for donating to Meals on Wheels for the month of May.

Memorial Donations

Farrell Thomas in memory of
Linda (Brooks) Thomas

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

Merideth Anderson	Barb & Mike Miller
Ben & Pam Carr	Tim & Olie Miller
Debbie Carrigan	Rosemary & Wayne Nelson
Caroline Diponio	
Kathy Dreffs	Bev Organek
Donna Farren	Mark & Suzanne
Dave Felker	Ostahowski
Rich Ferrigan	Ron Pagereski
Linda Fielhauer	Sharen Perkins
Bob Gerring	Lois & Dave Platt
Karen Gribb	Tom Rawlings
Sherry Haag	Al Reynolds
Sharron Hagerman	Chuck & Robin
Donn Handy	Rodgers
Val Hendricks	Jon & Gail Schultz
Cheryl Hopp	Jon Shazri
Donna Hubbard	Sally Slicker
Liedewey Hunter	Tanya & Randy
Cindy & Jim	Stephens
Johnson	Ann & Dave
Ron & Eileen	Stephenson
Kemerer	Brad Summers
Glenn & Lorelei King	Sami Szydzik
Jim Lawless	Farrell Thomas
Alice Lee	Ellen Thompson
Nancy Lemmen	Ken Thurston
Cathy Lester	Scott Ulery
Kirsten Lietz	Zoella Wethington
Judy Marchlewicz	Carol Wilder
David Markle	Curtis Williams
Sandra Marshall	Ernie & Ruthann
Dan & Karen	Windolph
McCarthy	


Fresh Brewed Tea Now Available

We now have fresh brewed iced tea as a drink option during meals. Our new tea is Jon Schultz approved, come and try it and let us know what you think!





Events Worth Buzzing About



AuSable River Dixieland Band Concert

May 6th, 6:00 pm

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

Alzheimer’s Support Group @ the Brook

May 14th, 11:00 am

The Crawford County Commission on Aging & Senior Center, in conjunction with the Alzheimer’s Association – Greater Michigan Chapter, is hosting a support group for Caregivers and loved ones of people who have Alzheimer’s or other related dementias. This monthly support group is designed to provide an outlet for caregivers to talk, share, get support, learn coping skills and get education about these dementias. There is no charge to attend this group. No RSVP required.

Legal Assistance with Jason Thompson

May 15th, 1:00 pm

Crawford County Older Adults Age 60 and Older. Consultations are by appointment only and will last about 20-30 minutes. These consultations are designed to see:

- 1) If your issue really needs an attorney,
- 2) to what extent you need legal services, and
- 3) when retaining an attorney what might be needed.

Memorial Day Presentation

May 23rd at 10:00 am

Join us for a special Memorial Day Ceremony as we honor and remember the brave men and women who served our country. The event will feature guest speaker Lonnie Cook, who will share reflections on service and sacrifice. All are welcome to attend this meaningful tribute.

Walk in the Woods

Spring 2025 Schedule

May 7th, 10:00 am: Hartwick Pines
3612 State Park Dr, Grayling, MI 49738
Please be advised that you will need to purchase a State Recreation Passport in order to enter the park. Passes can be purchased on site, or when you renew your license plates.

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

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

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

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

June 11th, 10:00 am: North Higgins Lake State Park
11747 N Higgins Lake Dr, Roscommon, MI 48653
Please be advised this location requires a State Recreation Passport.

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

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

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

Continued: Better Together



“We didn’t know what to do,” Kim started, “should we call 911? Do we go check on her?” Turns out she was just deep in nap-mode. “So, we just left,” Kim ended. Sometimes it is the unexpected stuff, that’s what makes the memories.

Their story is peppered with these moments—humorous, heartfelt, and deeply human. Yet what underpins it all is the unmistakable bond between mother and daughter. A bond rooted in unconditional love, seasoned by years of shared experience, and strengthened by their willingness to simply show up for each other, year after year.

Traditions like Karen and Kim’s hold a kind of quiet power. In a world that constantly moves faster, they remind us to slow down, to reconnect, to laugh. For older adults especially, traditions can become lifelines—carrying us across difficult seasons, grounding us in joy, and tying us to our loved ones in meaningful ways.

Their tradition has evolved with their family, too. Both women come from blended families, with grandchildren and even great-grandchildren now in the mix. Life can change a lot in 23 years. “But we never stopped going.” Each trip is a celebration not just of Mother’s Day, but of life’s journey. A tribute to resilience, aging with grace, and finding joy in the in-between moments.

Crossing the Mackinac Bridge (“white-knuckling it all the way,” as Kim says) has always been a part of their adventure—literally and metaphorically. At five miles long, it’s a breathtaking and sometimes nerve-wracking drive, especially in unpredictable May weather. But it also might symbolize something deeper: the passage from one season of life to another, the connection between generations, and the courage to keep moving forward despite the bumps in the road. If Kim and Karen did not travel this road, they would miss the cozy truck-stop diner where they always ate, their favorite casino slot machines (even if they

keep getting moved), and the familiarity of retracing steps that have become well-worn with love.

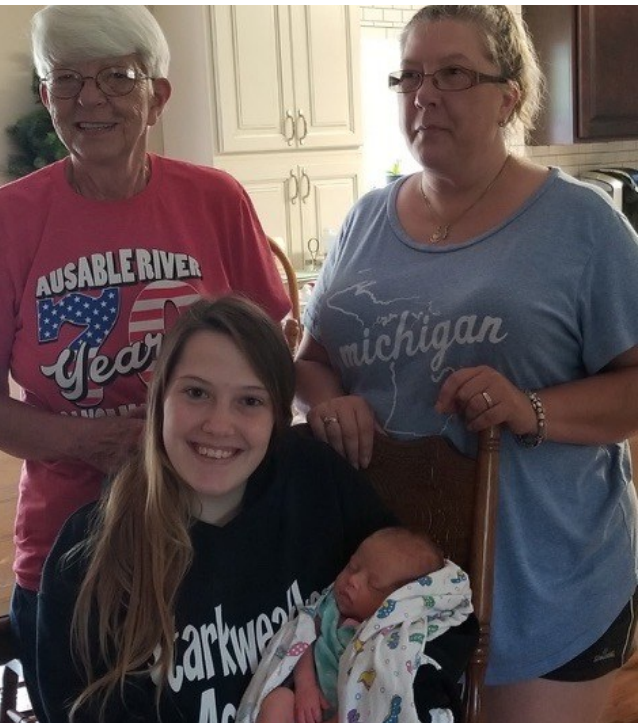
As Mother’s Day approaches, Karen and Kim’s story serves as a gentle reminder: it’s never too late to start a tradition, to plan time with those we love, or to celebrate the people who shaped us. You don’t need a big trip or a fancy plan. You just need the intention to be together, to share stories, to laugh loudly and to love deeply. Because in the end, it’s the laughter that echoes longest—the kind shared over a breakfast plate in a truck stop diner, or beside a slot machine, or on the side of the road waiting for a tow truck.



It’s love that builds bridges across years and generations. “I’ve got a little poem here that I’ve had for years,” Karen stated as she unfolded a worn piece of paper with writing on it. She then read the following, “a son is a son until he takes a wife, but a daughter is a daughter all her life.”

So this year, as we celebrate mothers and all that we have and are because of them, let us also celebrate tradition. Let us celebrate the stories, the mishaps, and the miles that bring us together.

And maybe, just maybe, start planning that trip.



What 'Mother' Means
By Karl Fuchs

"Mother" is such a simple word,
But to me there’s meaning seldom heard.
For everything I am today,
My mother’s love showed me the way.
I’ll love my mother all my days,
For enriching my life in so many ways.
She set me straight and then set me free,
And that’s what the word "mother" means to me.

*Happy Mother’s Day from your friends at
the Crawford County Commission on
Aging and Senior Center.*



Sorenson Lockwood
FUNERAL HOME INC.
Pre-Planned Funerals Cremation Services
Markers Monuments
Clinton Ross, Manager
Phone: (989)348-2951 Fax: (989)348-4968
1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

Thompson Treusch
LAW OFFICE PLC
Jason Thompson - (989) 745-6625
<https://www.facebook.com/JasonRThompsonlaw/>

Tammy's Tips



Northern Michigan has experienced some of the most intense weather to date this past April. With large ice accumulations and abnormally high winds, the damage here was catastrophic. This ordeal had me thinking a lot about storm preparation and what I could do to stay safe during inclement weather. Here are some helpful tips to keep in mind:

- Trim tree branches away from your house and power lines.
- Secure loose gutters and shutters.
- Identify an interior room of your house, such as a basement or interior bathroom, that you can take shelter in during high wind warnings.
- If you live in a mobile home, identify a sturdy building you can go to if the National Weather Service issues a high wind or severe thunderstorm warning.
- Charge batteries of all essential items such as cell phones and booster packs, weather radios and power tools such as a reciprocating saw, which you might need to clear debris.
- Update your emergency kit and be sure to include enough food and water to last for 3 days for each person in your home.
- Make a list of items outside your home you will need to tie down or put away so that they don't blow away or fly through a window. When NWS issues a high wind or severe thunderstorm watch, immediately secure these items to avoid damage or injury once the wind starts picking up.

Senior Center Updates

After you "Like" us, our events, program posts, and many more pictures will link on your page. Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

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

facebook.com/CrawfordCOA/
Like, Love or Share
Please help us grow our impact with free publicity.
Scan below to visit our page!



Scan here to be Taken to our Facebook

New to



Medicare

Seminar

Are you turning age 65 in 2025? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us on **Wednesday, May 14th, 2025 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare. Tammy Findlay, advocacy coordinator, will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium. For more information, contact the Crawford County Commission on Aging and Senior Center at 989-348-7123.

COA Announces New Breakfast Service

The results are in... and we heard you. We are pleased to announce that we will be offering breakfast starting May 5th at 8:30 am—9:30 am.

During the first 2 weeks of February, we surveyed lunch participants and asked if they would prefer a breakfast or dinner for our second meal of the day and the results were: Breakfast-15, Dinner-5, Neither-13

I am truly sorry that we don't have the capability to serve all 3 meals and that this change poses an inconvenience for some of you, but I do hope that we will see you at breakfast! This does not pose any change to our other meals. We will continue serving lunch Mon-Fri 11:30 am—12:30 pm and our monthly Special Dinner as usual.

GREAT LAKES HOME CARE

SKILLED CARE
HOME HEALTH CARE
NURSING SERVICES

1-888-242-4759 [HTTPS://GLHCU.COM](https://glhcu.com)

Providing over 22 years of quality care to Mid-Michigan and beyond.

CORNELL AGENCY INSURANCE

"For All Your Insurance Needs"

989-348-6761

cornellinsurance.com

201 Huron St. | Grayling, MI

ADVANTAGE AUDIOLOGY & HEARING CENTER

Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com

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

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

BrightStarCare®
A HIGHER STANDARD

- Enjoy concierge-style care at competitive rates.
- Access a team of skilled nurses for those unexpected care needs.
- Relax as your experienced caregiver is insured, vetted in all 50 states and drug-free.
- Worry-free, weekly billing with no added fees or lengthy contracts.

BrightStar Care® is Independently Owned and Operated

231-929-7827

2ND ANNUAL PET PALOOZA!

Stay tuned for the official date announcement.

This event will be free, but donations are always encouraged and appreciated!

All donations will benefit the Crawford County Commission on Aging Pet Assistance Program.

Northern Pines
ASSISTED LIVING

Come visit us!

- Independent Living
- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

A Non-Profit Faith-Based Organization

NorthernPinesAssistedLiving.org
130 Mary Ann Street • Grayling 49738
p: (989)344-2010 • f: (989) 344-2011

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

NO Household Hazardous Waste

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

Document Shredding

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

Electronic Waste

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

Volunteers Needed

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

The Scoop on Ageism in Healthcare with RN Jan Williamson

Let's Talk About Possible Ageism in Healthcare
Have you ever gone to see your Primary Care Dr. or a Specialist and left your appointment thinking; "I don't think they heard what my real concern was," or "I wonder if that is the only treatment that might help me."

You may be experiencing a phenomenon called Ageism or Age Discrimination. The term Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age. Ageism is probably the most under-recognized unconscious bias." In healthcare, ageism can lead to unequal treatment, with older patients sometimes receiving less aggressive care than their younger counterparts.

We are all human. That statement includes our healthcare providers. As humans we are prone to make "Snap" opinions based on our first impression of another individual or situation. As I'm sure we have all been told... Don't judge a book by it's cover! But as we age, that can happen when others see us. They may see our gray hair or our wrinkled faces or our age on the chart and quickly assume "oh, that's an old person". This can lead to the provider giving you limited treatment options.

So what does that mean when we are

receiving healthcare? Bias can start with the questions a doctor asks—or doesn't ask. At your doctor's office, you wonder why your vision is blurred or if your heart medication causes fatigue, which was never explained to you. The doctor blames all your symptoms on getting older. They speak slowly, as if they were talking to a child. If you feel your doctor isn't listening to you or answering questions, speak up!

Elderly patients deserve the same quality of care and attention from health care practitioners that younger patients receive. However, sometimes we can create our own self-ageism. We may think we're too old to exercise or it doesn't matter if we pay attention to healthy eating. We might stop keeping up on preventative health practices like regular exams or recommended testing because "we're old". If we allow ourselves to think "it doesn't matter anymore, I'm old", it can lead to health issues that could be prevented like falls, increased issues with pain or premature memory issues.

The answer to ageism is to be your own BEST advocate for your healthcare. Some ideas to accomplish this goal might be:

If it is uncomfortable asking questions at an appointment, you may want to consider bringing an family member with you. Two sets

of ears are always better than one.

Don't be afraid to ask for a second opinion.

Don't be afraid to ask questions. Questions to consider might be:

- Why do you recommend this particular treatment for me?
- What are all of my treatment options
- How will this treatment affect my overall quality of life?
- How does this treatment compare to other options?
- Are there other options you would consider if I were younger?
- Can you explain this in simpler terms?

Bottom line...be courageous...be your best health care advocate...expect the same care and consideration you received when you were younger! Your health and wellbeing relies on you!



**Medical Equipment Spotlight:
Tub Grip**

- Easy release locking tabs
- Textured rubber grip
- Suction cup design
- Hassle-free installation and relocation; no

tools necessary





- Functions as a balancing assist
- Attaches only to smooth, non-porous and dry surfaces

Do not use on painted surfaces, i.e. drywall
The Crawford County Commission on Aging

has a few available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.



May 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>LAST DAY OF REGULARLY SCHEDULED DINNERS. BREAKFAST BEGINS MAY 5TH!</div>		<div>1 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes and Gravy, Brussels Sprouts and Strawberries 4:30p-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread and Banana</div>	<div>2 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes and Gravy, Corn and Kiwi</div>
<div>5 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear</div>	<div>6 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks</div>	<div>7 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  AuSable Eye Care</div>	<div>8 NO BREAKFAST 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes Mother's Day Special Dinner 4:00p – 6:00 pm Roasted Pork Loin with Bacon & Onion Jam, Roasted Garlic Mashed Potatoes, Honey Glazed Carrots, and Strawberry Pie</div>	<div>9 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange</div>
<div>12 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi</div>	<div>13 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana</div>	<div>14 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange  Grayling Restaurant</div>	<div>15 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce</div>	<div>16 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend  Knights of Columbus Council 1982</div>
<div>19 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange</div>	<div>20 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes  Rev. Brian and Rev. Elizabeth Chace</div>	<div>21 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Red Grapes, Pork Roast, Baked Potato, Green Beans</div>	<div>22 MEAL DAY 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Parmesan Cod, Brown Rice, Prince Charles Vegetable, Fresh Pear</div>	<div>23 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend, Red Grapes</div>
<div>26 <div>Closed for Memorial Day</div></div>	<div>27 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Orange</div>	<div>28 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</div>	<div>29 Birthday Lunch 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes, Beef Gravy, Brussels Sprouts, Apple</div>	<div>30 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Sourdough Roll, Apple</div>
<div>Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi</div>	<div>Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine</div>	<div>Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce</div>	<div>Light Bites – Dine in Only Mojo Chicken Bowl, Red Grapes</div>	<div>Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana</div>

May 2025 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Grayling Pharmacy Bingo	2 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
5 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	6 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E 6p AuSable River Dixieland Band	7 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Hartwick Pines 12:30p Mahjong 3:00p Geri-Fit	8 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Mother's Day Special Dinner	9 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
12 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	13 9a Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E 4:30p COA Board Meeting	14 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Camp AuSable 11a New to Medicare 11a Alzheimer's Support @ the Brook 12:30p Mahjong 3:00p Geri-Fit	15 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Assistance 2p-4p Caregiver Presentation	16 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
19 9a-4:30p Footcare 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	20 9a Zumba Gold A 10a Zumba Gold B 2p Tai Chi with MSU-E 12:30p Euchre	21 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Gahagan Nature Preserve 12:30p Mahjong 3:00p Geri-Fit	22 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	23 10a Memorial Day Presentation 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
26 <div>Closed for Memorial Day</div>	27 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E	28 10a NO SILVER SNEAKERS 10a Walk in the Woods @ Rayburns (M-72 E side) 12:30p Mahjong 2p-4p Commodities 3:00p Geri-Fit	29 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 1p Penny Bingo	30 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

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

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

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

Incontinence Supplies
Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet
Items are available for a donation of \$5.00

Nutrition Services

Boost Plus: Discounted cost for liquid nutrition with a prescription from your doctor. \$30.00.

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

Congregate Meal Program:
Breakfasts: Mon-Fri from 8:30 am—9:30 am.
Lunches: Mon-Fri from 11:30am -12:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

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

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

Resources

Information / Assistance: (989) 348-7123
Our COA staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

Legal Assistance:
by Jason R. Thompson, Law Office PLC
Free legal consultations available the 3rd Thursday of each month from 1-5pm

Housing Counseling
Get housing advice from Laurie Jamison from

Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.
Call 989-348-7123 for an appointment.

Medicaid/Medicare Assistance Program (MMAAP)
Trained counselors help seniors decide which health insurance options are best for them.

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

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

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course: Offered once each year.

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

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

Matter of Balance:
Learn helpful tips that will improve balance over time.

Geri Fit:
Learn helpful skills to improve balance and strength.

Fitness Programs

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

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

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

Cost for Services

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



How We Served You in March 2025!

At the Senior Center

- We served **599** Congregate Meals
- In-Home Services**
- Delivered **2,986** home delivered meals.
- Provided **72.75** hours of respite care.
- We provided **216.00** hours of homemaker services.
- We provided **40** hours of bathing assistance services.

Important Phone Numbers:

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

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

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

Telephone Reassurance Service

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

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This **free program** benefits so many and is easy to sign up for.

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



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



Upcoming Online Classes from the Area Agency on Aging

Support Groups:

Caregiver Support Group
May 5th, 2025: Dealing with Family Issues
First Monday of every month, 12:00 pm—1:00 pm, or 5:30 pm—7:00 pm.
Zoom Link: <https://us02web.zoom.us/j/876511181524>
Meeting ID: 876 5118 1524

Dementia Support Group
May 7th, 2025: Dealing with Family Issues
First Wednesday of every month, 9:00 am—10:30 am, or 5:00 pm—6:30 pm.
Zoom Link: <https://us02web.zoom.us/j/876511181524>
Meeting ID: 876 5118 1524

Kinship Support Group
May 8th, 2025: Dealing with Family Issues
Second Thursday of every month, 10:00 am—11:30 am, or 5:00 pm—6:30 pm.
Zoom Link: <https://us02web.zoom.us/j/876511181524>
Meeting ID: 876 5118 1524

Caregiver Support Group
Third Tuesday of the month, from 7:00 pm—8:30 pm or the third Saturday of the Month from 8:00 am—9:30 am. Online via Zoom.

Notable Events:

Older Michiganians Day: May 7, 2025

MI Virtual Support Group: May 7, 2025, from 5:00pm-6:30pm

Caregiver Webinar: Friday May 9, 2025
Improving a Difficult Caregiving Day

Caregiver Luncheon Event: Saganing Tribal Center: May 15, 2025

Healthy Living Webinar: Planning for Retirement: May 8, 2025

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

See Page 9 for a full list of COA activities!

Coming Attractions: Save the Dates

Veteran’s Coffee Hours
**Dates for 2025**


Dates:
Thursday, May 8th

Time:
10:00-11:00 AM

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

2025 Party Schedule	
June 19th Back Yard Party	October 31st Halloween Party
July 3rd Fourth of July Party	November 20th Friends-Giving Party
September 8th Grand Parent’s Day	December 30th Noon Years Eve

Versiti Blood Drives 2025

Monday, June 9th	Monday, October 13th
Monday, August 11th	Monday, December 8th

All blood drives run from 11:00 am—3:30 pm. Register to donate in advance by visiting: www.donateblood.versiti.org/donor/schedules/county/



Secretary of State Mobile Office June Date

June 23rd from 10:00 am—3:00 pm

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

Christian Help Center Free Food Truck Schedule 2025

Thursday, May 15th Grayling E-Free Church 1636 Hartwick Pines Rd, Grayling	Thursday, August 21st 12:00 pm—5:00 pm, Community Health Fair Crawford County Commission on Aging 4388 E. M-72, Grayling
Thursday, June 26th 3:00 pm—5:00 pm Grayling High School 1135 N. Old 27, Grayling	Thursday, September 18th Grayling Free Methodist Church 6652 W. M-72 HWY, Grayling
Thursday, July 17th Beaver Creek Township Hall 8888 S. Grayling Rd, Grayling	Thursday, October 16th Frederic Township Hall 6470 Manistee St., Frederic

Food is free to anyone in Crawford County. Unless otherwise noted, estimated start time for all food trucks is 10:00 am. Limit of 2 households per vehicle.

Trip Previews for Spring/Summer 2025

Mackinac Island Lilac Festival June 12th, 2025 Ticket Price: <ul style="list-style-type: none">\$70.00 for in county residents\$75.00 for out of county residents 8:30 am —4:00 pm Please bring extra cash for any souvenirs you’d like to purchase. Wear good walking shoes.	Uncommon Ranch Visit July 16th, 2025 10:30 am—3:00 pm Ticket Prices: <ul style="list-style-type: none">Under 60 in county: \$20.00Over 60 in county: \$12.00Under 60 out of county: \$25.00Over 60 out of county: \$17.00 Ticket price accounts for your meal.
---	---

Mt. Hope Lutheran Church 2025 Food Truck Schedule

These food trucks will occur at Mt. Hope Lutheran Church, located at 905 N. I-75 Business Loop, in Grayling.	Dates: May 3rd June 7th July 26th August 2nd September 6th October 4th
Each truck will be on a Saturday and will begin at approximately 10:00 am.	

May Word Search Puzzle

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

1. Clement

2. Picnic

3. Warming

4. Lilacs

5. Verdant

6. Wistful

7. Outings

8. Barbecue

9. Sunshine

10. Flowers

11. Nature

12. Solvent

13. Daisies

14. Meander

15. Festival

16. Sunglow

17. Warbler

18. Maypole

19. Bloomer

20. Pollen

21. Grilled

22. Skippers

23. Meadow

24. Radiant

25. Petunia

26. Tending

27. Budding

28. Hayride

29. Flannel

30. Violets

31. Softest

32. Sippers

33. Peonies

34. Sprouts

35. Starlit

36. Weekend

37. Azaleas

38. Freshly

39. Canoeist

40. Stinger

41. Morning

42. Garland

43. Mudroom

44. Treetop

45. Lullaby

46. Ribbons

47. Nesting

48. Snapped

49. Uncloud

50. Lavender

Kate’s Kitchen Corner



Homemade Taco Seasoning Recipe

Everything tastes better homemade, including seasoning blends. Store bought options offer unmatched convenience but if you are watching your sodium or are avoiding preservatives, it’s always best to mix your own and know exactly what you are eating! This recipe makes enough for 1 pound of meat, but you can double or triple it for more, or to save for next time. Assuming your ingredients are fresh, this blend will keep for up to a year in an airtight container in your cabinet.

- 1 Tbl. chili powder
- 1 ½ tsp. ground cumin
- 1 tsp. garlic powder (or granulated)
- ½ tsp. onion powder
- ½ tsp. paprika
- ½ tsp. oregano (Mexican if you have it)
- ½ tsp. kosher salt (or 1/4tsp table salt and add more to taste if needed)
- ¼ tsp black pepper
- Pinch of red pepper flakes or cayenne pepper (if you want some heat)

Add 1tsp. cornstarch to your mix and 2/3c water for tacos, or go with just the seasoning mix, up to you!

Enjoy!

You May Be Eligible for SSI and Social Security Benefits

Written by Hillary Hatch, Social Security Public Affairs Specialist

You may be able to get Supplemental Security Income (SSI) even if you already receive Social Security benefits. About 2.5 million adults and children get SSI and Social Security at the same time.

We pay Social Security benefits to workers and their eligible family members based on the worker's earnings. SSI is a needs-based program that provides payments to people with little or no income and few resources. People younger than 65 must be blind or have a disability and meet SSI income and resource limits, while people 65 and older do not have to have a disability. About 1.4 million people 65 and older receive both SSI and Social Security.

What do we mean by "little or no income"?

In 2025, you may be eligible for SSI if your total income – including your Social Security benefit – is less than \$987 per month (the 2025 SSI monthly federal benefit rate plus \$20).

We consider income from all non-work sources, including pensions, veterans' benefits, unemployment, and Social Security disability, retirement, and survivor benefits. We also count some – but not all – earnings from work, including self-employment.

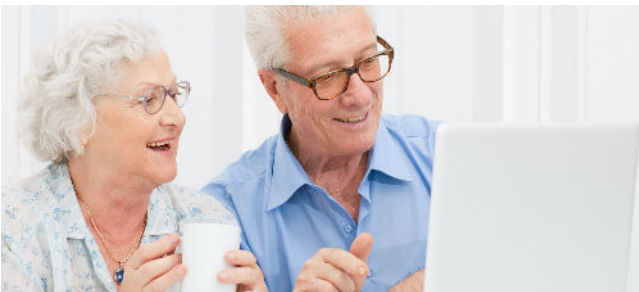
What do we mean by "few resources"?

Resources are things that you own

that you could change to cash and use to support yourself. They include vehicles (if you own more than one) and money in bank accounts, stocks, and bonds. We do not count your home and the land it's on, as long as you live there. To be eligible for SSI, your resources cannot be worth more than:

- \$2,000 for a single person.
- \$3,000 for a married couple living together.

For more information visit our blog article, *You May Be Eligible for SSI and Social Security Benefits* at blog.ssa.gov/you-may-be-eligible-for-ssi-and-social-security-benefits.



Social Security

McLEAN'S

ACE

HARDWARE

The helpful place.

For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.

STORE HOURS: Mon-Sat 8-5:30 / Sun 10-3

CALL: 989-348-2932

McLEAN'S

ACE

REPAIR SHOP

Fix it and save a buck!

Conveniently located next door!

CONTACT THE REPAIR SHOP:

989-348-1003

Join us for our Caregiver Presentation, May 15th

By Sarah Pollock, In Home Services Manager

Caring for a loved one with dementia or a chronic illness can be both a profound privilege and a challenging burden. Have you ever paused to consider how this commitment affects your daily life? Do you find yourself navigating the complexities of their condition while managing your personal responsibilities and emotional well-being? Moreover, have you explored the available resources that could assist you in this journey? From support groups to respite care services, numerous options exist that can ease your load. Do you know where to find local programs or communities that can offer you a helping hand and companionship along the way?

Mark your calendars for an enriching afternoon on Thursday, May 15, 2025, from 2:00 PM to 4:00 PM. We invite you to attend a special presentation featuring a panel of expert speakers who are dedicated to supporting caregivers like you.

During this event, you'll hear invaluable insights on caregiving and have the opportunity to ask questions. Plus, our trained staff will be available to provide care for your loved one during the presentation, ensuring you can fully engage in this informative experience without worry.

To make your time with us even more enjoyable, we will have a selection of snacks and light refreshments available, along with some entertainment to brighten your loved one's day.

There are 49 spots available, so please be sure to register by Friday, May 2nd 2025 to secure your spot. We look forward to seeing you there and sharing a wonderful afternoon together!

For registration and further inquiries, please contact Sarah Pollock at 989-348-7123.

Let's support one another in the journey of caregiving!

Here's Your Sign...

It's Time To Talk To A Financial Advisor!

Get Help With:

- Financial Planning
- Investment Strategies
- Retirement Planning
- Portfolio Reviews

Hunter Mires, CRPC®

CFS* Financial Advisor

505 Clyde Street

(989) 910-5112

Available by Appointment in any NCACU Branch

Non-deposit investment products and services are offered through CUSO Financial Services, L.P. ("CFS"), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS are not NCUA/NCUSIF or otherwise federally insured, are not guarantees or obligations of the credit union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. The Credit Union has contracted with CFS to make non-deposit investment products and services available to credit union members.

May 2025 - Senior Gazette – Page 13

Special Dinner Recap and Preview

By Kate Moshier

We had a great crowd for our April Special Dinner! People came out in force with smiling faces to celebrate Spring despite so many still being out of power and taking care of property damage. I have seen everyone really come together over the last couple weeks to care for and commiserate with each other and then saw so many of you come together again to laugh and sing through continued hardship and I couldn't be prouder to be part of this community.

I would like to take this opportunity to thank our volunteers! They are dedicated to making each dinner a memorable experience for our guests and we couldn't do it without them running like the well-oiled machine they have worked to become. Thank you, truly,

from all of us.

I would also like to welcome a new server, Nancy Haywood. If anyone is interested in joining our Special Dinner team, please fill out an application on our website or get a paper one from reception.

Now, for our Mothers Day Dinner preview! Our May Special Dinner will be on Thursday, May 8th from 4:00-6:00PM and we will be serving Roasted Pork Loin with Bacon & Onion Jam, Roasted Garlic Mashed Potatoes, Honey Glazed Carrots, and Strawberry Pie for a \$4.00 suggested donation if you are over 60 years of age and for a cost of \$8.00 if you are under 60. Bring your mom, or any other mom, your friends, your family ...everyone is welcome! See you there!

This month's give away prize will be gift cards.



Since joining our team in November 2023, Chuck and Robin Rodgers have quickly become a vital part of our Home Delivered Meals (HDM) program. As our dedicated Driver/Ride Along tag team, they bring reliability, warmth, and an incredible sense of teamwork to everything they do.

What makes Chuck and Robin stand out is their unwavering consistency and flexibility. No matter the day or the route, they are

always willing to step in where needed. Whether it's picking up extra shifts, or covering for other drivers on their route, they do it all with a positive attitude and a genuine commitment to our mission.

In addition to their dependable service, Chuck and Robin have also taken an active role in helping train new drivers. Their patience, knowledge, and willingness to guide others make them outstanding mentors and teammates. They understand that delivering meals is more than just a job—it's about creating connections, providing comfort, and making sure our clients feel cared for.

We are incredibly grateful for Chuck and Robin's dedication and the compassion they bring to our clients every day.

Sarah Pollock, the In Home Services Department Manager says "Thank you both for going the extra mile—you make a real difference in the lives of others, and we're so lucky to have you on our team!"

Thank you Chuck and Robin.

Upcoming Online Classes - MSU Ext.

- Walk with Ease Program MSUE/UPCAP
May 1, 2025 – June 5, 2025 Online
- Mindfulness for Better SLEEP Online - May 2025
May 1, 2025 – June 5, 2025 Zoom
- Savvy Tips for Starting a Small Business - May 6, 2025
May 6, 2025 12:00PM – 1:00PM Virtual
- Living Well with Diabetes--Diabetes Simplified
May 6, 2025 12:00PM – 1:00PM Online
- Chronic Pain PATH Toolkit
May 6, 2025 – June 10, 2025 Zoom
- Top 10 Credit Tips
May 7, 2025 12:00PM – 1:00PM Online via Zoom
- Thriving on a Fixed Income! (Webinar) - May 8, 2025
May 8, 2025 10:00AM – 11:00AM Zoom
- Protecting Your Identity ~ Webinar - May 12, 2025
May 12, 2025 12:00PM – 1:00PM Zoom
- Living Well with Diabetes--Type 2 Diabetes Basics
May 13, 2025 12:00PM – 1:00PM Online
- Who Gets Grandma's Yellow Pie Plate? (Webinar) ~ Passing on Personal Possessions
May 20, 2025 12:00PM – 1:00PM Zoom
- Living Well with Diabetes--Smart Food Choices
May 20, 2025 12:00PM – 1:00PM Online
- Diabetes PATH Workshop virtually - May 2025
May 20, 2025 – June 24, 2025 virtually via zoom
- Informed Renter - May 21, 2025
May 21, 2025 12:00PM – 1:00PM Zoom webinar
- Tai Chi for Better SLEEP, May 22-July 17, 8AM or 4PM ET
May 22, 2025 – July 17, 2025 Online
- Mindfulness for Better SLEEP, May 29-July 3, 10:30am ET
May 29, 2025 – July 3, 2025 Online
- To register for any event visit: <https://www.canr.msu.edu/rlr/> and click on the Events tab.
- Thank you for participating in MSU-E Events.

Crawford County Library is looking for local neurodivergent (Autism, ADHD, Dyslexia, Tourette, Down Syndrome, etc.) individuals of all ages to participate in a conversation about our plans to make the library more accessible. These conversations will take place in group and/or 1 on 1 settings, in-person or online, depending on your preference. If you are interested in participating, please email Alex Alma at aalma@crawfordcolibrary.org, call (989)-348-9214, or visit us for more information.

May Events:

- Join exciting Dungeons and Dragons sessions at the Devereaux Memorial Library, Thursdays at 4:00 p.m. For teens and young adults.
- Our meeting of the Junior Graphic Novel Book Club is Tuesday, May 20th. Sign-up and a valid library card are required. For ages 8-13. Call us or visit the Devereaux Memorial Library Circulation Desk to sign-up.
- Diamond Painting, a new way to color by number, is every other Thursday from 1PM to 3PM. Basic materials provided, intended for adults.

- Come on in for Happy Dog Yoga every Monday at 9:30AM in Devereaux, and every Thursday at 5PM in Frederic. For adults.
- Crochet grab – & -go kits for beginners at the circulation desk at Devereaux Memorial Library.
- Care Giver Corner at the Devereaux Memorial and Frederic Community Libraries.

Our regular running programs include:

- Genealogy (Mondays 9:00 a.m. - 12:00 p.m.),
- Let's Get Fit (Tuesdays and Thursday at 10:00 a.m.)
- Sit-N-Knit (Thursday's at 10:00 a.m.)
- Book Club (last Wednesday of each month at 1:00 p.m.).

Keep in touch with the Crawford County Library via our social media platforms to stay informed about the newest updates, events, and book suggestions. Follow our Facebook and Instagram profiles for exclusive material, behind-the-scenes looks, and sneak peeks. Devereaux Memorial Library offers conference rooms that can be utilized. For further details and availability please call (989) 348-9214.

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

Double Up Food Bucks Program Information

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

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

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

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

CRAWFORD COUNTY COMMISSION ON AGING

WANTED: MEALS ON WHEELS DRIVERS

Help us serve older adults in need in our community. Volunteers are urgently needed. Mileage stipends are available. Please visit www.crawfordcoa.org and click on the volunteer tab to fill out an application. Schedules are flexible based on your personal availability. Contact Sarah or Kathy at 989-348-7123 for more information.

Accepting New Patients!



Heather Lee, DO
Neurology

HANDS-ON NEUROLOGICAL CARE

Need care for your neurological condition – or suspect you have one? Munson's trusted neurologists diagnose and manage a wide range of neurological issues that can lead to symptoms like tingling, numbness, tremors, problems with balance, and more.

Common conditions we treat include:

- Migraines and Chronic Headaches
- Neuropathy and Nerve Pain
- Memory and Movement Disorders
- Epilepsy and Seizures
- Brain Injury and Concussions
- And Other Neurological Conditions



Visit munsonhealthcare.org/neurosciences to get started or scan the QR code to learn more.

 **MUNSON HEALTHCARE**
Neurology




The Brook,
it's home.
BrookRetirement.com
Independent, Assisted
& Memory Care Living



The Brook

Retirement Communities

Big Rapids • Boyne City • Cedar Springs • Cheboygan Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo Portland • Rogers City • Roscommon • Standish • West Branch

DENHOLM FAMILY

CHIROPRACTIC

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

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

Grayling
Save a lot

Half Gallon Milk \$1.49, Whole, 2%, 1%, or Skim
PLEASE DO NOT DUPLICATE

Good From 5/1/25-5/31/25
One Coupon Per Family

Advance Care Planning

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


MUNSON HEALTHCARE

Tammy's Tips: How to Protect Yourself in High Winds



- Take shelter in a safe space. High winds and hail can shatter glass, so stay away from windows, skylights and doors.
- Keep your family and pets inside to prevent being injured by flying debris.
- Keep your drapes and blinds closed.
- Secure outdoor items.

These tips aren't just common sense, they may just save your life in the event of a severe wind storm.


AuSable Family
Dental, P.C.

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

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

Letter from the Director



I am of a certain age, to where I was indelibly marked by the Blizzard of 78'. I will never forget the snow piled up to my second story window, building snow caves, and getting a full week off from school, but the part that sticks with me the most is how the community came together to help all of the people affected by the storm.

I remember people shoveling eight-foot-deep pathways to people's doors so they could get out. I remember snowmobilers running groceries out to people's homes who couldn't get out. It didn't matter who you were or where you lived, people came by to make sure you were okay and to see if you needed anything. It brought our city together in a way I had never seen before, which brings me to the point of this article.

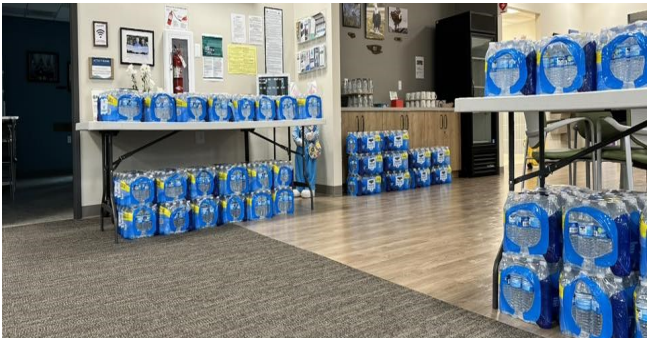
The Ice Storm of 25' or the "Icepocalypse" or whatever people are calling it. This was another storm people will be talking about 50 years from now. It was devastating, destructive and it brought a city together like I haven't seen in 47 years. So many volunteers, so many donations, so much love and caring, it brings joy to my heart. We received hundreds of calls from people with desperate needs, and with every call came someone who was willing to step up and meet those needs. The generosity of the people of Crawford County will stay with me forever.

I cannot possibly list everyone who donated or helped, but I'd like to mention a few that made meeting people's needs a lot easier.



First of all, I need to thank the staff at the senior center. They made over a thousand wellness check calls to ensure all of our participants were safe. I'd also like to thank our volunteers, especially our Meals on Wheels drivers, who braved the horrible conditions and delivered hundreds of meals to people who had no other way of getting food.

I'd like to thank Doug Pratt, and all of the people at Emergency Management for organizing and announcing services that were available to the public. Thank you, Lineman, who worked tirelessly around the clock to rebuild a destroyed electrical system. Thank you Deputy Chief Ed Goscicki and the Frederick Fire Department for getting out ahead of our Meals on Wheels drivers and clearing driveways, so we could deliver much needed food to stranded residents. Thank you, food banks and church groups who



organized food trucks, and made sure no one went hungry.

Thank you to Dyna Products who donated 80 cases of water, Shelf stable food and tree clean up services to help our clients who were blocked in by fallen trees, branches and other debris. Thank you, Melody from Molina of Michigan for donating cases of water and much needed personal hygiene items.

Thank you to the Tawas Church of the Nazarene, Zion Bible Church and East Tawas Nazarene for their generous donation of \$620 to help purchase gas cards and other needed items to help the older adults in our area who struggled to keep generators and space heaters running without power.

The devastation will be memorable, but it is the response to the devastation, and the coming together of a community that will live with me forever. Thank you all for everything you did to help, you quite literally saved lives, and I, for one, will never forget.

Thank you,
Brian McLaughlin
Photos of linemen provided by Consumers Energy.