

# Crawford County Senior Gazette June 2022



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## When Is Father's Day—And Why Do We Celebrate It?

By Kaitlyn Chamberlin

Every year, Father's Day is celebrated by families all around the world who plan activities to celebrate the special men in their lives. Dads everywhere receive new socks, bizarre flavors of barbecue sauce, or something they actually want from our finely honed guide to Father's Day gifts. Mothers and older children pore through Father's Day quotes and messages for the perfect words to put in their funny card, while new fathers may find themselves looking to their own dads for guidance and dad jokes as they experience their first official Father's Day.

While your dad probably enjoys being showered with gifts and love on this special day, the average dad had rather a different view back when the

day was first created, more than 100 years ago. In fact, the history of Father's Day is not a straight line from idea to acceptance. So what is Father's Day, and how did it originate? We have the answers to that and everything else you're wondering about this dad-centric day.

### When is Father's Day in 2022?

If you haven't started thinking about ideas for creative gifts and ways to celebrate, worry not. Father's Day is on Sunday, June 19 this year, which still leaves you with plenty of time to prepare your Father's Day memes. After all, laughter is a gift! Although you'd better go shopping too. No dad can turn down a personalized Father's Day gift. And if you've got little ones, Father's Day crafts make excellent activities.



### What is Father's Day?

Father's Day is a holiday that celebrates and honors fathers and their influence in our lives. You don't

Continued on Page 5

### Our Mission...

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

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

## HOURS OF OPERATION

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

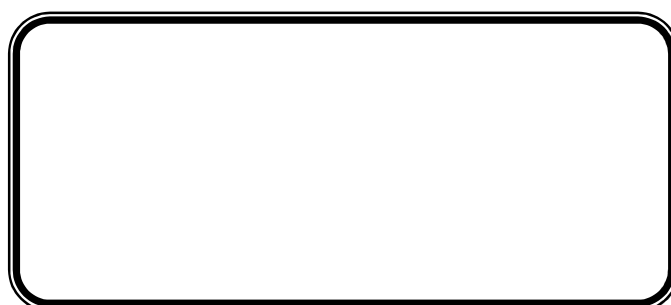
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Fax (989) 348-8342**

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**[Director@crawfordcoa.org](mailto:Director@crawfordcoa.org)**

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director@crawfordcoa.org  
Phone: 989-348-7123  
Fax: 989-348-8342  
Grayling, MI 49738  
308 Lawndale St.

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## **Senior Gazette Staff**

**Alice Snyder**  
Editor

**Toby Neal**  
Creative Director &  
Advertising Manager

**Donna Norkoli**  
**Robert Simpson**  
**Nicole Persing-Wethington**  
Contributing Writers

**Ken Wright**  
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**The Senior Gazette**  
308 Lawndale St.  
Grayling, MI 49738

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

**For advertising or addition to the mailing list, contact us at (989) 348-7123 or [director@crawfordcoa.org](mailto:director@crawfordcoa.org)**

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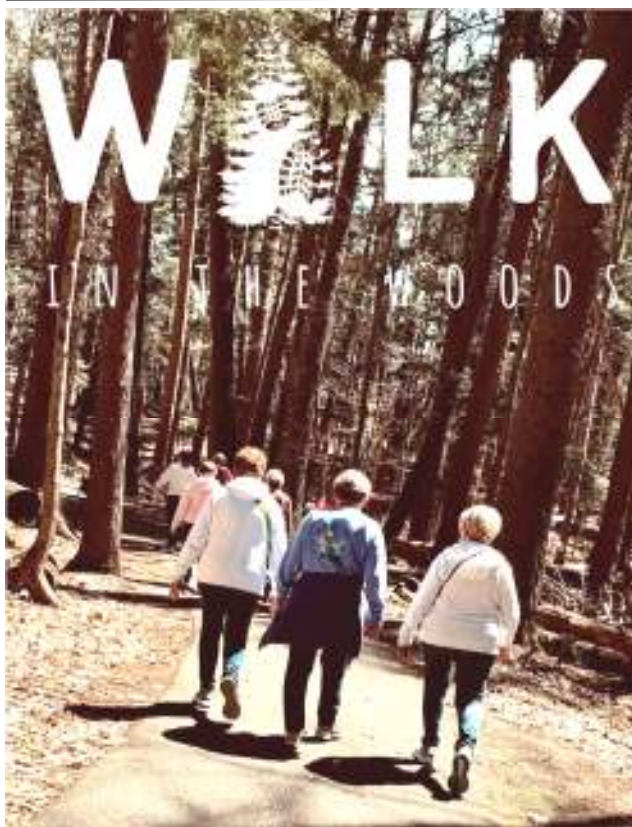


We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Delivering Meals is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals.

**Telephone Reassurance** – Are you a kind, caring person who likes to talk on the phone? The COA is looking for someone to be the back up for our weekly Telephone Reassurance callers. Calls are made on Tuesday and Thursday anywhere between 10am and 2pm. The calling takes anywhere from 1 ½ hours to 3 hours depending on how much you engage with those you're calling. Calls are made in the COA office.

**Meals on Wheels Bag Packer** – Would you like to be a part of the Meals on Wheels program but don't really want to drive? We have a need for a couple more individuals who are willing to pack the bags with meals. Meals are packed on Monday, Wednesday and Friday from 9am – 11:30am. Volunteers for this work will need to do some lifting of around 25lbs. You will need to be detail oriented. Every client gets something a little different so you'll need to read each tag and get the right food packed.

Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.



## **Hike With Us!**

1pm we meet at the following trailheads:

- 6/1—Tisdale Triangle
- 6/8—Upland Nature Trail
- 6/15—Red Pine Trail
- 6/22—Beaver Pond Trail
- 6/29—Hanson Hills

For more activities see page 9!

## **Tai Chi Starting in JULY!**

Tai Chi for Arthritis and Falls Prevention helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experienced by older adults. Other benefits include improving relaxation, vitality, posture, and improved immune system. Studies have shown that tai chi can reduce falls by nearly 70%. The program focuses on confidence building, which is linked closely to the reduced rate of falling.

Tai Chi for Arthritis and Falls Prevention is led by a certified instructor, Nicole Wethington (MSUE) and Toby Neal and each session including: Warm-up and cool-down exercises, One or two movements per lesson, progressively leading to completing six basic core movements and six advanced extension movements, Breathing techniques and Tai chi principles relating to improving physical and mental balance. Classes will be held on Mondays and Wednesdays from 10-11am (location to be determined). You must register in advance to participate. To register or if you have any questions please call Toby Neal at 989-348-7123.



# General Giving

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

## General Donations Made

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## Sponsors

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

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Medicine Shoppe Bingo by The  
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June's Pantry Bingo by Hospice of  
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## Memorial Gifts

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

## Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA will benefit many seniors and help us continue vitally needed several for years to come.

## Volunteers

Volunteers give of their time and we could not do what we do without them. Volunteer applications can be found at [www.crawfordcoa.org/volunteer/volunteer-application](http://www.crawfordcoa.org/volunteer/volunteer-application). See Page 2 for Volunteer opportunities!

*Volunteers and  
Contributions received  
after **May 13th** will be  
acknowledged in the  
next edition of the  
Senior Gazette.*

## Memorial Donations

Farrell Thomas  
in Memory of  
Linda Brook Thomas



## Gifts of Supplies

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

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

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

Name \_\_\_\_\_

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

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

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

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

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

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

\*\*\*All Gifts are Tax Deductible\*\*\*

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





- |                     |                    |
|---------------------|--------------------|
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| Michele Arnholt     | Dan McCarthy       |
| Nancy Billinghurst  | Barb McCray        |
| Judy Crook          | Dean McCray        |
| Charlie Curro       | Sarah Medler       |
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| Cathy Lester        | Becca Wolford      |
| George Mascarello   | Sandra Woods       |
| Charleen            |                    |

## Things We Collect!

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

### Family Fare Receipts:

Bring in your whole receipt! We use the points on the receipts!



### Used Cell Phones:

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

### Recycle Your Used Cell Phones

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

Your old phone can be income for the Commission on Aging

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## Keep Knocking!

Meals on Wheels Drivers

By Toby Neal

“A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels means nourishment for the body and soul.” That quote is from the Meals on Wheels website ([mealsonwheelsamerica.org](http://mealsonwheelsamerica.org)) and recently I was able to experience what our Meals on Wheels volunteers do to bring that knock at the door to those in need. Here at the Commission on Aging our Meals on Wheels program is a well-oiled machine fueled by the volunteers who care so much about its recipients. Our Meals on Wheels volunteers love the opportunity to touch lives by bringing food to those in need. The hours they put in, the weather they drive in, and the obstacles they overcome are all worth it to knock on the door and see the smile on the face of the person on the other side. I have often found myself envious of our drivers and I wanted to be the one knocking for our Meals on Wheels program. Recently, I was given the chance to drive for one of our delivery routes and I jumped on it! As abundant and good as our volunteer Meals on Wheels drivers are, this one day we were at a loss for drivers. When asked if I would do it, I quickly agreed! This was a new experience for me, and I quickly became aware of how much goes into it; you must keep track of the client's information, make sure the hot food stays hot and the cold food stays cold, and most importantly, do not get lost! If it wasn't for the notes from previous drivers giving specific directions, I would have been lost a couple times! In fact, one of the notes said, “do not trust the GPS route” which I read too late but was able to quickly get back on track! When I returned the staff here asked me how it went. “Good,” I said, followed closely with, “I can imagine how difficult these routes might be in bad weather, or in the dead of winter!” It was driving these routes recently that gave me a new appreciation and respect for our Meals on Wheels drivers. They do all of it to be that “knock at the door” someone desperately needs. So, from a now experienced perspective, I say, “thank you to our Meals on Wheels drivers. Keep knocking!”

## June Birthdays

Audrey Williams 6/7

Mike Munifo 6/19

Richard Ohsowski 6/27

Guy Waggy 6/29

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



solely have to honor your biological father on this holiday though—you can celebrate grandfathers, stepfathers, adoptive fathers, and others you consider father figures. Give them a nice dad gift to show how much you appreciate them!

### The history of Father's Day

The history of Mother's Day goes back to the 1860s, and Mother's Day was declared a national holiday in 1914. Then the celebration of moms paved the way for Father's Day. The history of Father's Day goes back to 1908, when a church in West Virginia held a sermon to honor 362 men who had been killed the previous year in a coal mining explosion. This was the country's first-ever event to strictly honor fathers, but it was just a one-and-done thing, at least in that community.

The following year, however, a woman named Sonora Smart Dodd started her quest to establish Father's Day as a national holiday. Dodd was one of six children raised by their single father, and she thought fathers should be honored in the same way as mothers.

After she'd petitioned her local community and government for a year, Dodd's home state of Washington celebrated its first official Father's Day on June 19, 1910. Over the years, the celebration of Father's Day spread from state to state, and after a long fight, it was finally declared a national holiday in 1972 when President Richard Nixon signed it into law. Now, we celebrate with funny Father's Day quotes and dad quotes.

It took more than 60 years from the birth of the idea to Father's Day actually being recognized as a federal holiday, and a lot happened to threaten the parent-celebrating holidays during that time. In the 1920s and 1930s, there was a national movement to get rid of both Mother's and Father's Day and replace them with one "Parent's Day." Beyond that, some men didn't even want a Father's Day to begin with. They saw it as a "Hallmark holiday," invented for the sole purpose of a commercial gimmick, and as many fathers were the sole breadwinners at the time, they didn't particularly want their hard-earned cash spent on flowers and chocolates.

The Great Depression and World War II, however, helped boost the idea of Father's

Day. Struggling retailers pushed the gift-giving holiday during the Depression, and during the war, Father's Day became a way to honor the many fathers serving overseas. By the time President Nixon signed the proclamation making Father's Day a holiday, it was already a national institution.

### Does the date of Father's Day change every year?

If you have trouble remembering dates, you can stop fretting about this one! Much like the Thanksgiving rule (it falls on the fourth Thursday in November), Father's Day has a set day, but there's no set date for dad's day (at least here in the United States). Each year, the date of Father's Day changes, but it always falls on the third Sunday in June. In 2022, it will share a date with Juneteenth and fall on June 19. So, all you need to remember is June, and where to find these free Father's Day cards if you're caught short on your way to dad's house come the third Sunday.

### When is Father's Day celebrated in other parts of the world?

Father's Day is celebrated on different days in different countries. For example, in Europe, the United States, and the majority of other countries, the holiday is celebrated on the third Sunday in June. In many Catholic countries, especially in Latin America, fathers are celebrated on St. Joseph's Day, which falls on March 19. In many Pacific countries, including Australia, New Zealand, and Fiji, Father's Day occurs on the first Sunday in September.

Now that you know the history of Father's Day, you're probably wondering how to celebrate with your dad. Spending time together is the best place to start...



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# How Are They Still Going?

## #AgeIsJustANumber

By Toby Neal, Senior Center Manager

Ben Franklin once said, "...in this world nothing can be said to be certain, except death and taxes." I would also add to that, "and the Rolling Stones touring." At least their band touring has been a constant for the last forty years. Since 1964 the Rolling Stones, helmed by vibrant front man, Mick Jagger, have performed over 2,000 concerts, making them one of the largest, and well known, music acts to ever perform live. With aging members like Mick Jagger (who will turn 79 this year) and Keith Richards (78) and Ronnie Woods (the youngest at 75) they continue to keep pace with younger acts, tour the world, put on several concerts a week to record number of audiences. All of this begs the question, "how are they still doing it?"

Before we answer that question, you need to know that the Rolling Stones are not the only ones "still doing it." Here's a nice list of musicians over 70 that are still making music and performing live as of September of 2021. Dolly Parton (76) Paul McCartney (79) Bob Dylan (80) Chubby Checkers (80) Willie

Nelson (88) and Tony Bennet (who was able to do this with Alzheimer's from 2016) recently just retired from live performances at the age of 93! If the hashtag #ageisjustanumber applies to anyone it certainly applies to these musicians who are still doing it!

The question, though, is "how are they still doing it?" Dolly Parton, when asked about her thoughts on growing old, said, "I don't think about my life in terms of numbers." When people consider some of these musicians are "getting up there in age" one way they are still out their performing and doing what they love is that

they do not think they are getting old! Dolly went on to say, "first of all, I ain't never gonna be old because I ain't got time to be old. I can't stop long enough to grow old." If Dolly is to be believed, then these musicians are still able to perform and tour because they 1) do not think they are old and 2) do not act like they are! These musicians are about to still do what they love and love what they do because they do not see age as an obstacle or an excuse; to them, it is just a number.



Pictured above: Dolly Parton (age 76) and Mick Jagger (age 79) of the Rolling Stones

## Matter of Balance in JULY!

The Commission on Aging is partnering with MSU Extension's Nicole Wethington bring you the evidenced based program, Matter of Balance in July on Tuesdays and Thursdays from 1-3pm at our New Senior Center location, just east of town on M-72. Who should attend? Older adults who: Are concerned about falls, have sustained falls in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, community-dwelling and able to problem solve. What do participants learn? The program enables participants to achieve significant goals. They gain confidence by learning to: View falls as controllable, Set goals for increasing activity, Make changes to reduce fall risk at home, and Exercise to increase strength and balance. You must register in advance to attend. Call Toby Neal at 989-348-7123 to register!

## CHAIR YOGA Starting!

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



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# MEDICAL EQUIPMENT SPOTLIGHT

## PeriGuard Ointment

PeriGuard ointment is a petrolatum-based barrier ointment with zinc and vitamins A, D and E. PeriGuard leaves skin soft and supple. No heavy residue – it goes on clear and removes easily even from sensitive skin. Use to treat skin irritations associated with incontinence or as part of a comprehensive prevention program. The Crawford County Commission on Aging has some 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.



## FIRST AID, CPR w/ AED Certification Event

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



**NEW**

**Urgent Care in Your Pocket**

The all-new Munson Healthcare Virtual Urgent Care is available for ages 3 and up from anywhere in Michigan. No app or download required. For more information, visit [munsonhealthcare.org/virtualvisits](http://munsonhealthcare.org/virtualvisits).

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## Kayaking Group Starting in JULY!

With summer here it is time to get on the water and enjoy the various beautiful waterways we have right here in our backyard! One of the best ways to do this is to kayak! This summer, Toby Neal will be leading a group of kayakers down two different branches of the AuSable River and part of the Manistee River. If kayaking is your thing, then this group is for you! Our kayaking group will be taking three trips this summer.

The first will be on July 13th. We will be meeting at Penrods AuSable Canoe & Kayak at 12:30pm and launching at 1pm. Our trip will be from Penrods to Burtons Landing (about a 2.5 hour float). If you own your own kayak and want to launch from Penrods and receive a ride back with the group there is a fee involved. To attend with our group you need to register and pay in advance at the Commission on Aging on Lawndale Street in Grayling. Beginners are welcome, but these trips are geared towards those who have various kayaking experience. The remaining two trips will be announced in the July Gazette. If you would like to register over the phone or have questions regarding rental and launch cost please call Toby Neal at 989-348-7123 today!

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## Support Groups

### ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.  
Mon. / Fri (C/D/H) A.A. NOON  
Mon.. (H)"Recovery Group"\* 7 p.m.  
Thur. O/D/H) NOON (Women's)

**At St. Francis Episcopal Church, Grayling**

SAT. 6:00 PM (C/D/H)

**At Frederic Twp. Hall**

### ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

**The Brook of Grayling, 503 Rose St.**

For more info call the COA 989-348-7123

### CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30pm

**At River House Inc. in Grayling**

Call Lynn or Danyelle to register (989)348-3169

### GLUED

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

**At River House Inc. in Grayling**

who have experienced domestic violence (directly or indirectly) sexual abuse or bullying. Call RiverHouse, Inc at 989-348-3169 for info.

### GRAYLING AL-ANON

Tuesdays 11am

**St. Francis Episcopal Church, Grayling**

For more info call Greg at 989-348-1382

### HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

**At River House Inc. in Grayling**

Call Barbara to register at (989)348-3169

### LONG COVID PATIENT SUPPORT GROUP

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

### NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

**St. Francis Episcopal Church, Grayling**

### TOPS WEIGHT LOSS CLASS

Thursdays 10am – 11:15am

**St. John Lutheran Church, Grayling**

More info, call Mary Kay at 989-348-1398

## Important Phone Numbers Social Security

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

### Medicare

1-800-633-4227

### Veterans Administration

1-800-827-1000

### Alzheimer's Assistance

1-800-272-3900



## June 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>2</b> <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Breadstick, Apple	<b>3</b> <b>11:30a-12:30p Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>6</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots	<b>7</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese w/ Ham, Bacon Fried Cabbage, Green Beans, Grapes	<b>8</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>9</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>10</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
<b>13</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>14</b> <b>11:30a-12:30p Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes	<b>15</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>16</b> <b>11:30a-1p Father's Day Luncheon</b> BBQ Ribs, Coleslaw, Baked Potato, Applesauce and Chocolate Cake	<b>17</b> <b>11:30a-12:30p Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear
<b>20</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>21</b> <b>11:30a-12:30p Lunch</b> Chicken Fajita, Roasted Corn & Black Bean Fiesta, Apple	<b>22</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	<b>23</b> <b>11:30a-12:30p Lunch</b> Baked Ham, Scalloped Potatoes, California Blend Vegetable, Apricots	<b>24</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<b>27</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>28</b> <b>11:30a-12:30p Birthday Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries, Cake & Ice Cream	<b>29</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear	<b>30</b> <b>11:30a-12:30p Lunch</b> Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	<b>*Because we are closed Monday, July 4<sup>th</sup> all of Monday's (7/4/22) meals will be delivered on Thursday, June 30<sup>th</sup>.</b>

## June 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Note: Every Saturday at 10am – Diamon Dancers meet at the New Senior Center on M72 East.</b>		<b>1</b> Pickleball 9am-11am M72 10am SilverSneakers M72 1pm – Walk in the Woods – Tisdale Triangle 1pm – Mahjong - Lawndale 1pm Wii Bowling – Lawndale	<b>2</b> Pickleball 9am-11am M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale <b>3pm Medicine Shoppe Bingo - Lawndale</b>	<b>3</b> Pickleball 9am-11am M72 1pm Pantry Bingo – Lawndale
<b>6</b> 9-11am – Pickleball –M72 10am SilverSneakers M72 10am – Craft & Chat - Lawndale 11am Chair Yoga – M72 5pm – Clogging – M72	<b>7</b> Pickleball 9am-11am – M72 <b>9am-4pm Friends of a Feather</b> 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre - Lawndale 4pm – Diamond Dancers – M72	<b>8</b> Pickleball 9am-11am M72 10am SilverSneakers M72 <b>9:30-10:30am Commodities – St. Mary's Church</b> 1pm – Walk in the Woods – Upland Nature Trail 1pm Wii Bowling – Lawndale 1pm – Mahjong <b>1:30pm Senior Project Fresh – M72</b>	<b>9</b> Pickleball 9am-11am M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 1pm – Wii Traveling Teams - Grayling 4pm – Diamond Dancers – M72	<b>10</b> Pickleball 9am-11am M72 1pm Pantry Bingo – Lawndale
<b>13</b> 9-11am Pickleball –M72 10am SilverSneakers M72 10am – Craft & Chat - Lawndale <b>1-3p Paint Class - Lawndale</b> 11am Chair Yoga – M72 5pm – Clogging – M72	<b>14</b> Pickleball 9am-11am – M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre - Lawndale 4pm – Diamond Dancers – M72	<b>15</b> Pickleball 9am-11am M72 10am SilverSneakers M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> 1pm Wii Bowling – Lawndale 1pm – Walk in the Woods –Red Pines Trail 1pm – Mahjong – Lawndale <b>1:30pm Senior Project Fresh – M72</b>	<b>16</b> Pickleball 9am-11am M72 10am Pokeno – Lawndale 10am Zumba – M72 <b>11:30-1pm Father's Day Luncheon</b> 2pm Penny Bingo – Lawndale 4pm – Diamond Dancers – M72	<b>17</b> Pickleball 9am-11am M72 1pm Pantry Bingo – Lawndale
<b>20</b> 9-11am – Pickleball -M72 10am SilverSneakers M72 10am – Craft & Chat - Lawndale 11am Chair Yoga -M72 <b>1:30pm Senior Project Fresh – Lawndale</b> 5pm – Clogging –M72	<b>21</b> Pickleball 9am-11am – M72 10am Bible Study – Lawndale 10am Zumba – M72 1pm – Euchre - Lawndale 4pm – Diamond Dancers – M72 <b>1-5pm First Aid Class - Lawndale</b>	<b>22</b> Pickleball 9am-11am M72 10am SilverSneakers M72 <b>12pm – New to Medicare - ZOOM</b> 1pm Wii Bowling – Lawndale 1pm – Walk in the Woods – Beaver Pond Trail 1pm – Mahjong – Lawndale <b>1:30pm Senior Project Fresh – M72</b>	<b>23</b> Pickleball 9am-11am M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 4pm – Diamond Dancers – M72	<b>24</b> Pickleball 9am-11am M72 1pm Pantry Bingo – Lawndale
<b>27</b> 9-11am – Pickleball –M72 10am SilverSneakers M72 10am – Craft & Chat - Lawndale <b>12-4pm Foot Clinic – Appt. Req. – Lawndale</b> 11am Chair Yoga – M72 5pm – Clogging – M72	<b>28</b> Pickleball 9am-11am M72 10am Bible Study – Lawndale 10am Zumba –M72 <b>11:30-12:30 Birthday Lunch</b> 1pm – Euchre - Lawndale 4pm – Diamond Dancers – M72	<b>29</b> Pickleball 9am-11am M72 10am SilverSneakers M72 1pm Wii Bowling – Lawndale 1pm – Walk in the Woods – Hanson Hills 1pm – Mahjong – Lawndale <b>1:30pm Senior Project Fresh – M72</b>	<b>30</b> Pickleball 9am-11am M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 4pm – Diamond Dancers – M72	<b>Starting in July...</b>  <b>Matter of Balance &amp; Tai Chi</b>  <b>Register Today! 989-348-7123</b>



# Assistance to Help You Maintain Your Independence COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

## Health Services

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

**Hearing Clinic - by appointment**  
*by Advantage Audiology*  
Contact the COA office to set up an appt.

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

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

## Nutrition Services

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

**Commodities Food Distribution**  
Monthly, 9:30-10:30am @ St. Mary's

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

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

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

**T.E.F.A.P. Food Distribution**  
Quarterly @ American Legion Hall 1-2:30pm  
February, May, August, November

## Resources

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

**Legal Assistance**  
*by Jason R. Thompson, Law Office PLC*  
Free legal consultations available by calling (989) 348-7123.

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

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

## **Medical Transportation**

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

## **Resource Center**

Bookcase of loan materials, both videos and books.

## **Senior Gazette**

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

## In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

## Classes

### **AARP Driver Refresher Course**

Offered once each year.

### **Matter of Balance Program**

This program offers practical strategies to reduce falls.

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

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

### **Powerful Tools for Caregivers**

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

### **Tai Chi**

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two

movements per lesson, and a cool-down.

## **Walk with Ease**

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

## Cost for Services

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



Commission on Aging  
& Senior Center

## How We Served You in April 2022!

## At the Senior Center

- We served **501** Congregate Meals
- ### In-Home Services
- Delivered **3031** home delivered meals.
  - Provided **136** hours of respite care.
  - We provided **217.25** hours of homemaker services.
  - We provided **60.75** hours of bathing assistance services.

Avoid the Summer Heat:  
Avoid outdoor activity between 10 a.m. and 4 p.m., when the sun's rays are the most intense.



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



Reaching Seniors and Beyond!



# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## How to Get Help from Social Security

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment.

As we expand in-person service, we expect our offices to be very busy.

We strongly encourage you to continue to go online, call us for help,

and schedule appointments in advance.

- The best way for people with access to the internet to get help from

Social Security is online at [ssa.gov](http://ssa.gov).

- If you cannot use our website, call our National 800 Number (1-

800-772-1213) or your local Social Security office 1-866-739-4802 for help. For quicker access to a representative at our

National 800 Number, try

calling early in the day (between 8 a.m. and 10 a.m. local time) or

later in the afternoon (between 4 p.m. and 7 p.m. local time). We

are also less busy later in the week (Wednesday to Friday) and later in the month.

- If we are unable to help when you call our 800 number or local office, we will schedule an appointment for you by phone or inperson.

- We may need to schedule you an appointment at a later date or

call you back to provide the service you are requesting.

- The number of people a local office can help in person will depend

on local health conditions and other factors.



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



## New Pantry Bingo SPONSOR!

We are excited to welcome Hospice of Michigan to sponsor our Pantry Bingo every Friday for the month of June! Come meet them and play some Bingo!



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## Wii Bowling TRAVEL TEAM NEWS!

Our Wii Bowling Team will be starting their Travel League this month! They will be hosting the other teams on June 9th here at the COA. If you want to participate on the Wii Bowling team, now is the time to join them. They practice every Wednesday from 1-2pm at the Senior Center on Lawndale Street.

## Play Euchre here @ the COA!

If you would like to play Euchre and make new friends, then come out on Tuesday's from 1-4pm and join our Euchre group!

## Get Crafty!

Whether it is Craft & Chat or Friends of a Feather, the COA has plenty of opportunities for you to enjoy the company of others while doing your favorite crafts! See the Activities Calendar on Page 9 for times and dates!

## Activities Leaders Wanted!

Is there an activity you'd like to lead or want to see here at the COA? Let Toby know!



Use Sunscreen: Wear sunscreen with an SPF (sun protection factor) of at least 15.



# Random Word Search Puzzle

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

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

Adessive  
Anthroposophy  
Brisure  
Bruit  
Buccal  
Conspue  
Cryptous  
Cyesis  
Erythema  
Foreright  
Glaucous  
Haptic  
Indifferentism

Inverecund  
Isohel  
Ked  
Arrup  
Mammilamas  
Catemilleflori  
Moschate  
Nessberry  
Octamerous  
Papyrology  
Parabolist  
Paroxytone  
Perspicuous

Pneumatology  
Pravity  
Pronominatio  
Provection  
Pyrexia  
Qualtagh  
Quillet  
Quinnat  
Regardant  
Regula  
Radicale  
Scriniary  
Speculum

Stillatim  
Tetanigenous  
Tick  
Unicity  
Viparious  
Wedeln  
Whey  
Witticaster  
Yarborough  
Zuche

## Cook's Corner Creamy Grape Salad



### Ingredients

- 1 package (8 ounces) cream cheese, softened
- 1 cup sour cream
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- 2 pounds seedless red grapes
- 2 pounds seedless green grapes
- 3 tablespoons brown sugar
- 3 tablespoons chopped pecans

### Directions

In a large bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat. Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.

### Nutrition Facts

3/4 cup: 131 calories, 6g fat (3g saturated fat), 17mg cholesterol, 35mg sodium, 19g carbohydrate (18g sugars, 1g fiber), 2g protein.

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

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# June is National Fresh Fruit and Vegetables Month

By Zelda Felix-Mottley , From - Sarah Peterson, from Michigan State University Extension

June is National Fresh Fruit and Vegetable Month. While most of us know that eating more fruits and vegetables are important for good health, do we actually know how much we eat? Let's take a mini inventory by using the free Start Simple with MyPlate app. Or you can track how many fruits and vegetables you eat by writing what you eat down on paper.

Start tomorrow morning, if it's a regular weekday. Track only three days. Don't do anything different from what you would normally do. When tracking, be specific with quantities in measurable amounts (e.g., one medium apple, 12 grapes, one cup of watermelon, eight baby carrots). This makes it easier to be accurate.

Record the amounts eaten for three days, starting from when you wake up until you go to bed. If you don't have daily access to a computer, use your smart phone or record in writing, then capture later on your computer. What you will likely learn is that you are not eating the recommended amounts of fruit and vegetables. The Center for Disease Control (CDC) says that only one in ten adults are getting enough fruits and vegetables. Visit the MyPlate website to explore the amounts recommended, and why eating fruits and vegetables are important. Don't be discouraged by any shortcomings you may have eating fruits and vegetables; instead, take steps to increase your fruit and vegetable intake slowly, one serving at a time and increase steadily from there.

Michigan State University Extension recommends these tips to increase your fruit and vegetable consumption: Make a point of buying more fruits and vegetables. Purchase convenience sizes, if this will help you eat more fruits and vegetables. If you are budget conscious, package fruit or vegetables in snack size servings, such as a handful of cut up carrots or baby carrots, washed snap peas, or cubed watermelon and store in an airtight container or bag.



Make a tray or plate of fresh fruit and/or vegetables and leave in the refrigerator, so you have a healthy snack available while fixing a meal, sitting in front of the television or just wanting to munch on something.

If you don't enjoy all types of fruits and vegetables, experiment to find the ones you enjoy most and incorporate them into your diet. Include fruit in dishes such as yogurt, salads, cereal, ice cream and other desserts.

Incorporate vegetables in dishes such as soups, stews, pies, wraps and sandwiches. Remember that fruits and vegetables can help with your overall health in many ways. They can help prevent certain diseases like cancer and diabetes. They can help with obesity and weight control. They can improve your skin, nails and hair. There are many other benefits to getting enough fruits and vegetables. For more information on how to improve your eating habits, visit MSU Extension's Nutrition website.

## Stay in the Know!



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

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

**[director@crawfordcoa.org](mailto:director@crawfordcoa.org)**

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



## New to Medicare Seminar

Are you turning age 65 in 2022? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, June 22nd 2022 @ 5PM** for a presentation that will help demystify the issues surrounding Medicare.

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

For more information or to get the Zoom link email Tammy at [tfindlay@crawfordcoa.org](mailto:tfindlay@crawfordcoa.org) or call (989) 348-7123.

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## Painting with



## Jennifer Thompson!

Professional artist Jennifer Thompson will spend an afternoon of fun and laughter leading you step-by-step to create a piece of décor that would be perfect to display inside your home! This event will be held on Monday, June 13th from 1-3pm at the Crawford County Commission on Aging & Senior Center in Grayling. Cost is only \$20 per person and includes all the supplies/materials you will need to create your painting. Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date. For more information or to register for this event please contact the Commission on Aging at 989-348-7123. Space is limited; call to reserve your spot today.

## Father's Day - BBQ Rib Luncheon



The Crawford County Commission on Aging & Senior Center would like to invite you to our Father's Day Luncheon on **Thursday, June 16th from 11:30-1pm**. On the menu will be BBQ Ribs, Coleslaw, Baked Potato, Applesauce and Chocolate Cake!

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





## Senior Project Fresh—Starting in June! Farmers Market Nutrition Program

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at

participating Project Fresh markets. You must be a Crawford County resident and be age 60 or over with income below \$1,985 per month for a single household and \$2,685 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please attend one of the following dates/times/locations:

### 308 Lawndale Street, Grayling

Monday, June 20, 2022 1:30 pm @ the Lawndale Senior Center.

### 4388 M-72, Grayling

Wednesday, June 8, 2022 @ 1:00pm

Wednesday, June 15, 2022 @ 1:00pm

Wednesday, June 22, 2022 @ 1:00pm

Wednesday, June 29, 2022 @ 1:00pm

Please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 with any questions. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

## Upcoming Classes

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

### Stress Less with Mindfulness June

Wednesdays, June 1, 2022 – June 29, 10:00 – 11:30AM

### Surviving and Thriving on a Fixed Income!

June 1, 12:00 – 1:00PM

### Preserving MI Harvest

Thursdays, June 2 – June 23, 1:00 – 2:00PM and again 6:00 – 7:00PM

### Mindful Morning Coffee Hour

Thursdays, June 2, June 23, 8:00 – 9:00AM

### Birds and Coffee Chat

June 8, 10:00AM – 11:00AM

### Mindful Mondays Lunch and Learn

Mondays, June 13 – June 27, 11:30AM – 12:30PM

### Sleep Education for Everyone SLEEP

Mondays, June 13 – July 25, 12:00 – 12:30 PM

### Online Stress Less with Mindfulness

June 13 – June 17, 12:00 – 1:00PM

### RELAX Alternatives to Anger Daily Online

June 13 – June 16, 1:30 – 3:00PM

### Retirement Myths and Facts

June 16, 3:00PM – 4:00PM

### Online Alternatives to Anger Lunch and Learn

June 20, 2022 – June 23, 12:00 – 1:00PM

To register for any event visit:

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

See Page 9 for a full list of COA activities!

# COMFORT TOURS

## Upcoming Trips! →

Let Comfort Tours take you safely to the following destinations...

**As low as \$839 P/P**

**Trips Include**

- Lodging
- Meal packages
- Entertainment & Transportation
- Baggage Handling & Gratuities

**BOOKING NOW** 231-667-4318

<https://comfort-tours-of-michigan.business.site/>

**Riverboat TWILIGHT**  
Aug 22-25

**Christmas in BRANSON**  
Nov 28-Dec 5

**Nashville/Memphis**  
Grand Ole Opry  
Graceland  
Sep 7-14





## Did You Know? Smoking and Related Diseases

From Maegan Sorenson, Public Health Educator, District Health

Did you know that more than 16 million Americans are living with a disease that is caused by smoking? For every one person that dies with smoking being the underlying cause, at least 30 people continue to live with a serious health condition.

According to the CDC, "Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis" (CDC, 2020).

Secondhand smoke can also cause chronic illnesses such as stroke, lung cancer, and heart disease in adults. Children exposed to secondhand smoke can also be at risk for sudden infant death syndrome, acute respiratory illness, middle ear disease, severe asthma, slowed lung development, and respiratory symptoms. Secondhand exposure contributes to around 41,000 deaths per year in nonsmoking adults, and 400 deaths in infants per year.

"Poisons in cigarette smoke can weaken the body's immune system, making it harder to kill cancer cells. When this happens, cancer cells keep growing without being stopped" (CDC, 2020). Poisons in tobacco smoke can also damage your DNA. When DNA is damaged, a cell can start to grow out of control and create a cancer tumor.

Smoking can cause raised triglycerides, lower your "good" cholesterol, damage cells that line blood vessels, and can cause thickening and narrowing of blood vessels.

There are different ways to get help with quitting tobacco products. You can get support from a quit line which would include a free quit coach, a free quitting plan, free education materials, and referrals to local quit resources. Call 1-800-QUIT-NOW (1-800-784-8669) for more information. You can do quit counseling individually, or with a group. You can sign up for a texting program, and even visit online sources for assistance.

For the full article on smoking and chronic diseases please visit:

[https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)



**You can Quit!**  
**We can help!**

**Free!**  
**Michigan TOBACCO QuitLine**

**1-800-QUIT-NOW**  
**1-800-784-8669**

Funded by the Michigan Department of Community Health

**Come visit us!**

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

**Northern Pines**  
ASSISTED LIVING

**BARUCH** A program of Baruch Senior Ministries

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

**Drop Off Your Old, Unused & Expired Medications**

*All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders*

**Anytime at Crawford County Sheriff's Department, Grayling City Hall, Munson Healthcare Grayling Hospital. During business hours at The Medicine Shoppe.**

*Help Us Protect our Rivers & Lakes!*

**DEQ** Department of Environmental Quality

## PROTECT YOUR IDENTITY SHRED YOUR DOCUMENTS AT THE

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

Saturday, June 11th, 2022  
9AM - 12PM

County Building Parking Lot  
200 W. Michigan Ave, Grayling



Document shredding is from  
10am - noon.

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

Co-Sponsored by



## Food Distribution

The next CSFP Food Distribution will be Wednesday, June 8th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information. Mt Hope food truck will be Friday, June 3rd at 11am. Beaver Creek township has a Food Truck on June 23rd at 10:30am. The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.







Michigan Department of Health & Human Services

With the announcement of partnerships with internet providers plus a \$30/month subsidy for high-speed internet makes it free, or nearly free, for a large portion of Michigan families. The **Affordable Connectivity Program (ACP)** is a U.S. government program run by the Federal Communications Commission (FCC) to help low-income households pay for internet service and connected devices like a laptop or tablet.

You are likely eligible for the ACP if your household's income is below 200% of the Federal Poverty Line, or if **you or someone you live with** currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch. If your household is eligible, you could receive:

- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
- A low cost service plan that may be fully covered through the ACP

Today, several internet providers, including AT&T, Charter-Spectrum, Comcast-Xfinity, Frontier, WOW!, Verizon, and more, have announced high-speed internet plans for \$30/month or less. If you apply your ACP benefit to one of these plans, you will have no out-of-pocket cost for your household internet.

Go to [GETINTERNET.GOV](http://GETINTERNET.GOV) to learn more.

## Emergency House Number Signs Available

The Commission on Aging has a few emergency house number signs still available. Contact Tammy Findlay, at (989) 348-7123 to order yours.



Be good to your eyes: Wear sunglasses with 100% UV (ultraviolet) protection.

## Public Guardians or Conservators Wanted

The Crawford County Court System is seeking independent contractors interested in serving as Public Guardians or Conservators. Please contact Angie Cragg, Court Administrator at 989-344-3882 or [acragg@clawfordco.org](mailto:acragg@clawfordco.org) for more information.

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

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



### Chux Pads

Chux are multi-purpose pads that have a variety of uses. They can be used on bedding, furniture, flooring and other surfaces. Chux are generally used as a final measure of protection when leakage occurs despite the use of wearable incontinence products. These products available for older adults 60 and over. Please call Kathy at (989) 348-7123.



### Crawford County Commission on Aging & Senior Center 2022 Special Luncheons

June 16<sup>th</sup> ~ Father's Day  
July 21<sup>st</sup> ~ Chicken BBQ  
Aug 18<sup>th</sup> ~ Hog Roast  
Sept 8<sup>th</sup> ~ Grandparents  
Oct 20<sup>th</sup> ~ Harvest  
Nov 17<sup>th</sup> ~ Thanksgiving  
Dec 15<sup>th</sup> ~ Christmas



60 & Over Suggested Donation \$3.50  
Under 60 Cost \$6.00

308 Lawndale, Grayling, MI 49738 ~ (989) 348-7123

## Curbside Congregate Meal Options

There are a couple of exceptions to our normal rules which may allow you greater access to our meals.

- You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day that you can pick instead.
- You can pick up enough frozen meals to last a few days or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day of the week.

SNAP card recipients can still use their benefits to make a donation for Congregate Meals. To place an order or for questions call (989) 348-7123. Meal orders can be placed between 9-11:30am and picked up between 11:30am-12:30pm.

\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00

Jack Millikin, Inc.  
4680 North Down River Rd.  
Grayling, MI 49738

Coupon cannot be used with any other offer or discount.



1941

81 years

2022

Expires 10/31/22

Call us today at  
**989-348-8411**  
to make an Appointment!

\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00



OFFERING AN ASSORTMENT OF CARE AND SERVICE OPTIONS TO MEET YOUR NEEDS

Traverse City Office:  
800 E. Front Street  
Suite 309  
Traverse City, MI 49686

Midland Office:  
4912 Mac Street  
Midland, MI 49667

Petoskey Office:  
410 South Lake Street  
Suite 306  
Petoskey, MI 49770

FOR MORE INFORMATION OR TO SCHEDULE YOUR FREE ASSESSMENT CALL US TODAY AT 1-888-243-4758  
WEBSITE: glhca.com