

Crawford County Senior Gazette June 2024



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Sister, Sister By Toby Neal



Summer is here! Seems like the perfect time to bring out a Christmas reference. A lot of people reading this will remember the 1954 classic Bing Crosby holiday movie, White Christmas. One famous scene in that movie is where the Haynes sisters, Betty and Judy, perform the song "Sisters." Remember the lyrics?

"Sisters, sisters, there were never such devoted sisters...all kinds of weather, we stick together, the same in the rain or sun. Two different faces, but in tight places, we think and act as one." (Sisters, written by Irving Berlin, performed by Rosemary Clooney)

If there were ever two "devoted sisters" it would be Diana (Blaine) Doremire and Sharron (Blaine) Hagerman. The Blaine sisters, Sharron, and Diana, are Grayling natives, growing up not far down the road from the previous location of the Senior Center on Lawndale Street. Both lived outside of Grayling several times in their early adult lives, but found their way back to the town they grew up in. It was in Grayling where they raised their families, made many memories, worked, and fell in love with volunteering.

As close siblings, neither was too far from the other. "Where you see one, the other one is nearby," Sharron joked in reference to how much time she and Diana spend together. Diana laughed and responded, "Growing up, Joe Wakely used to say to me, 'Does your sister know where you are?"" If she was to ask that today, Diana might easily be able to respond, "she's volunteering at the Commission on Aging!"

Both Diana and Sharron began serving as volunteers with the Commission on Aging (COA) around the same time. Sharron started her volunteer service to the COA in July of 2002, *Continued on Page 5*

Our Mission...

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

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

HOURS OF OPERATION

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

4388 West M-72 Hwy Grayling, MI 49738

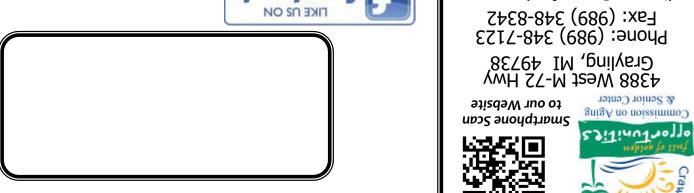
Phone (989) 348-7123 Fax (989) 348-8342 www.crawfordcoa.org

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www.facebook.com/ crawfordcoa



director@crawfordcoa.org



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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 Susan Hensler, Member Jason Thompson, Member Jeanne Weible, Member

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

Vaccination Clinic

June 11th, 9:00 am to 12:00 pm

The following vaccinations are available: Tetanus Boosters, MMR, Hepatitis A, Hepatitis B,

Varicella, HPV, Flu, Covid, Shingles, Pneumonia (All 3 doses), RSV.



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

The vaccinations are billed to insurance, but you must register in advance and tell us what vaccine you need! To register, please call: 989-348-7123.

Neighborhood **Connections** Thursday, June 20th @Grayling High School 3:00pm - 5:00pm

Neighborhood Connect is a FREE event that will feature products and services from various community agencies and organizations aimed at helping ALL residents with a focus on the families of Crawford County. Agencies in attendance will include the Department of Health and Human Services, The Health Department, and the COA. There will also be a food truck on site. Registration closes on June 19th @ noon. Onsite registration will be available. Registration is required! Register at <u>https://</u> bit.ly/3V2IBLc today!



Support Groups:

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri.(C/B) 8:00 pm Mon/ Fri (C/D/) A.A. @NOON Mon. Any 12 step program "Recovery Group" 7 pm Wed. "AA" (WC/D)(Women's) @ 7:00 pm St. Francis Episcopal Church, Grayling

Saturday, 10:00 am (B/C) St. John Lutheran Church, Grayling

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

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday.11 am The Brook of Grayling, 503 Rose St. Info call: COA Senior Center (989) 348-7123

CHOICES GROUP

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

GLUED

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

GRAYLING AL-ANON

Tuesdays 11am St. Francis Episcopal Church, Grayling Call: (989)348-5850

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm At River House Inc. in Grayling Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

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

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

Sarah Pollock, In-Home Services Manager Jan Williamson, RN Kathy Meisner, Program Assistant Homemakers: Kathy, Tasha, Susan & Danette

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TwoRiverDel*i*

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

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am - 11:30am St. John Lutheran Church, Grayling Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

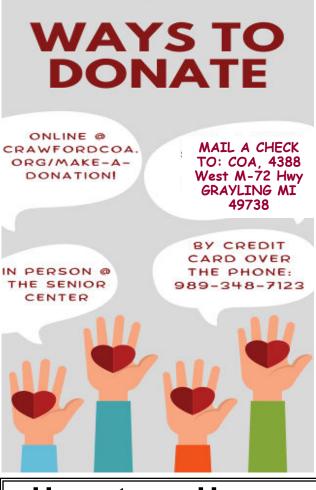
Wednesday, 6-8pm—(Aug 2 to Oct 25 Class) Grayling Baptist Church, 705 Madsen St. (989) 390-0831 www.griefshare.org/about www.griefshare.org/groups/169551

GIVING

General Giving

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

WANT TO DONATE BUT NOT SURE HOW?



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

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

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

Sponsors

Silver Sneakers led by Rich Ferrigan of Grayling Fitness Center Foot Clinic Offered by Comfort Keepers Hearing Clinic Offered by Advantage Audiology Birthday Lunch Flowers donated by Family Fare

*

Legal Aid Offered by Jason R. Thompson Law **Office PLC** Medicine Shoppe Bingo by The Medicine Shoppe Pharmacy Fit for the Aging

by Sami Szydzil of **Stronger Fitness**

★★★★★

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

Memorials

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

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

> **Memorial Gifts** In loving memory of:

Joyce Ingalls for Mike Ingalls Farrell Thomas for Linda (Brooks) Thomas

General Donations from:

Pam Pietrzyk Ron & Karen Gribb Scott Ulery **Michelle** Cohee **Rev. Elizabeth** Chace Andrea Mitchell

Dennis & Mickie Meyers **Kirsten Lietz** Flowers By Josie Larry DuVall Susan Smith

Voluntgers

Volunteers give of their time and we could not do what we do without them. Volunteer applications: www.crawfordcoa.org/volunteer/

volunteer-application

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

Senior Center Updates and more!

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.

Idan Opportunitias for a Lifetimal E D I would like to dan & Cuanta

Name	. Creule Golden G	opportunities for a Lifetime:	receive monthly emails about
Mailing Address			activities and
City	State	ZIP	events.
Home Phone () E-Mail Address	Cell Ph	one ()	I would like to be contacted about Legacy Giving.
Method of Payment □ Cash □	Check	Amount Enclosed \$	I would like to volunteer for the
Please make check payable Call (989) 348-7123 to make donatio *** 4	Commission on Aging.		

Thank you to our COA Volunteers

Courtney Adams Michele Arnholt Nancy Billinghurst Mary Jo Buschbacher Donna Brown Allison Chandler Ellen Chandler Debbie Carrigan Ben & Pam Carr Alice Lee Faith Dandois Carolyn DiPonio Diana Doremire Ann Donley Linda Feldhauer **Rich Ferrigan** Mary Jo Gingerick Sherry Haag Sharron Hagerman Donn Handy Susan Hensler Val Hendricks Annette Hrtz Donna Hubbard Cindy Johnson John Kay Glenn & Lorelei King Linda LaBrie Ron Larson

Ashlyn Constans Kirsten Lietz Mary Sloan **Brad Summers** Maze Stephan Mary Garcia Tim & Olie Miller Janet Gilbert Linda McClain Dan & Karen McCarthy Barb & Dean McCray Sharen Perkins Lois Pratt Keith Radwanski Tom & Deb Rawlings Chuck & Robin Rodgers Joshua Simpson **Richard Smith** Cheryl Starr **Farrell Thomas** Ellen Thompson Ken Thurston Martha Trenkner Suzanne Ostahowski Mark Ostahowski Sami Szydzik Carol Wilder



Fraud Bingo with Huntington Bank

Come learn about fraud with Huntington Bank on June 10th from 1:00 pm to 2:30 pm. Learn helpful tips about protecting your information, monitoring your accounts, and safety tips about links

and emails. Then to round off the class, Huntington will be hosting Fraud Bingo!

Avoid Scams with Horizon Bank

Horizon Bank will be offering a threeweek course all about

scams. The class begins on June 18th from 1:00 pm to 2:00 pm with a mini course on Elder Exploitation. Then, on June 25th,



they will be diving into common internet & phone scams. The class will wrap up on July 2nd with a course on identity theft and financial awareness. In a world ripe with fraud, this is a course you do not want to miss. Call reception at 989-348-7123 to reserve your spot!

Senior Moments

Starting on Wednesday, June 5th from 3:30 to 4:30 pm, instructor Jeanie Matista, and co-instructor Linda LaBrie, will be starting the Senior Moments Acting Company.

PET PALOOZA NNUAL When: Saturday, June 22nd, 2024 Time: 11:00 AM until 1:00 PM

The class will start on the 5th and will occur weekly through August 28th. Each segment of the class will build on the last as you travel through the history of modern acting, starting with the silent films' era. You will be asked to build your own character from the ground up, discovering how they would talk, how they walk, what their mannerisms might look like. Come out and build up your acting skills as well as become part of the COA's very own theater family.

Diamond Art Club

Join our Diamond Art Club, beginning on Monday, June 3rd, from 2:00 pm to 3:00 pm, and discover a fun, relaxing way to create beautiful art! Diamond art is a simple and enjoyable craft where you place tiny, sparkling gems on a canvas. The teacher is Janis Smith, an experienced diamond artist. The cost of the club will be a one time fee of \$10 to cover the cost of materials. Whether you're looking to unwind after a busy day or make new friends, our club offers a welcoming community.

Day on the Farm

Join us for a Day at Sheldon's Farm on June 27th! It's finally field trip season again, and we are excited to offer this special trip to the Sheldon Family Farm. From 10 am to 1 pm on June 27th, you will have to opportunity to ride out to the farm and pet & brush animals and more! Dial a Ride will be providing bussing from the Commission on Aging to the Sheldon Family Farm. We ask all participants to register and pay by Friday, June 21st, and to arrive at the COA by 9:15am, for a pickup at 9:30 on the 27th. The buses will bring participants back to the COA by 1:45 pm. Lunch will be provided, the cost is \$10.00 per person, and registrations can be made until Friday, June 21st by calling 989-348-7123 before June 17th.



Jung Birthdays Bea Larson 6/13 Daniel Canfield 6/18 Kay Ellen King 6/19 Mike Munofo 6/19 Richard Ohsowski 6/27 Senior Center Birthday Lunch Tuesday, June 25th 11:30 - 12:30p - ⁽¹⁾ ... V

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

The AuSable Valley Animal Shelter will be providing <u>free</u> vaccines and microchips & Dawn's Grooming will be providing <u>free</u> nail trimming

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

989-348-7123



Continued: Sister, Sister

almost 22 years ago. Diana joined her sister shortly after. Between the two, they have accumulated over 40 volunteer years at the Commission on Aging! "At first it started with us helping in the kitchen," Sharron shared. "We did Meals on Wheels, packing the meals, and then it turned into serving meals during lunch and dinner," Diana added. "Then it was the Dancing Dollies and traveling to different nursing homes to dance for the residents and doing Wii Bowling," Sharron finished. That was just the beginning of their

volunteering tasks through the years together. "We

always volunteered to help with the floats for the parades," Diana shared. "We were in many Fourth of July parades," Sharron added, "we would dance in them, sometimes with the Just for Kicks clogging group." Ŏf course, there were also many fundraisers over the years, where both Hargerman

and Doremire helped raise money for the Commission on Aging. "It has been so much fun, and it is a great place to be. What happens is that you just get so involved with all the people that it makes volunteering fun," Sharron explained. "The work is just so much fun Diana are still extremely active both in and rewarding," Diana added.

One such reward for the Blaine sisters was working on the Foot Pillow projects, started by Judy Morford. These huge pillows resembling feet were the perfect size and shape for kids their favorite volunteer memories have to hug. The Foot Pillows were made and handed out to Crawford County kids; Diana and Sharron were a part of that effort through the Commission on Aging. "There have been so many things like that that we have been a part of, it's hard to keep track," Diana admitted as she held a file folder stuffed with various certificates commemorating the sister's volunteer activities over the

years. "I like to reference these certificates because it helps me recall all combined, the Blaine sisters have been the different events we were a part of," Diana shared.

A lot of the volunteer hours that Sharon and Diana accumulated they did is, the other is not far behind. as members of a volunteer organization AmeriCorps Senior RSVP program. Those who serve through the RSVP program can choose when, where and how they volunteer. Both Diana and Sharron have enjoyed their tenure with the RSVP. "They have been a good organization to work with," Diana shared. "They do a nice job of

> recognizing their volunteers in fun ways," she added showing pictures of the various RSVP Recognition Banquets they attended over the years. In the early 2010's they joined the organization, and it was during this time that Diana received a certificate for her service. Diana Doremire was given the Presidential Volunteer Award in 2019, an award she holds dear. Diana and Sharron have also volunteered for other

organizations. Most notable for Diana was the Christian Help Center.

Consider trying to share all the experiences you have had in the last 40 years. A daunting task one might think! The good news is that both Sharron and participating in and volunteering for activities at the new Senior Center in Grayling. You could easily join them for the activities and in their volunteer efforts! You might even ask them what been. Act surprised if you do when they tell you. "For me," Sharron said with a thoughtful smile, "it has to be serving the Special Dinner meals." Sharron liked providing for people and taking care of them as a highlight to her volunteering time. "Decorating and sewing," Diana answered, with a grin. "I loved doing the Foot Pillows and projects like that for

people to have and enjoy." For 40 years doing the things they love, for people they care about, as volunteers through the Commission on Aging. Where one Perhaps as you read this you might consider not being too far behind them, and join these "devoted sisters" in servina?



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

Will Social Security be there when I retire? That's the question we're answering in the latest episode of our audio series, SSA Talks. Our Chief Actuary Steve Goss sheds light on our trust funds and how they relate to your future benefits.

The 12-minute episode includes a fact sheet and transcript. The fact sheet provides more information about the trust funds and how

much protection our benefits offer. We invite you to visit our SSA Talks page at www.ssa.gov/news/audio-series.html to listen and subscribe to receive alerts about future episodes! For more information and news about Social Security, we encourage you to check out our N SECL Communications Corner at www.ssa.gov/news. Please share this with >> your friends, family, and colleagues.







Senior Center Donors & Opportunities



by Alice Snyder, Commission On Aging Director

New Room Naming Donors

Room Still Available \$8000 Exercise Lobby

Other Donors

The artwork to the right was donated by Donna Oldfield. The piece depicts a beautiful shot of the AuSable River.

Below is a selfie of Maze Stephan with her donated artwork, which depicts her love of music.



Below is a photo of Bruce and Bea Patrick, also below, donated this abstract art piece of a local canoe livery.





Below is a photo of Joe Ellison with his and his wife Kathy's donation to the center. The picture is of native turtles floating on the river.



Below, Nancy Lemmen and Mark Hansen donated three loon pictures in memory of Patti Quinlan, Tina Foster, and Kathy Ellison.



Coupon cannot be used with any other offer or discount.

\$15.00

Accessible Voting & Meet and Greet

Do you have questions about Voting in the Primary and General Elections? The Commission on Aging will host the Crawford County League of Women Voters (LWVCCU) for an evening of answers on Tuesday July 9th from 5:00-7:00pm.

Crawford County Candidates will be invited to Meet and Greet the local public. Mark your calendars now. More details to come

in the July Gazette. See you there!



Final Touches ~ Artwork for the New Senior Center

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

AuSable Artisan Village ~ Main Branch Gallery ~ Drake's Fly Shop Please visit the businesses during their normal business hours and make a donation of any size to go toward artwork for the new Senior Center. The COA will then go shopping with the money donated to purchase art which fit appropriately in the spaces available. If you have any questions, please reach out to Director, Alice Snyder at 989-348-7123 or director@crawfordcoa.org.

Sponsored Item Naming Opportunities

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

Black Hills Spruce Trees \$400 Thirty beautiful trees will provide a

83 years

2024

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

Outdoor Storage \$25,000 The 24x24x12 tall building will be built in summer of 2024 behind the new Senior Center.

\$4,000 Lawnmower Our plan is to purchase a riding lawnmower which volunteers will use to mow the lawn throughout

There is also an important opportunity for a donor(s) to help us fund Phase II which includes the addition of a gymnasium which has a 2 lane walking track and 2

Expires 10/31/24

\$15.00

Senior

Discount

on

Septic Tank

Cleaning

\$15.00

New Black Spruce Tree Donors

Mark & Alice Snyder Glenn & Lorelei King Jack & Phyllis Richards Joy Stiffler



Interested in donating? Read the article to the right to find out how you can purchase and name a tree!

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What is a Reverse Mortgage?

A Reverse Mortgage, or HECM (Home Equity Conversion Mortgage) is a Federally insured mortgage for Seniors. It requires no monthly payment and doesn't have to be repaid until the last remaining homeowner moves out permanently or passes away.

Who Qualifies?

Homeowners 62 or older, who own their home free and clear, OR have a lien that can be paid off with the HECM.

Who Owns My Home when I have a HECM? You do! You maintain title and may remain in the home as long as it's your primary residence and you pay property taxes, insurance, and maintain the home per FHA Requirements.

How can I use the money?

HECM proceeds may be used to pay off an existing mortgage, or any way you want to. Pay off other debts, travel, help family, make Improvements, or aging-in-place modifications.

You can receive a lump sum, a set monthly income, or a line of credit that grows.

How can I learn more? Call Kristen Alderman 989-858-0565.

Provided by: KRISTEN ALDERMAN NMLS #2572985, THE REVERSE MORTGAGE CENTER, NMLS#2069141, EQUAL OPPORTUNITY LENDER

Electronic Waste

Computer Equipment,

Printers, Cell Phones,

Gaming Consoles, Video

Players, Steria

Equipment, Electronic

Cords & Cables, Etc.

Household Hazardous Waste, Electronic Waste, & Document Shredding Day Saturday, June 8th from 10am to 12pm @ The County Courthouse 200 W. Michigan Ave

Household Hazardous Waste

If you have any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE this is your chance to dispose of it in an environmentally responsible manner, such as,

Aerosols, Batteries, Oil Based Paint, Motor Oil, Pesticides, Herbicides, Swimming Pool Chemicals.

Document Shredding

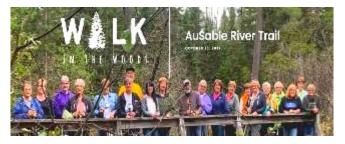
\$10-\$15 suggested donation dependent on box size

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.

Volunteers Needed

Call Carey @

248-961-3056



Walk In The Woods

Resumes in June, September and October with the help of a COA volunteer team. Their advice and help in setting the schedule plus the letting us know what they need from COA was great! Thank you Cheryl, Mary, Judy, Bev and Val! <u>**Rules:**</u> Try to Car pool. Never walk alone. Be healthy and wise with clothing, sunscreen, health issues, bug spray and water. Expect to walk for about 90-120 minutes. Safety first.

<u>June 5th – 10am - Gahagan</u> Nature Preserve

209 W Maplehurst Drive, Roscommon, MI

<u>June 12th – 10am - Bright &</u> Glory Lakes

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

<u>June 19th – 10am - Groen</u> Nature Preserve

10950 Hetherton Road, Johannesburg, MI

<u>June 26th – 10am - North Higgins</u> Lake State Park

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



Shred Day is Fully Sponsored by North Central Area Credit Union







Jung 2024 - Mgal Calendar						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
3	4	5	6	7		
11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear 	 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 	11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30p Dinner Beef Stew, California Blend Vegetable, Apple	11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange		
10 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Taco Salad, Corn, Grapes	Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	12 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	13 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4-6pm Father's Day Dinner BBQ Ribs, Corn on the Cobb, Loaded Potato Salad, Fruit Salad, Cherry Pie	14 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi		
17 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Spanish Rice, Carrots, Kiwi	 18 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt 	19 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	20 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes 4:30-5:30p Dinner Lasagna, Mixed Vegetables, Grapes Special Dessert: Tiramisu Cupcakes with purchase of a concert ticket	21 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes		
24 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	 25 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower, Wheat Bread, Kiwi 	26 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Shepard's Pie, Carrots, Wheat Bread, Grapes	27 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries <u>NO DINNER</u> <u>ALL STAFF TRAINING</u> 1:30-4:30	28 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi		
Light Bites	Light Bites	Light Bites	Light Bites	Light Bites		
Egg Salad on Croissant Cucumber Dill Salad 2% Milk Red Grapes		Italian Meatball Sub Garden Salad 2% Milk	Mojo Chicken Bowl Grapes 2% Milk	Garden Salad BBQ Chicken Flatbread Fresh Pear 2% Milk		

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	Jung 2024 - Activity Calendar						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
3 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	4 10a Zumba Gold 1p Card Games 5p Uno Game Night	5 9:30-10:30a – Food Commodities at St. Mary's Church 10a – Walk in the Woods Gahagan 10a Silver Sneakers 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class	 6 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 3:30p Daylight Diamonds 4:30-6:00p Heartland Hospice Grief Support Group 	7 <u>10:45a Fit for the</u> <u>Aging</u> <u>CANCELLED</u> 1p Pantry Bingo SATURDAY 8 10a-12p Shred Day @Court House			
 10 10a Silver Sneakers 1-4p Chess Club 1-2:30p Fraud Bingo with Huntington Bank 2-3p Diamond Art Club 	11 9a-12p Vaccine Clinic 10a Zumba Gold 11:30 a – 12:30p Taste Test and Trivia 1p Card Games 5p Catan Strategy Game Night	12 10a – Walk in the Woods – Bright and Glory 10a Silver Sneakers 10a -3p SOS Mobile Office 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class	 13 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds 4p–6p Father's Day Dinner 4:30-6:00p Heartland Hospice Grief Support Group 	14 10:45a Fit for the Aging 1p Pantry Bingo			
 17 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 	 18 10a Zumba Gold 1p Card Games 1p-2p Elder Exploitation Class with Horizon Bank 4:30p COA Board Meeting 5pm Scrabble Game Night 	 19 10a – Walk in the Woods – Groen Nature Preserve 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class 	 20 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance 3:30p Daylight Diamonds 3-5p Neighborhood Connections 4:30-6p Heartland Grief Support Group 6-7p Greg Bogus Dinner Concert 	21 10:45a Fit for the Aging 1p Pantry Bingo SATURDAY 22 11a-1p Pet Palooza @COA			
 24 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club 2-3p Diamond Art Club 	25 10a Zumba Gold 11:30a Birthday Lunch 1p Card Games 1p-2p Avoiding Scams Class with Horizon Bank 5pm Taboo Game Night	26 10a – Walk in the Woods – North Higgins Lake 10a Silver Sneakers 11a New to Medicare 11-1p Blood Pressure Ck 1p Mahjong 5p Nutrition Education 3:30p Senior Acting Class 4:30p Heartland Grief Support Group	27 10a-1p Trip to the Goat Farm 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds <u>NO DINNER</u> <u>ALL STAFF TRAINING</u> <u>1:30-4:30</u>	28 <u>10:45a Fit for the</u> <u>Aging</u> <u>CANCELLED</u> 1p Pantry Bingo			
Light Bites	Light Bites	Light Bites	Light Bites	Light Bites			
Egg Salad on Croissant Cucumber Dill Salad 2% Milk Red Grapes	Southern Style Chicken Salad on Croissant Garden Salad Orange, 2% Milk	Italian Meatball Sub Garden Salad 2% Milk	Mojo Chicken Bowl Grapes 2% Milk	Garden Salad BBQ Chicken Flatbread Fresh Pear 2% Milk			

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

<u>Health Services</u>

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

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

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

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

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

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

Home Delivered Meals: (Meals on Wheels) Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for nondelivery 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 d Thursday of each month from 1-5pm

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

Medical Transportation: COA can assist in

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

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- **Bathing Assistance**
- **Respite for Caregivers**

Classes

AARP Driver Refresher Course: Offered twice each year.



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

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

Fitness Programs

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

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

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

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

Cost for Services

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



How We Served you in April 2024!

& Senior Center

At the Senior Center

We served 630 Congregate Meals

In-Home Services

HDM - 3,630 Respite - 108.75 Homemaker - 287.75 Bathing - 72.75



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

arranging transportation for seniors who have no Volunteers: Nancy Lemmen & Cindy Johnson other means and refer to hired car services too.

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



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 wellbeing 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

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Upcoming Online Classes from the Area Agency on Aging

Caregiver Webinar Series

June 14th: End-of-Life Planning, How to Make Your Final Arrangements July 12: Creating Healthy Boundaries August 9: Preparing for Loss Death, Dying, and Grieving September 13: Maintaining Health During Challenging Times

Healthy Living Webinar Series

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

Powerful Tools for Caregivers

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

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

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



See Page 9 for a full list of COA activities!





"Brewing Quality Beer for Quality Folks." Located at 2552 South 1-75 Business Loop Grayling, MI 1 989-745-6289 HOURS Monday- Closed Tug - Thu 13:00 pm

Michigan Secretary of State Mobile Office

The Secretary of State Mobile Office will be visiting the Crawford County Commission on Aging on June 12th from 10:00am to 3:00pm.

• You can renew your driver's license State ID Replacement: \$10.00 up to a year ahead of time. Convert to Real ID: \$10.00

• Driver's Licenses can be renewed for up to 4 years.

• You can renew your license plates up to 6 months in advance.

What do I need to do?

Much like at a standard office, you must have proof of legal residency, such as the original of your birth certificate, proof of Social Security, and one valid, unexpired proof of identification. Identification can be in the form of a US passport, employee

photo ID, US Military ID, etc.

Pricing State ID Renewal: \$10.00 State ID Replacement: \$10.00 Convert to Real ID: \$10.00 Driver's License: Renewal: \$18.00 Replacement: \$9.00 Convert to Real ID: \$9.00 Vehicle Transactions: License Plate renewal: Varies Replacement Plate: \$5.00 Replacement Registration: \$5.00 Transfer Title: \$15.00

For more information, or additional pricing, please contact the COA at 989-348-7123.

Change to Monthly Legal Assistance Appointments

One of the services offered monthly at the Senior Center is Free Legal Assistance, provided to you by Jason R. Thompson, PLC, of Jason R. Thompson Law Office.

In the past, his appointments fell on the second Thursday of the month. Starting in June, Mr. Thompson's appointments will be held on the 3rd Thursday of each month.

This month's Free Legal Assistance will be held on June 20th, 2024, from 1:00 pm until 5:00 pm. All other procedures remain unchanged. To schedule an appointment, you must contact the COA at 989-348-7123.

Flimsy Medical Equipment

By Tammy Findlay

This is a long-standing Medicare problem.

Con artists offer you a knee brace or other medical equipment if you give them your Medicare number. You'll get a cheap brace in the mail that you could have purchased at a drugstore, or you might receive no brace at all. The criminals charge Medicare for an expensive brace and make other unauthorized charges with your number. In 2019, Senior Medicare Patrol volunteers helped uncover an international fraud ring that had charged Medicare \$1.2 billion in false durable medical equipment claims.

Earn extra income with your business





Scall the QR

code below to

fill out an



Fri - Sat 11:00 am - 10:00 pm Sunday 11:00 am - 8:00 pm Extended summer hours between Memorial Week and Labor Day Week



where you can expect the connort and security of nome and a team that is fully committed to quality and compassionate care." Rated ***** by the Centers for Medicare & Medicaid Services. Earn up to \$27,000 per year by partnering with Amazon Hub Delivery to deliver packages in your community



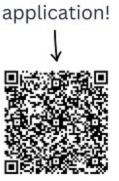
Each day, we'll deliver packages to your business.



2 You and your staff will deliver these packages to customers in your area when you have time during the day.



3 You'll get paid for every package you deliver, giving you another source of income.



Random Word Search Puzzle

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Kate's Kitchen Corner



Cheddar Drop Biscuits For those that love Red Lobster's Cheddar Bay Biscuits, these are a great homemade substitution. The original drop biscuit recipe is from America's Test Kitchen Family Cookbook and is wonderful on its own without the addition of the cheese and seasonings. 2c. all-purpose flour 2tsp baking powder ¹/₂ tsp baking soda 1/4tsp ground mustard 1/8 tsp cayenne pepper 1/4 tsp garlic powder 1tsp sugar ³⁄₄ tsp salt 1c. Sharp cheddar cheese-grated (fresh grated from a block is best) 1c. buttermilk-chilled-or 1c milk & 1tbl lemon juice or white vinegar 8tbl butter-melted and cool to the touch but still liquid Topping 3tbl melted butter ¹/₂ tsp garlic powder ¹/₂ tsp Italian Seasoning or Old Bay seasoning -Place oven rack in middle position, heat oven to 475 and line a baking sheet with parchment paper -Pour 8tbl of the melted and cooled butter into the chilled buttermilk and stir until butter forms small clumps. -Whisk together dry ingredients, stir in cheese making sure there are no clumps. Form a well and pour the buttermilk mixture in, stir with a wooden spoon until just combined and dough pulls away from the sides of the bowl. -Grease a ¹/₄ c. measuring cup and use it to portion the biscuit dough onto the parchment paper spaced about 1 1/2 in apart.

Ahh! Ticks! They're Everywhere! Article provided by Shaun O'Conner



- People and pets most often encounter ticks in shady, moist wooded and grassy areas and fields near wooded areas.
- Ticks are most active in Michigan April-September, but can be active when outdoor temperatures are at least 40°F
- Ticks are rarely encountered indoors unless brought inside on a person's clothing or by a pet.

Oh No! I Found a Tick! What do I do?

- 1. With fine-tipped tweezers or a tick removal key, grasp the tick as close to the skin as possible.
- 2. Slowly and firmly pull the tick straight out. Do not twist, spin, or jerk the tick. The tick's mouthparts may remain in the skin. If the mouthparts cannot be removed easily, leave the bite site alone to heal.
- 3. Wash the bite site and your hands with soap and water, then apply antiseptic to the bite site
- 4. Save the tick in a small, clear sealable container for later identification.

How do I Avoid Ticks?

- Apply EPA-registered insect repellent skin or clothing according to the label's instructions
- Walk in the center of trails and avoid walking in areas with tall grass and brush.

Tammy's Tips:

Open your iphone's contact list and add your

family, friends, doctors, and other important numbers. Then go into your phone settings and turn on the setting for "silence unknown

callers." This will send any caller who isn't in

• Check yourself and pets all over for ticks after spending time outdoors.

3

• Talk to your vet about tick bite prevention products for your pets.

How Do I get it Identified?

- Place the tick in a clean, small, sealable container (e.g., an old pill bottle).
- Print and complete the Tick Identification Form.
- Mail the container with thick along with the identification form in a padded envelope to:

Michigan Department of Health and Human Services EZID Section 333 S Grand Avenue, 3rd Floor PO Box 30195 Lansing, Michigan 48933

 Label package as FRAGILE, or HANDLE WITH CARE, to prevent damage during transport.



LIVE WELL

Heartland Hospice Grief Support Group

Grief Support will begin on Thursday, June 6th from 4:30 pm to 6:00 pm. The group will meet every week for 6 weeks in the conference room of the new Senior Center building, located at 4388 W. M-72, east of town, in Grayling.

Meeting Dates for Grief Support:

- Thursday, June 6th, 2024 4:30-6:00 pm
- Thursday, June 13th, 2024 4:30-6:00 pm
- Thursday, June 20th, 2024 4:30-6:00 pm
- Wednesday, June 26th, 2024 4:30 -6:00 pm.
- Thursday, July 11th, 2024 4:30 6:00 pm
- Thursday, July 18th, 2024 4:30-6:00 pm

Please note two changes to the schedule. The group meets one day on Wednesday due to an all staff training, and then the group will not meet on July 4th due to a holiday.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

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

\$75 Due Upen Signing. *Price per person, based on double occupancy. Add \$279 for single occupancy.

Kelly Lloyd Dexter

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



7 Days 6 Nights

(Sat - Fri) Oct 12 - 18



your contacts list directly to voicemail.

Final Payment Due: 8/5/2024







 800-395-4347
 myelderlawplanning.com
 Cadillac - Big Rapids - Gaylord - Traverse City





Veteran's Coffee Hour

Thursday, June 13th 10:00-11:00 AM American Legion Post #106 info: (989) 344-3861

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

Over the past 2 months, we have received many suggestions in the box related to our beautiful new building. Below is an update on the great suggestions that are on our list to change.

Suggestion: I understand Dial-A-Ride has offered to start a shuttle service.

Response: Yes, I reached out to Dial-A-Ride several months before we moved to see about **<u>Suggestion</u>**: Decaf coffee please. a service. We are currently working on trying to put together a set route mid-day to visit each apartment complex in town to bring residents to the new Senior Center and back home. Riders would be responsible for the \$1.00 round trip fare. If you live in one of the apartment complexes, look for a survey soon! Suggestion: Several people have asked if there is a way to wipe down the bingo cards. **Response:** Our new Senior Center Manager, Carlie, is looking into purchasing some new bingo cards that will be easy to wipe down. **Suggestion:** Name tags would be helpful for us so we can say "Hi" to everyone without being self-conscious about forgetting names. **Response:** We are working on getting name cards for all our volunteers and any Senior Center participants who would like them. **Suggestion:** Have Nutrition Manager, Kate, teach how to prepare dishes.

Response: She would love to do that! Kate, will work on getting something scheduled. **Suggestion:** Glad to see we are having Game Night. Would love a Game Day too. **Response:** In May, we placed card games (1pm) and games (5pm) on the Tuesday calendar, but we haven't had more than 1 person show up to play. If you are interested in playing games, please attend one of these events.

Suggestion: Would like a full official horseshoe pit outside.

Response: We are working on getting our patio open in June. This is a great idea. If you know anything about official

them.

Suggestion: We need acoustic tiles in the exercise room.

Response: We agree! It's on the list. **Suggestion:** Purchase chair dollies for the exercise room.

Response: Good idea. It's on the list to order.

Response: The kitchen staff would be more than happy to make decaf coffee for you. We don't go through it much, so please ask at either reception or the kitchen when it's open for mealtimes.

There were many more suggestions too. Several have already been taken care of, others I have staff personally reaching out to the suggester.

Be aware that we are still working on several new building items from the construction project. Right now, our focus is getting these items finished up. Then we can move onto your suggestions. We have a small staff so would appreciate any help with the Dial-A-Ride survey, bingo card research, name tags, outside games, acoustic tile research or chair dollies. Please reach out to me via email at director@crawfordcoa.org if you are interested in helping.

Thank you for the suggestions. Keep them coming! Alice Snyder, Director



Tammy's Credit Card Tips:

Routinely monitor your credit report. Some banks or credit cards offer this as a free service. You can also go to AnnualCreditReport.com or call 877-322-8228 to get free reports from the big three credit bureaus. Watch for unusual activity; if you see any, report it immediately to all three bureaus and appropriate financial institutions.

Upcoming Online Classes - MSU Ext.

SLEEP: SLEEP EDUCATION FOR EVERYONE -- ONLINE June 4 – July 9, 10:00-10:30 am ET HOW MUCH HOME CAN YOU AFFORD? (WEBINAR) June 4, 12:00PM – 1:00PM Zoom DIABETES SIMPLIFIED MINDFUL WEDNESDAY 6.5 June 5, 12:00PM – 1:00PM Online PRESERVING MI HARVEST-STRAWBERRIES-MORE THAN JUST JAM June 6, 1-2 p.m. and 6-7 p.m. ET Zoom Webinar **INFORMED RENTER JUNE 6, 2024** June 6, 12:00PM – 1:00PM Webinar SMART FOOD CHOICES MINDFUL **MONDAY 6.10** June 10, 2024 11:30AM – 12:30PM Online MICHIGAN COTTAGE FOOD LAW June 11, 2024 6:00PM - 8:00PM Zoom Webinar RETIREMENT MYTHS AND FACTS (WEBINAR) - JUNE 13, 2024 June 13, 2024 12:00PM - 1:00PM Zoom ONLINE ON ZOOM: STRESS LESS WITH MINDFULNESS DAILY June 17, 2024 8:30AM – 9:30AM Online ONLINE: RELAX ALTERNATIVES TO ANGER DAILY JUNE 2024

June 17, 1:00PM – 2:00PM Online AVOIDING PREDATORY LENDING IN HOUSING AND OTHER LOANS June 18, 2024 12:00PM - 1:00PM Zoom

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

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

horseshoes, we could use your help designing



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RAWFOR County library

Join exciting Dungeons and Dragons sessions at the Devereaux Memorial Library on Thursdays at 4:00 p.m. and on Mondays starting June 10th at 12:30 p.m

The Super Smash Bros Ultimate tournament is happening at the Devereaux Memorial Library on June 7th at 1:00 p.m. Are you ready to claim the title of champion? Follow this link https://discord.gg/sCHvEDb8 to join the Discord and follow the steps to register for the tournament. Registration is required.

Mark your calendars for Thursday, June 20th! At 1:00p.m. we are having a kickoff for our Summer Reading Program. Northern Michigan Escape Rooms is stopping by with a mobile escape room!

Step into a magical narrative as you embark on a live story walk through the enchanting paths of the Frederic Community Library on Monday, June 17th at 2:00pm. Afterwards, cool off with delicious scoops of ice cream at our delightful social gathering, making memories sweeter than any tale told.

Immerse yourself in the adventure of a live story walk at the Devereaux Memorial Library on Monday, June 24th at 2:00pm.

Explore book folding at the Devereaux Memorial Library on June 27th at 1:00 p.m. Turn old books into art, suitable for all skill levels.

Join us for magical story time adventures every Wednesday at 11:00 a.m.

News

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

Celebrate Pride Month at Devereaux Memorial Library with diverse LGBTQ+ displays.

Our regular running programs include Genealogy (Monday's 9:00 a.m. -12:00 p.m.), Let's Get Fit (Tuesday's and Thursday at 10:00 a.m.), Sit-N-Knit (Thursday's at 10:00 a.m.) and Book Club (Wednesday, June 26th at 1:00 p.m.).

Stay updated with the Crawford County Library through our social media channels. Follow our Facebook and Instagram pages for exclusive content, behind-the-scenes glimpses, 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.

Come Taste Test and Play Trivia!

Come by the Crawford County Commission on Aging building and try

out some new Italian foods! The taste and basil in a garlic herb dressing. test will be held on June 11th from 11:30 am to 12:30 pm. We will be tasting Florentine stuffed shells and a chance to win prizes playing trivia! caprese salad. Florentine stuffed shells are stuffed with spinach and a cheese blend in a red sauce. The



salad is an Italian salad made of fresh tomato, mozzarella,

Bring a device (phone or tablet) with you, as after the taste test will be the Check your Gazette monthly to see

— Food Resources — **Crawford County Residents**

Christian Help Center Free Food Truck

Thursday, June 20th, 3-5pm Grayling High School Tuesday, July 11th, 10:30am Beaver Creek Township Hall Thursday, August 1st, 10:30am Grayling Evangelical Free Church Mt Hope free Food Trucks Saturday @ 10am - 12 noon June 22, July 13, August 10, September 14, October 12 Mt. Hope Lutheran Church

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



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



planned taste testing and trivia events.

munsonhealthcare.org/commitment





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

Join us in person on **Wednesday**, June 26th @ 11:00 AM for a presentation that will help demystify the issues surrounding Medicare.

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

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





Dinner Concert

Starting on June 20th from 6:00pm to 7:00pm, we will be starting a monthly dinner concert series! Concert tickets

are \$10, and regular congregate meal rates still occur. Dinner will be served from 4:30pm to 5:30pm, for those over the age of 60, we have a recommended donation of \$4.00, and for those under 60, there is a standard fee of \$8.00 for the meal. This month we will have a local celebrity, Greg Bogus, putting on a show for us! Dinner that night will be Lasagna with Mixed Vegetables. Grapes. For those that attend the concert, there will be a special dessert provided of Tiramisu Cupcakes provided to those who purchase concert tickets.



June Volunteer Spotlight

Although Ken Thurston hasn't been volunteering long at the Commission on Aging, his continued support and dedication has earned him the June Volunteer Spotlight. Carlie sat down with Ken on May 16th for an interview to get to know him. Thank you Ken! Q: How would you describe yourself?

A: Ken describes himself as a "friendly to everyone, fun-loving, a bit of a historian, and someone who adores anything antique related."

Q: Do you have any particularly interesting or funny stories about your childhood, family, or work?

A: One time when I was working for a restaurant, I dressed up as an Easter Bunny for the guests and the other workers. I'd

be happy to do it again. I like making people smile.

Q: What do you like to do in your spare time?

A: Ken enjoys dog-sitting, playing with animals, landscaping & lawncare, he enjoys coffee with friends, and watching sports on television. Ken also enjoys fishing, and is excited to spend his summer on the river!

Hospice Care Fraud Sourced from Tammy Findlay

Much like a 2021 California case, scammers enroll people who aren't <u>terminally ill in hospice</u> without their knowledge. The Medicare beneficiaries instead may believe they are signing up for extra benefits programs, such as home cleaning, inhome nurse visits or a shower chair.

"They have a doctor that works with them and is 'diagnosing people' and sending paperwork to Medicare and claiming thousands of dollars that Medicare pays for in hospice," says Carolina Oehler, the Senior Medicare Patrol liaison for the Kern County Aging & Adult Services Department in California. The criminals receive payment from Medicare for hospice services never delivered. The Medicare beneficiary has legitimate nonhospice claims denied. Written by AARP.

Q: What made you want to volunteer with the COA?

A: Ken decided to volunteer with the COA because he wants to meet other members in the community, and make good use of his time helping others. Q: What do you like about volunteering at the COA?

A: He loves the head chef, Denise. "Denise has taken me under her wing, and really made me feel welcome. I've really enjoyed being able to help her with the tasks she has given me." Ken



also really enjoys working with Kate and Megan, who are the other COA staff members in the kitchen, he says they "Really make me feel welcome every time I come in." Q: If you had a life motto, what would it be? A: "Don't sweat the

small stuff. This is my motto because life is too short, I've lost a lot of loved ones over the last few years, and I've learned that life is short, and we should cherish every moment."



Calling all Super Dads! We are hosting our Father's Day Special Dinner on June 13th, 2024 from 4:00-6:00 pm



Menu Includes: BBQ Ribs, Corn on the Cobb, Loaded Potato Salad, Fruit Salad, Cherry Pie

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