

Crawford County Senior Gazette July 2022

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Featured Article

By James Larkin

At first glance, Clay Horton doesn't seem to fit any mold.

He has long had an avid interest in computers, but also in acting in plays.

He won multiple letters in football, track and wrestling at Grayling High School, but also thrilled in acting in plays.

He follows the direction local politics are taking, but also helps the advancement of the local art scene.

And he has no children but figures he has helped father the advancement of thousands of local children.

"I spent 32 years turning a lot of people's children into adults," said Horton, who retired as a Kirkland Community College professor at the end of 2018 after more than three decades at the local college.



Indeed, Horton was just "dabbling" in substitute teaching when the Central Michigan University graduate with a Ferris State College master's degree opted to take a one-year stint teaching at Kirkland.

"One year," he reminisced, "turned into 32."

And what a wide variety of interests that career sparked. He started out teaching public speaking and speech but his background in computers led him to branching out into that specialty. He taught computer classes at numerous Kirkland branches and at Camp Lehman, a minimum-security prison 10 miles north of Grayling. He ended up teaching at four different prisons, helping prisoners achieve their associates degrees so they could become productive once their prison terms ended.

"The ones who got degrees tended not to return once they got

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**

**308 Lawndale St
Grayling, MI 49738**

**Phone (989) 348-7123
Fax (989) 348-8342**

www.crawfordcoa.org

Director@crawfordcoa.org

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



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Smartphone Scan
to our Website



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**For advertising or addition to the mailing list, contact us at
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director@crawfordcoa.org**

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Stock Help - If you have the ability to lift up to 50lbs and like to rotate, organize and put away product, then we would like your help! Every Thursday morning we get our food delivery and we need someone we can rely on to help put it away. Attention to detail a must, as everything has a place to go and product dates have to be checked and food rotated. You also have to be able to move relatively quickly as there is limited time to put the frozen and cooler product away before it increases in temperature.

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.

**Would you like to make new
friends and help your
community?**



**AmeriCorps
Seniors**

Volunteers 55yr+ needed in your area!

*Volunteer at a food pantry, thrift store,
hospital, library, Senior Centers, and more!*

**Contact us today to sign-up as an
AmeriCorps Senior volunteer**

Call 989-358-4650

Email ottoa@nemcsa.org



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

Nadine Condeiaux

Bev Karpriz

Cora Reynolds

Kristen Lietz

Mary & Mark Coliflower

Crawford County
United Way

Christine Oswald



Sponsors

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

Our Sponsors

Foot Clinic Offered by
Comfort Keepers

Hearing Clinic Offered by
Advantage Audiology

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Birthday Lunch Flowers
donated by Family Fare

Medicine Shoppe Bingo by The
Medicine Shoppe

Pantry Bingo—Hospice of Michigan

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. See Page 2 for Volunteer opportunities!

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
- Kleenex
- Cans of Air Freshener
- Case of Save-A-Lot plastic bags for meal delivery (\$50)

Memorial Donations

Farrell Thomas
in Memory of
Linda (Brook) Thomas



Volunteers and
Contributions received
after **June 17th** will be
acknowledged in the
next edition of the
Senior Gazette.

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.

Thank you! to our COA Volunteers

Jim Anderson	Nancy Lemmen
Michele Arnholt	Karen Leslie
Nancy Billinghamurst	Cathy Lester
Charlotte	Rita Lone
Bloomquist	Alan & Mary Ruth
Bruce & Carolyn	Lowe
Boyd	George Mascarello
Barb Carpenter	Sharleen Mascarello
Judy Crook	Dan McCarthy
Charlie Curro	Barb McCray
Faith Dandois	Dean McCray
Marc Dedebach	Sarah Medler
Dick & Lyn Dodge	Tim & Olie Miller
Diana Doremire	Wayne & Rosemary
Jordan Evans	Nelson
Rich Ferrigan	Jack Pilon
Tom & Janet Gaffke	Ruth Pilon
Mary Garcia	Nancy Platzke
Wendy Glanville	Keith Radwanski
Sherry Haag	Judy Robinson
Philip Hagle	Karl Schreiner
Melissa Hayes	Jon & Gail Schultz
Martha Hensler	Sharen Perkins
Susan Hensler	Sharron Hagerman
Cheryl Hopp	Liedewey Sims
Annette Hritz	Richard Smith
Donna Hubbard	Maze Stephan
Cindy Johnson	Farrell Thomas
Mark & Rhonda	Ellen Thompson
Karney	Vera Trimble
Glenn & Lorelei King	Deb Umlor
Sandy Lakanen	Janet Weaks
Jerry Larson	Becca Wolford
Alice Lee	Sandra Woods

COVID-19 VACCINE CLINIC



FRIDAY | JULY 15
10:00AM - 4:00PM

**Crawford County Commission
on Aging Senior Center**

4388 M72 East | Grayling, MI 49738



**District Health
Department #10**
Healthy People, Healthy Communities

We are hosting this vaccine clinic for anyone who:

- Has not received the initial COVID19 vaccinations
- Has received their vaccination but not the first Booster
- Has received the first Booster but would like the second

As the summer crowds pour into our area this vaccine clinic is a great opportunity for you to protect yourself and loved ones. This clinic is walk-in, so no appointment necessary. All the COVID vaccines including primary and booster and are for all ages (6 months +). Please bring your covid vaccine card. If you no longer have your card there is the ability to look up previous doses at the clinic. For more information call 989-348-7123.

Volunteer Spotlight

New Senior Center Site Hosts

By Toby Neal

Late last summer the COA began holding events down at the soon to be new Senior Center location just east of town on M72. With COVID social distancing recommendations the large space down there provided ample room for activities like Geri-Fit, Clogging and Zumba. If you go to the Activities Calendar on page 9 and look for the "M72" after an activity, then you will see, we have a lot going on out there!

As the Senior Center Manager one of my main responsibilities is to oversee the activities. This became increasingly difficult as I was now overseeing activities in two locations, some of which were happening simultaneously! We wrestled with how I could do this and fulfill my other responsibilities. Then the idea of a "site host" came into existence. A site host is trained to open the new Senior Center, take attendance, enroll newcomers to activities, and makes sure everything is running as scheduled. If you have attended activities at the new Senior Center in the last couple months, then chances are you have seen one of our site hosts!

I wanted to take the space of the Volunteer Spotlight article to openly thank all our site hosts: Karl Shreiner, Susan Hensler, Alice Lee, Maze Stephan, Ruth Pilon, Cindy Johnson, Faith Dandois, Joan Culbertson and Annette Hritz. Some might think that they just go there, open the building, and sit behind a table while the activities are going, but that is far from the truth. The fact is, without them, what we offer would be limited, and how we function as a Senior Center would be greatly hampered. So, the next time you are attending one of our activities at the new Senior Center, make sure you thank them for their time so we can have the activities we do!

July Birthdays

Margaret Haynes 7/5
Ron Kemerer 7/5
Tommi Latoff 7/6
Nancy MacDonald 7/2
Delores Papendick 7/28
Kathy Shepherd 7/8

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

Things We Collect!

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

- Family Fare Receipts
- Used Cell Phones
- Our Family UPC Labels



out," he said, explaining why that portion of his career was so rewarding.

So too was an introduction to computers course he taught for senior citizens.

"I still remember I asked, 'How many people here are afraid of computers' and 30 hands went up," he recalled. "The two that didn't were lying."

It was his patience in teaching the course to seniors, who might have been intimidated by computers, that led to its success, and to his eventually expanding it into community education courses, he said.

He took an interest in computers and what they could do early on in life as a teenager, he said, and has continued studying them and teaching about them throughout his life. That helped him develop computer skills in small business bookkeeping and scheduling as an employee at Ray's Canoe Delivery in Grayling, and that extended to developing computer courses at Kirkland.

"There are really all sorts of jobs that I enjoyed doing," he said. "When you see people growing it makes you stop and say, 'And I get paid for doing this?'"

So too is such joy reflected in his participation in the local arts scene. He has acted in numerous plays and musicals for local community theater productions and sung the national anthem before Kirkland Community College basketball games. Horton also served as a liaison between Kirkland and the artistic community and is vice president of the AuSable Artisan Village.

He also is an artist himself, with his computer-generated artwork of a coyote hanging in the Crawford County Deveraux Community Memorial Library.

"I don't get bored," said the 65-year-old retiree.

His unorthodox interests are also reflected in his private life. His girlfriend of 32 years, Carole Chilton, former Director of Special Populations at Kirkland, is 18 years older than him – a fact that bothers neither of them.

"I needed someone," quipped Clay, "who was smart enough to keep up with it all."

Horton's parents, John and Rose, were from the Detroit area but moved to the Grayling area when Clay was just three years old. His father worked for the Michigan Highway Department building roads and as a bridge inspector. When the state began building I-75 through Northern Michigan, it prompted the family's move. His brother is the late Mark Horton and his sister Lorraine Lawrence.

Now Horton would like to follow another family interest by trying to rebuild the Crawford County Democratic Party. His uncle was a chairperson of the Charlevoix

County Democratic Party while both his father and mother are past chairs of the Crawford County Democratic Party.

Horton describes himself as "moderate and pragmatic" and explains that he got interested in resurrecting the local Democratic party because of rifts created by the presidency of Donald Trump. He believes, he said, in the value of a two-party system.

"Still, we all have to live in the same area and get along," said the Grayling Township resident.

"I try to be optimistic. I look at the world and see a lot of great things," he added. "I try to see what we can do to make things better."



Sound Therapy

@ the COA!

Pauline Hardacre is coming back to the Commission on Aging! On Friday, July 15th from 10-11am, come and relax and get into a meditative state while listening to a variety of healing instruments. Some of the most common benefits of sound therapy are:

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

Feel free to bring your own yoga mat if you prefer to lay down. Learn more about Pauline and Sound Healing and Meditation on her Facebook Page: Positive Simple Living. For more information about this class call Toby at 989-348-7123.

Kayaking Group Launches July 13th!

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 Penrod's AuSable Canoe & Kayak at 12:30pm and launch at 1pm. If you own your own kayak and want to launch from Penrod's 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. Our next trip will be on August 17th and we will be kayaking the Manistee River to Shel-Haven! 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!

Wii Bowling Team Knocking Down Wins!

Our Wii Bowling Team will be taking their winning record to Kalkaska to compete on Thursday, July 14th at 1pm! 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.

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Pressure + Temperature+polish+Age=? #AgeisJustaNumber

By Toby Neal, Senior Center Manager

What are you thinking of this July? Freedom? Swimming? Fireworks? I have been thinking about grilling out! Burgers, hotdogs, BBQ chicken, just typing these words is tricking my brain into thinking I am smelling them smoking on the grill. And now, you are thinking about it to! Well, allow me to have you consider something else.

While I use a propane grill, to me, the best memories of grilled food have come from a charcoal grill. There is just something special about that slow, steady and consistent heat that comes from coal. However, I never considered that what we use for fuel when we grill out could potentially one day become diamonds!

Diamonds are actually not made from coal. That is a myth much like if you go out in the cold you'll catch a cold, or if you give kids sugar you will make them hyper. It's just something we have heard and believed because it makes sense. Diamonds are basically formed from carbon deposits which are under intense pressure and temperate. These pressurized deposits are then mined and polished and cut to become the diamonds that eventually become a girl's best friend.

Aside from pressure and temperature there are the aspects of polish and age that really make a diamond what we know them to be. Some diamonds form quicker than others.

The point of all this - you do not have a diamond without any of these ingredients. There has to be pressure, temperature, polish and age.

We have a new line dancing group at the Senior Center called The Grayling Diamond Dancers. This group chose this name because they, like diamonds, were all formed through pressure and age and polish.



Maze Stephan leads The Grayling Diamond Dancers at Grayling's downtown Block Party

You could say this is just a line dancing group, just like you could say a diamond is just pressurized coal but they are both inaccurate. The Grayling Diamond Dancers do not just want to have fun and dance (and if you have ever seen them or participated

then you know what fun they can be!). They also want to impact change in our community through making connections, fostering participation and volunteerism, and by being active to help build a better lifestyle. Something we should all think about being apart of this July!

Clogging Takes A Summer Break

Our clogging group will be taking their normal summer break and will not be holding classes in July or August. Look for their return in the fall!

mi brew

MICHIGAN

SOURCED



MI Brew Names Menu Item After Line Dancers!

A Special Toast to the Grayling Diamond Dancers by MI Brew for the great fun and dancing at the June Block Party. Their group was exciting and welcoming to all who wanted to dance. They are happy to announce that more Block Parties are being planned to celebrate Grayling's 150th anniversary.

MI Brew's Chef Kaytie Bowman has named a Toast Special after the Grayling Diamond Dancers. It will be the BLT Toast to the Grayling Diamond Dancers! A Multigrain Wheat toast, topped with an herbed feta mousse, tomatoes, hickory slab bacon, arugula, chives and a balsamic reduction. The BLT Toast sells for \$8.00 and will be available for the month of July!

MI Brew is located downtown Grayling and next to the Avalanche News Office. For current house visit their websites: <https://www.mibrewgrayling.com>

SilverSneakers Breaks for July

SilverSneakers will take a break in July, but will resume in August. If you are still wanting to work out and gain some strength and conditioning, Geri-Fit will take this time slot. More information on Page 16.

AUSABLE RIVER FESTIVAL PARADE

SATURDAY, JULY 30 AT 4 PM

CELEBRATING GRAYLING'S HERITAGE



The Medicine Shoppe[®]
PHARMACY

Proudly Serving Our Community Since 1999

- Prescription Delivery Service
- Senior discount available daily



989-348-2000

500 N. James St. • Grayling



During the hot months of July and August take a cool walk with us! On the scheduled Friday mornings starting at 8:30am meet Toby and take the LoopIt Challenge! Each Friday morning we will meet at one of the LoopIt trails and get some steps in to start our day! Here's the schedule:

- July 8 - Senior Center Loop
- July 15 - Hanson Hills Loop
- July 22 - Bike Path Loop
- July 29 - Hospital Loop
- Aug 5 - Senior Center Loop
- Aug 12 - Hanson Hills Loop
- Aug 19 - Bike Path Loop
- Aug 26 - Hospital Loop

The importance of continuing to walk and move cannot be overstated. Our goal is to have a walking program every week of every month of every year. We want you to be apart of that. For more about the benefits of walking, see the article on page 13. For more information on LoopIt, call the COA at 989-348-7123.

These LoopIt trails are a mile long and well marked and compressed trails. Several are paved. For more information about LoopIt visit: <https://tinyurl.com/4w3vcpbx>



Tammy's Tip:
WEAR SUNSCREEN
Use shade, wide-brimmed hats, clothing that covers, and broad spectrum sunscreen with at least SPF 15 for sun protection.

Walk Through the Community Garden

The volunteers at the Community Garden want to invite members of the COA to take a walk through the garden on August 5th at 10am. Vista Corp volunteer, Grace Beebe, will be on hand to guide visitors around the garden, show displays and answer any questions about the Community Garden. Come and learn how the garden works, what is grown, and how members of the community can benefit from the work that goes into growing and maintaining the garden.

Neighborhood CONNECT

Join us for Neighborhood Connect, a free event that will feature products and services from various community agencies and organizations aimed at helping ALL residents of our community and improving health. August 18, 2002 from 1-3pm at the Grayling High School.

Keeping Kids Safe by Locking Up Marijuana.

Marijuana use is both legal medically and recreationally (for those over the age of 21) in the state of Michigan. A person may have up to 2.5 ounces of marijuana on them in public. Within their home they may have up to 10 ounces of marijuana. It's important for those with marijuana in their homes or vehicles to safely secure them out of the hands of children. Whether someone is smoking, vaping or eating (such as baked goods, candies, or beverages), all marijuana products put children at risk if accidentally used.

Marijuana should be treated as any other drug or medicine and kept out of reach of children. Kid's brains are still developing until their mid to late 20s and delaying marijuana or other drug or alcohol use can help to reduce their risk of addiction. To help keep children safe, consider securing marijuana in a lock box. This will reduce the risk of easy access and potentially dangerous use. If you or someone you know is interested in a free lock box, they are available at the Crawford County Commission on Aging and Senior Center, 308 Lawndale St, Grayling, MI 49738

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

July 2022 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
4 CLOSED 4th of July	5 11:30a-12:30p Lunch Chicken Taco, Corn, Pinto Beans, Cantaloupe & Honeydew	6 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi	7 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	8 11:30a-12:30p Lunch Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
11 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	12 No Lunch Served Today Due to Staff Training	13 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	14 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Cabbage Fried w/ Bacon, Green Beans, Grapes	15 11:30a-12:30p Lunch Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana
18 11:30a-12:30p Lunch Beef Goulash, Green Beans, Kiwi	19 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries	20 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	21 11:30a-1p Chicken BBQ Luncheon BBQ Chicken, Hickory Smoked Beans, Garlic Mashed Potatoes, Watermelon, Assorted Desserts	22 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
25 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	26 11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only Beef Stroganoff, Asparagus, Italian Blend Vegetables, Kiwi	27 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear	28 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Pear	29 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple

July 2022 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note: Every Sunday at 8pm – Diamond Dancers meet at the New Senior Center on M72 East.	Don't forget to check out our Diamond Dancers in this month's parades! July 4th Parade – 11am July 30th – AuSable River Festival Parade – 4pm			1 1pm Pantry Bingo – Lawndale
4 CLOSED 4th of July 11am – July 4th Parade Downtown Grayling	5 9-11am Pickleball –M72 9am-4pm Friends of a Feather 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	6 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 8:30am - LoopIt 9:30-10:30am Commodities – St. Mary's Church 1pm Wii Bowling – Lawndale 1pm – Mahjong	7 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale 8pm – Diamond Dancers – M72	8 8:30am – LoopIt – Senior Center Loop 1pm Pantry Bingo – Lawndale
11 9-11am Pickleball –M72 10am Geri-Fit M72 10am – Craft & Chat – Lawndale 1-3p Paint Class - Lawndale 11am Chair Yoga – M72	12 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	13 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12:30pm Kayaking Group – Penrod's 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Senior Project Fresh – M72	14 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 1pm – Wii Traveling Teams - Kalkaska 8pm – Diamond Dancers – M72	15 8:30am – LoopIt – Hanson Hills Loop 10am – Sound Healing & Meditation – Lawndale 10am-4pm Vaccine Clinic – M72 1pm Pantry Bingo – Lawndale
18 9-11am – Pickleball -M72 10am Geri-Fit M72 10am – Craft & Chat – Lawndale 11am Chair Yoga -M72	19 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba – M72 1pm – Euchre – Lawndale 4:30pm – Board Meeting – Lawndale 8pm – Diamond Dancers – M72	20 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale	21 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11:30-1pm Chicken BBQ Luncheon 2pm Penny Bingo – Lawndale 8pm – Diamond Dancers – M72	22 8:30am – LoopIt - Bike Path Loop 1pm Pantry Bingo – Lawndale
25 9-11am – Pickleball –M72 10am Geri-FitM72 10am – Craft & Chat – Lawndale 12-4pm Foot Clinic – Appt. Req. – Lawndale 11am Chair Yoga – M72	26 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 11:30-12:30 Birthday Lunch 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	27 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Senior Project Fresh – M72 4pm – New to Medicare - ZOOM	28 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 8pm – Diamond Dancers – M72	29 8:30am –LoopIt - Hospital Loop 1pm Pantry Bingo – Lawndale

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 May 2022!

At the Senior Center

- We served **550** Congregate Meals
- **In-Home Services**
- Delivered **2887** home delivered meals.
- Provided **129** hours of respite care.
- We provided **287** hours of homemaker services.
- We provided **60.50** hours of bathing assistance services.

High-Tech Knee Replacement Make it Munson.

 **MUNSON HEALTHCARE**
Grayling Hospital

munsonhealthcare.org/robotics



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, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

Title

Social Security benefits are a crucial part of millions of Americans' retirement income. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

62 years of age or older.

Any age and have in your care a child younger than age 16, or who has a disability and is entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

The child is younger than age 16.

The child has a disability and is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit.

For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. You can find out more by visiting www.ssa.gov/planners/retire/divspouse.html



Making Your Medical Wishes Known

Munson Healthcare's Advance Care Planning team encourages everyone to have conversations with loved ones about their medical wishes. Free workshops will help guide you through the process of talking about your wishes and completing an advance medical directive. Their 2022 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

July 12, 10 am - noon

September 14, 10 am - noon

November 1, 10 am - noon

Register by calling us at 989-348-0296. To register for virtual classes, please visit munsonhealthcare.org/advancecareplanning

Senior Gazette
ADVERTISE WITH US
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Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo
Portland • Rogers City • Roscommon • West Branch

Medicaid Health Renewal

During the federal COVID-19 public health emergency (PHE) the Michigan Department of Health and Human Services (MDHHS) stopped the Medicaid renewal process. Once the federal PHE ends, letters will be sent out to all Medicaid recipients to see if they still qualify for low-cost Medicaid health coverage. To keep your coverage, you may need to complete the yearly renewal form. Please contact Tammy Findlay @ 989-348-7123 upon receiving the renewal letter from MDHHS to assist with the application.

Free Masks & COVID Tests Kits

The Senior Center has a supply of free N95 & cloth masks available to those in need. Also, Americans with Medicare Part B have access to COVID-19 tests at no cost, allowing 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. Based on policy and preferred pharmacy get them at the following locations: Medicine Shoppe, Family Fare and Walgreens.



Tammy's Tips:
INSECT REPELLENT
Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito



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.

G I Y K T I F L P F F S L D S B F I T N Z E Z	legibleness
Y P N X B W J L O W U I R F I E V S E C Q L A	forewonted
E L R O N L O R A I A D F Z M S I J V O X B Z	polabish
G Z S G U T E E D T R J M R O M W Z Y C K H G	aerographic
R O A K I W Q A Y J O N B I O D S O Q R E G R	abbots
W H B N O B R E Z R S Y I D N Y T X R Q Z E U	circumradius
X L I N F M K B C R L L O P L L O O O S Q X G	charmfully
Q S T C U N R T E E L S M K Z D B V K U H Q H	addressful
M E X C O L I D T C C J H A C E B M I O R I Y	simoon
D C R M Y C N A V I R T N O C S A T S A P L P	prefulgency
D I I C H A R M F U L L Y F W U E B L H H E V	calyptoblastic
C Q P H L A S T S Q I H D O T F K R A V J G X	alphabetizers
A X R I P S U C G O N P U Z U N L A T O O I O	inconfusedly
H N H S T A S H A I I N Z L Z O B Z E T N B L	monkeytail
E P I K O S R E C P D H J W C C O E S A S L Z	imprecations
X D S E I L R G N W U H C U Z N U N N I I E V	scapulocoracoid
O F S C K N V E O E O L S A R I D N O S D N H	monocytoid
Z R Y J B N I R Z R D T O T T Q O E K O N E Y	requiteful
F S A X D Y T P G I E I E C K S V S V N U S L	contrivancy
C E R Z G K D B E L T A N C O C U S Z G R S S	acronymous
D G T E J X N M L T A E V S C R T M H S U V U	syncretistic
E T A M M U S E A R U O B Z Z W A B Q Y O H O	sodomist
M S I L Y T S O T U A F H A Y L W C K D G V L	ladronism
C O N S T R U C T I N G O P H D F R O N A E L	kinipetu
M E L M J Y T Q B S C D R V L P L F I I Y H I	slates
P E R L E C T I O N U E O L A E L A C C D Y V	locustelle
V Q G E Q P B F S Z F O S J R I C A Z I Y P B	ombrophilous
Y E Y T A O B I F U C M M K N L E X Q T T E P	snideness
U L P C I T S A L B O T P Y L A C M T S I R N	villously
A P U D D I N G W I V E S X N T A O N I L C U	organophosphorous
A D G D B Q E H S I B A L O P O F N Q T I O N	disworship
A V D M L N F T I S O U J B E X R O F E R N A	catur
Q R B R C S U O L I H P O R B M O C I R E F D	woundwort
P Y M Y E I M P R E C A T I O N S Y A C T O H	autostylism
Z B W A H S L A D R O N I S M O C T G N S R E	mustachios
V E K N D W S U X L X M V Q M V A O X Y N M R	dysgnosia
W J K L Q A V F T B Z B O B Y N T I W S O I I	philanders
S U I S T B Z Z U P K G Q J M S U D G Q N S N	constructing
N M R D Y M F E S L A C I D O I R E P Y S T G	hyperconformist
O R G A N O P H O S P H O R O U S E B O S B P	periodicals
	yagourundi
	perlection
	brazenness
	plotinism
	summate
	nonsterility
	disparately
	puddingwives
	armada
	unadhering

Cook's Corner Refreshing Watermelon Salad



Original recipe yields 15 servings

Ingredient Checklist

- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill
- 1/2 cup Italian salad dressing

Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together all the ingredients.
3. For best flavor, chill for 1 hour before serving.
4. Refrigerate leftovers within 2 hours.

Notes: use whole-grain couscous or brown rice to include whole grains.

Nutrition Facts

Per Serving: 120 calories; protein 3g; carbohydrates 18g; fat 4.5g; cholesterol 0mg; sodium 200mg.

From Food Hero (foodhero.org)

Presented during our Senior Project Fresh presentation this summer. For more information about the program see the article on page 14.

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

Grayling Save a Lot
Purchase of
1/2 Gal. White Milk 99¢
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The Benefits of Walking

From - Nicole Persing-Wethington, from Michigan State University Extension

Walking has many physical and emotional benefits. Walking regularly has been shown to lower blood pressure, improve cholesterol, reduce risk of heart disease, reduce risk of type 2 diabetes, lower risk of Alzheimer's, manage weight, lower stress, and improve sleep. Walking also releases endorphins, which is a natural painkiller and can improve our mood.

The Centers for Disease Control and Prevention recommends that adults do at least 2 hours and 30 minutes of moderate intensity activity, like walking, per week, or 75 minutes of vigorous activity. Additional benefits occur when adults increase their physical activity to 5 hours per week of moderate intensity or 150 minutes of vigorous activity. If 5 hours per week feels like a lot of exercise, remember to start slow and build your strength and stamina. Most adults in Michigan do not get enough physical activity. Walking is a healthy, low-cost way to get that activity into our day.

Taking that first step can be the hardest part of developing a walking habit. Many people find walking with a group to be supportive. Setting a consistent schedule can also help if your motivation is waning. A



walking diary or calendar will help keep track of your efforts. Trying new locations to walk can add some adventure to your day. In Grayling, we have many safe and convenient options for walking paths. Between bike paths, Loop It paths, and parks, there is plenty of new and safe terrain to explore. For more information about Loop It paths, you can find brochures in kiosks at the senior center, hospital, Hanson Hills, and the bike path.

Whenever and wherever you are walking, remember 5-S:

Shoes: Wear supportive, well-fitting shoes.

Surface: Choose your walking surface based on your needs. Smooth, flat surfaces are a great way to avoid falls.

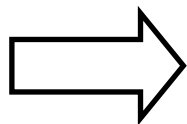
Sun: The sun is a source of vitamin D, but do not forget your sunscreen or a hat to protect your skin.

Stretch: Remember to stretch your muscles before and after walking, and other physical activities.

Safety: Remember to have a cell phone or walking partner in case of emergency.

However you choose to exercise, it is important to keep moving.

Pantry Bingo Sponsor!



We want to thank Hospice of Michigan for graciously sponsoring our Friday Pantry Bingo in June AND again in July!



Todd Sharrard, Advisor 989-358-4292
www.hom.org

Chicken BBQ Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Chicken BBQ Luncheon on Thursday, July 21st from 11:30-1pm. On the menu will be BBQ Chicken, Potato Salad, Honey Glazed Baby Carrots, Fresh Fruit Salad, and Pie.



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.

Stay in the Know!



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

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

director@crawfordcoa.org

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



New to Medicare Seminar

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

Join us via Zoom on **Wednesday, July 27th 2022 @ 4PM** 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 or call (989) 348-7123.

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Crawford County Commission on Aging & Senior Center 2022 Special Luncheons

July 21st ~ Chicken BBQ

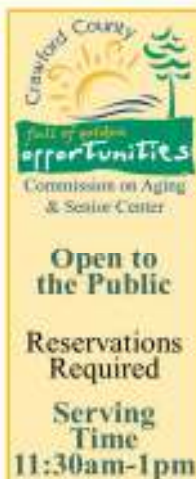
Aug 18th ~ Hog Roast

Sept 8th ~ Grandparents

Oct 20th ~ Harvest

Nov 17th ~ Thanksgiving

Dec 15th ~ Christmas



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

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

Senior Project Fresh Available in July! Farmers Market Nutrition Program

Fresh fruits and vegetables are an important part of a healthy diet. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/ Market FRESH in Michigan, provides older adults who qualify 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. 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, please attend one of the following dates/times/location:



4388 M-72, Grayling

Wednesday, July 13, 2022 @ 1:00pm

Wednesday, Jul 27, 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



This event will be held on **Monday, July 11th** from 1-3pm at Senior Center on 308 Lawndale street. **Cost is only \$20 per person** and includes all the supplies/materials you will need to create your painting. Payment must be made prior to the class date. Class attendance is confirmed the Friday before the class date. Once confirmed, no refunds will be offered. Call 989-348-7123 to register. **Space is limited; call to reserve your spot today.**

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.

Upcoming Classes

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

The Importance of Adult Sibling Relationships

July 7, 2022, 11:00AM – 12:00PM Online

Chronic Pain PATH (Personal Action Toward Health)

July 12, 2022 – August 23, 2022, 10:00AM - 12:00PM Online

Protecting Your Identity

July 12, 2022, 12:00PM – 1:00PM Online
[protecting-your-identity-july12_2022](#)

Matter of Balance for Falls Prevention

July 14, 2022 – September 8, 2022, 10:00AM - 12:00PM Online

Chronic Disease PATH (Personal Action Toward Health)

July 14, 2022 – August 25, 2022, 2:00PM - 4:00PM Online

Savvy Tips for Starting a Small Business

July 14, 2022, 4:00PM – 5:00PM Online

RELAX Alternatives to Anger Online Daily Series

July 18, 2022 – July 21, 2022, 1:30PM – 3:00PM Online

Virtual Mental Health First Aid

July 20, 2022, 8:30AM – 4:30PM Online

Powerful Tools for Caregivers

July 20, 2022 – August 24, 2022, 10:30AM – 12:30PM Online

Mindful Morning Coffee Hour

July 21, 2022 – August 11, 2022, 8:00AM – 9:00AM Online

Make a Spending Plan Work for You!

July 28, 2022 12:00PM – 1:00PM Online

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

Two Amazing Upcoming Trips! →

As low as \$1059 P/P

Trips Include

- Lodging
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- Baggage Handling & Gratuities

BOOKING NOW

**Christmas in
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**Nashville
Memphis
Grand Ole Opry
Graceland
Sep 7-14**

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



July is Healthy Vision Month!

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

The month of July is nationally recognized as Healthy Vision Month. The theme for this year is Healthy Vision: A Family Focus — “an opportunity to inspire families to team up and learn how to protect their vision together!”

Did you know that tobacco use can impact eye health? According to the Centers for Disease Control and Prevention (CDC), smoking can lead to serious eye conditions that can cause vision loss or blindness. The two most prominent threats associated with smoking and eye health are macular degeneration and cataracts. Those who smoke are twice as likely as non-smokers to develop age-related macular degeneration (AMD) and two to three times more likely to develop cataracts than non-smokers. Both conditions are also more common in older age- making adult smokers at greatest risk.

If you are a smoker, quitting may lower your risk for developing either AMD or cataracts. Those who already have AMD can slow down the disease by quitting. Other behaviors, such as regular physical activity, maintaining normal blood pressure and cholesterol levels, eating a healthy diet high in green, leafy vegetables and fish, as well as protecting the eyes from sunlight with sunglasses and a hat while

outside can further aid in preventing the onset or progression of these conditions.

If you or someone you love needs help accessing or paying for eye care, you can find a list of options on this website: <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-free-or-low-cost-eye-care>. A program called EyeCare America offers free comprehensive eye exams and up to one year of care for those 65 and older and those at higher risk for glaucoma: <https://secure.aao.org/Forms/ECAReferral>

To find local help quitting tobacco use, visit this website: <https://www.livewell4health.org/tobacco-cessation> or contact your local health department for more information.

Sources:

<https://www.nei.nih.gov/learn-about-eye-health>

<https://www.cdc.gov/tobacco/campaign/tips/diseases/vision-loss-blindness.html>

Tammy's Tips:
RETHINK YOUR DRINK!

Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.



Medical Equipment Spotlight

See Bigger & Brighter with a Magnifying Glass

Magnifiers are great for a variety of uses and can greatly enhance the quality of your life by helping you see much better. A handheld magnifying glass with light is perfect for day-to-day activities for ageing eyesight & Low vision. It's great for reading small prints on coupons, labels, morning paper, and other documents.

If you are in need of a magnifying glass the Commission on Aging has one available along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.



The COA is the Cool Place To Be in the Heat!

With extreme temps coming into our area the COA would like to remind people that we are a Cooling Station and open from 8:30am-4:30pm! You could even come and cool off and have lunch with us from 11:30am-12:30pm! Check out our lunch menu on Page 8 and page 9 for our Activities!

Line Dancing Time CHANGES

The Grayling Diamond Dancers will have a different dancing schedule in July! They will still be dancing on Tuesdays, Thursdays but now at 8pm, and instead of Saturday, they will now be dancing on Sunday's at 8pm! Don't forget to go see them in this month's parades!

Food Distribution

The next CSFP Food Distribution will be Wednesday, July 6th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information. Grayling Baptist Church food truck on July 8th at 10:30am. Mt Hope food truck will be Friday, July 15th at 10:30am. Lovells Community Chapel has a Food Truck on July 21st. at 10:30 The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

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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

Meals on Wheels Barn & Rummage Sale Results

The barn/rummage sale held during the Memorial Holiday was a huge success. The two and a half day sale netted \$6858.20 for the Crawford County Commissions Meals on Wheels Program. A big thank you to all who donated goods to the sale, and to who bought and/or donated to the project.

The following group of great helpers contributed to the success by organizing the displays, helping during the sale, and for cleanup afterwards. Bruce and Carolyn Boyd, Judy Robinson, Farrell Thomas and Jan Weeks, Rita Lone, Alan and Mary Ruth Lowe, Mark and Rhonda Karney from Higgins Lake Baptist Church. Jim Anderson and Martha Hensler from Higgins Lake. Wendy Glanville and Barb Carpenter from downstate. A special thanks goes to Glen King who did a great job selling lumber and barn goods. And another special thanks to Lorelei King who had the first successful sale in March, whose plan I followed. - Susan Hensler

Community Garden Open House!

The Community Garden would like to extend an invitation to any community members who are interested to come and tour the garden! Learn what they have growing and how the community garden operates. AmeriCorps volunteer, Grace Beebe will be on hand to answer any questions. To learn more about becoming an AmeriCorps volunteer see page 2 of this Gazette.

Pickleball Schedule Changes

Due to lack of attendance on Friday's, the new Senior Center will not be open on Friday's for Pickleball. This change is made to the July Activity Calendar on page 9 of the Gazette.



July Only!

With SilverSneakers taking a break in July we thought we could offer Geri-Fit in its spot! Geri-Fit will begin on July 6th and will run Mondays and Wednesdays from July 6th-August 1st. From 10-11am at the new Senior Center on east M72. If you are a SilverSneakers participant, then this class might be a nice substitute for you! Geri-Fit is an eight-class evidence-based strength and conditioning course.

Classes are at no cost and are open to any older adult age 60 and over. Participants are encouraged bring their own set of light dumbbell weights, a stretch band, and water to drink. Weights and stretch bands will be provided for those without their own equipment.

These sessions are popular and class space is limited ! Call Toby at 989-348-7123 to register to attend this next eight-class offering today!



Shred Day Results!

This years Shred Day was a success for our Meals on Wheels program. The COA would like to thank the following volunteers, without their hard work, this wouldn't be possible: Jack Pilon, Jerry Larson and Tom and Janet Gaffke! Thanks for all you do!

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.



Tammy's Tip:
KEEP YOUR SKIN SAFE!
If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

Stay Cool, Read a Book!

When the temperature starts to ride, and you need a place to hide, come to the COA where you can cool off and check out one of our many great donated books to read while you are here! Come see our library of books and you're sure to find something you'll like!

Pull Ups & Pads Available at the COA

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-



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.



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