

# Crawford County Senior Gazette August 2022

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## Featured Article

Tim Neal

*"A Work In Progress"*

By James Larkin

Tim Neal was eight years old when he found his dad's bamboo poles and decided to try fishing in the rivers that snaked near his family's Grayling home. He was nine when his dad bought him a fly-tying kit.

More than six decades later Neal is still tying flies and at age 76 still fishes every week. A commercial fly tyer, he has sold about 360,000 flies in a dozen different fly shops across Michigan and has thousands of viewers of his YouTube videos "Tying Michigan's Best Trout Flies."

And it all started in Grayling, where he and his two brothers grew up – with Tim, the middle brother, obviously being the most avid fisherman.



"The good thing about Grayling was it was so small and there were rivers to fish within five miles of our house," Neal recalled.

The outskirts of Grayling have changed dramatically since then, and Neal has since moved to Traverse City where his third wife, Adele, lived. But his love of fishing and fly tying has never wavered.

"I always liked the idea of catching fish with something I made," he explained. "It's all a part of the fishing process, with each one spinning off the other."

The YouTube videos, produced by his son-in-law, are an attempt to share that love with others and encourage them to make their own flies.

Neal fondly remembers growing up in Grayling, with his family being neither rich nor poor but never going without, especially with the richness of its natural resources assuring them of having something to do. He recalls

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**

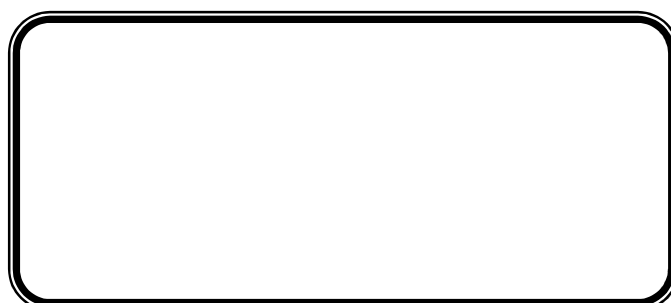
**308 Lawndale St  
Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)**

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

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

Smartphone Scan  
to our Website





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### **The Senior Gazette**

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

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

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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.

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



If you are a certified Sign Language instructor and would like to volunteer your time teaching it to older adults then please contact Toby at the Crawford County Commission on Aging at 989-348-7123. We have interest in offering a class if we can find an instructor!

## ***VOLUNTEERS we need you!*** ***Show us your SUPERPOWER***



Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step!

(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current insurance coverage)

**Contact Alice Snyder at**  
**(989) 348-7123 to sign up or to learn**  
**more about Meals on Wheels.**





# 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

Jeannie Harwood

Huntington Bank

Ron & Margaret Yon

Judy Blair

Maggie Gugin



## 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  
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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 services for years to come.

## Volunteers

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

## 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

Mirador IT Family & NH Wing Civil  
Air Patrol - Pat Gallagher

In loving Memory of Linda  
(Brooks) Thomas - Farrell  
Thomas



Volunteers and  
Contributions received  
after **July 15th** 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

Michele Arnholt	Mascarello
Nancy Billingham	Dan McCarthy
Charlotte Bloomquist	Barb McCray
Judy Crook	Dean McCray
Charlie Curro	Tim & Olie Miller
Marc Dedeback	Wayne & Rosemary
Dick & Lyn Dodge	Nelson
Diana Doremire	Sharen Perkins
Joe Ellison	Ruth Pilon
Kathy Ellison	Nancy Pletzke
Jordan Evans	Keith Radwanski
Rich Ferrigan	Judy Robinson
Mary Garcia	Pat Sanders
Mary Jo Gingerick	Tad Randolph
Sherry Haag	Tom & Deb Rawlings
Sharron Hagerman	Karl Schreiner
Philip Hagle	Jon & Gail Schultz
Pauline Hardacre	Liedewey Sims
Melissa Hayes	Richard Smith
Susan Hensler	Maze Stephan
Cheryl Hopp	Farrell Thomas
Donna Hubbard	Ellen Thompson
Cindy Johnson	Mark & Susan
Eileen & Ron	Topham
Kemerer	Vera Trimble
Glenn & Lorelei King	Deb Umlor
Sandy Lakanen	Ceriel VandeCastele
Ron Larson	Janet Weaks
Alice Lee	Becca Wolford
Nancy Lemmen	Sandra Woods
Karen Leslie	
Cathy Lester	
Judy Marchlewicz	
George & Sharleen	

## COVID-19 VACCINE CLINIC



**FRIDAY | AUGUST 26**  
**10:00AM - 4:00PM**

**Crawford County Commission  
on Aging Senior Center**

4388 M72 East | Grayling, MI 49738



Open to all ages.



**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.

## Things We Collect!

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- Used Cell Phones
- Our Family UPC Labels



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## Cindy Johnson

By Toby Neal

When you meet Cindy Johnson, you'd never think that this woman was on a ship that hit an iceberg (no, not the Titanic!) or that she's jump from a moving train once. Those are just some of the things this "Army brat" experienced growing as a child in Germany.



Eclectic and quirky. That's how Cindy Johnson said she'd describe herself. Followed closely with fun loving and "my cup is 1/2 full" on her outlook on life. Cindy is not a Grayling native, landing here a couple years ago. She said, "I was an Army brat and moved around until about 1969 when we moved to the thumb area of Michigan. Then lived about 20 plus years in Alpena raising my two children." Cindy moved to the UP in 2015, but all her adult children stayed below the bridge, which prompted her move here. "We have a blended family of 4 children and only one grandchild, so far. We chose Grayling for the easy access to get here for our kids, plus job opportunities in Grayling and Gaylord."

Retirement these days means more adventures, keeping Cindy plenty busy. "Spare time," she quips, "who has that?" Cindy spends time "trying to make memories with our children," which she admits is harder now that they are older and creating their own lives and working. While time might be tight, Cindy who's an avid Rockhound, will find any opportunity to head to Lake Superior for some beach time and to look for agates. Volunteering is now apart of these new adventures. Cindy is one of our Site Hosts, as well as a back-up receptionist, meal runner, and a little birdy told me she might soon be teaching Zumba Gold! Cindy is also an active member of the Grayling Promotional Association (GPA) and is a founding member of the Grayling Diamond Dancers. She also snowshoes, hikes, and enjoys kayaking through the Senior Center. Cindy tries to stay health and active so she can continue to volunteer and be apart of GPA to "give back to such a great little town – Grayling has been so welcoming to us." Well, Cindy, we think this little town, the COA and the GPA are lucky you jumped off that proverbial train and landed here!

## August Birthdays

Lois Stradling 8/31  
Marion Warner 8/14

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



he and his brothers doing “everything we could to make money,” including raking leaves, mowing lawns, shoveling snow and taking on paper routes.

When he was 15, he started working at the Glen’s Market grocery store in town and cutting pulp wood and logs at a local logging business, enjoying the outside, hard physical labor.

He worked at five different bars in town, managing several and running a bar/restaurant. He also, as one might expect, worked at two different fly shops.

Although Neal has been a commercial fly tyer for 40 years, he still doesn’t consider himself a master of the craft.

“Like with everyone else I know, it’s a work in progress,” Neal noted. “It’s like any other endeavor: It has to be cultivated and honed. I’m still working at it.”

His mother was raised as a Catholic in Detroit before moving to this area with his dad. She went to a Lutheran Church here, where Neal was baptized. But his own path of faith was somewhat more winding.

“For many years I was agnostic,” he said. “I kept asking myself, if there is a God who loves everyone why is everything a mess?”

He started reading the Bible, a journey that eventually led him to become a Jehovah Witness.

“You have to go beyond reading the Bible and actually study it,” he said. “The thing that convinced me is I always liked science a lot and I discovered the Bible is highly scientifically accurate.”

The Bible prophecies, he said, were fulfilled and facts such as the world being round and not flat and the process of the earth’s water cycle were revealed in it long before they were scientifically proven.

“I had to accept the fact,” he said, “that there was a higher being.”

He was drawn to becoming a Jehovah Witness because of the faith’s strict following of the Bible. For example, the Bible’s proclamation that “they that take the sword

shall perish with the sword” means Jehovah Witnesses will not serve in wars. Neither are there fees for any services such as weddings or tithing. All donations are voluntary.

Today, both Neal and his wife are full-time ministers working from their home. He said he hopes the “big changes” he has made in his life results in others viewing him as being “honest, forthright and willing to do my best to help other people.

“But I wasn’t always that way,” he said.

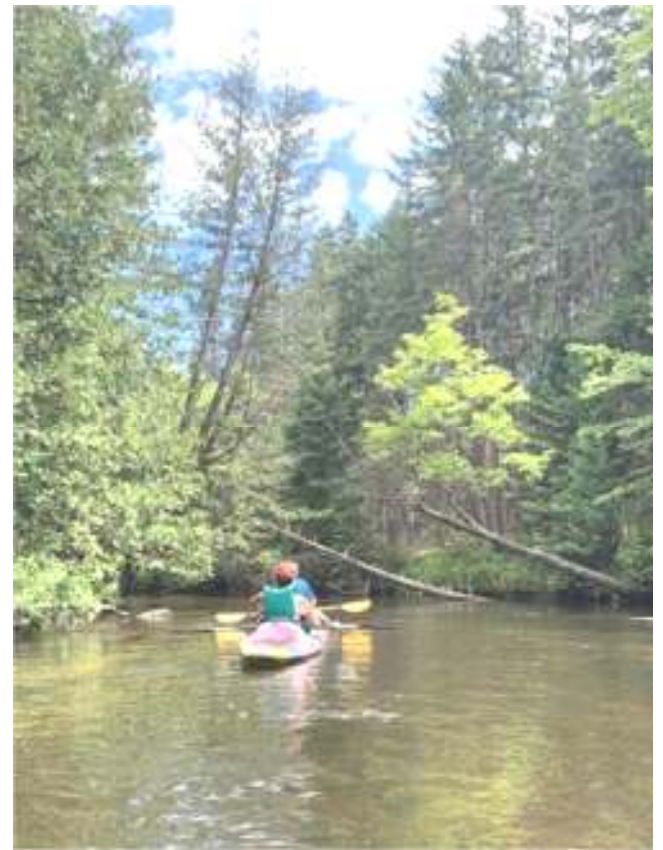


Tim Neal pictured at his fly-tying desk which also serves at the center of his instructional YouTube videos.

“You can make changes in your life if you really want to.”

And although he once fished every day, he has slowed the hobby down to weekly, but still enjoys it as much as he did as a Grayling youth.

“I like the river and a little bit of solitude it gives me from time to time,” he concluded. “And we always like to eat some brook trout.”



## Manistee River Bound!

Our Kayaking Group will be floating down the Manistee River for around 3 hours on Wednesday, August 17th. We will be meeting at Shel-Haven Canoe Livery at 12:30pm. To attend with our group you need to register and pay in advance at the Commission on Aging on Lawndale Street in Grayling. These trips are geared towards those who have various kayaking experience. You can not bring your own kayak on this trip. 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!

## Traveling Wii Bowling Team Looking for Players!

Our Wii Bowling Team will be competing on their home floor on Thursday, August 11th at 10am. 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.

**Recycle Your Used Cell Phones**

- ✓ Simply drop off your phone at the Senior Center
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# Planning for Tomorrow - a different view

## #AgeisJustaNumber

By Toby Neal, Senior Center Manager

If you are of retirement age and looking at what is next, the Commission on Aging is certainly a resource that you should tap into. We can connect you to a myriad of programs and resources to help you through this next phase of your life. Going through this issue of the Senior Gazette you will find information about activities, workshops and classes available to you in future planning, medical wishes, legal assistance, and all sorts of other areas that affect how you can age well. Long story short: we can help you plan for tomorrow.

That's how a lot of people view retirement and getting older as, though, isn't it? We have done all our work, now it is time to relax and grow old, and prepare for the end. When someone mentions to you, planning for tomorrow, that's what you hear: planning for the end. That's not what Alan Patricof, author of the book *No Red Lights*, and famous investor and businessman hears. At 87, he is still founding businesses and planning his next moves. In his book, *No Red Lights*, he speaks to this, and in a recent interview stated, "as far as I'm concerned, there's no tomorrow."

Patricof relates finding inspiration to continue building businesses and fueling this point of view about aging from when he, "saw so many of my friends who were aged 60 were retiring and going to play golf down in Florida, or go fishing, or do something that was not as productive as they were capable of doing." Alan also shared that, "it was like they were checking out at a time when I have all my

faculties, and I'm in good physical shape. And as far as I'm concerned, there's no tomorrow; I decided about 15 years ago after I heard a lecture by a gerontologist, who said, "We all have the ability," at that time, "to live to 114." While many difficulties and ailments in life can chip away at how many years we can live, Patricof decided that instead of counting down the days and living that way, he would live as if there was no tomorrow, and go full speed ahead in using his energy, connections, and passions to make a difference for as long as he could.

In other words Alan Patricof's view of the future and how he will age frames everything he does, now. In the same interview he said, "...if you ever hear me talk about this whole subject, I committed to living to 114, 15 years ago. I always say to everybody, 'If I don't make it, you can come to my funeral and laugh, if you're still alive.'" So, there's a double commitment there. But I live my life every day as if I'm going to be around for — I have 27 more years to live. So, that frames my starting a business, it frames new activities. It frames me going to Burning Man. It frames me applying to walk-jog the marathon this year. I ran the marathon many years ago. But now, I can't run it. But I do everything else."

To 87 year old Alan Patricof, planning for tomorrow isn't about planning for the end, but rather for the beginning! What a different view!



Tammy's Tip:  
**EXHAUST FAN CLEANING**  
Cleaning your bathroom exhaust fan is an important home maintenance and safety task.

## 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, 2022 from 1-3pm at the Grayling High School.



Based on a lack of attendance our LoopIt trail walks on Friday's have been canceled. Thank you to those who did come out to enjoy a couple of the walks.



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## 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



## DETERRA Free Drug Disposal Pouch

With Deterra, drug disposal has just gotten easier and safer. These free drug disposal pouches are easy and safe to use. All you do is open the pouch and place unused medication inside. Then fill the pouch halfway with warm water and wait 30 seconds. (some foaming may occur). Once the 30 seconds are up you simply seal the pouch tightly, gently shake it and then dispose of the pouch in the trash. Just like that you have participated in helping dispose of RX drugs to help keep them out of reach of those they can harm. The COA will have pouches available to pickup starting in August.

## SilverSneakers is BACK!

Starting August 8th, Rich Ferrigan will be back on Mondays and Wednesdays at 10am to lead you through the SilverSneakers paces! No need to sign up, just show up at be ready to get moving!

## Like us on Facebook!



We are nearing 1,000 followers on Facebook! If you have not liked our Facebook page, please head on over to @CrawfordCOA and hit that "LIKE" button or "Follow" button today!

## Chair Yoga Instructor Needed!

Our current Chair Yoga instructor, Melissa Hayes is moving out of town and would like your help in finding a replacement instructor for our Chair Yoga class. If you know anyone who might be interested in teaching such a class, please let Toby know at 989-348-7123.

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CONTACT THE REPAIR SHOP: 989-348-1003



## Veteran's Coffee Hour

August 11th, from 10-11am at the American Legion Post #106 For more information call 989-344-3861.

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## Support Groups

### ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.

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

Mon.. (H)"Recovery Group"\* 7 p.m.

Thur. O/D/H) NOON (Women's)

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

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

**At Frederic Twp. Hall**

### ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

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

For more info call the COA 989-348-7123

### CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30pm

**At River House Inc. in Grayling**

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

### GLUED

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

**At River House Inc. in Grayling**

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

Call RiverHouse, Inc at 989-348-3169 for info.

### GRAYLING AL-ANON

Tuesdays 11am

**St. Francis Episcopal Church, Grayling**

For more info call Greg at 989-348-1382

### HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

**At River House Inc. in Grayling**

Call Barbara to register at (989)348-3169

### LONG COVID PATIENT SUPPORT GROUP

First Thursday of each month, 5-6:30pm

via Zoom, call 231-935-0951 to register

### NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

**St. Francis Episcopal Church, Grayling**

### TOPS WEIGHT LOSS CLASS

Thursdays 10am – 11:15am

**St. John Lutheran Church, Grayling**

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

## Important Phone Numbers Social Security

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

### Medicare

1-800-633-4227

### Veterans Administration

1-800-827-1000

### Alzheimer's Assistance

1-800-272-3900



## August 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>11:30a-12:30p Lunch</b> Chicken Penne Alfredo w/Mushroom, Broccoli & Cauliflower, Orange	<b>2</b> <b>11:30a-12:30p Lunch</b> Beef Enchilada, Brown Spanish Rice, Corn, Mandurian Oranges	<b>3</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>4</b> <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Breadstick, Apple	<b>5</b> <b>11:30a-12:30p Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>8</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas and Carrots, Pineapple	<b>9</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese with Ham, Cabbage Fried w/ Bacon, Green Beans, Grapes	<b>10</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>11</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>12</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
<b>15</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>16</b> <b>11:30a-12:30p Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes	<b>17</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>18</b> <b>11:30a-1p Hog Roast Special Luncheon</b> Pulled Pork, Corn Blend, Cole Slaw, Apple Sauce, Apple Pie	<b>19</b> <b>11:30a-12:30p Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
<b>22</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>23</b> <b>CLOSED</b> <b>Staff Training Day</b>	<b>24</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	<b>25</b> <b>11:30a-12:30p Lunch</b> Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	<b>26</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<b>29</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>30</b> <b>11:30a-12:30p Birthday Lunch – Cake &amp; Ice Cream Dine-In Only</b> Chicken Fajita, Tortilla Shell, Roasted Corn & Black Bean Fiesta, Apple	<b>31</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear		

## August 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9-11am Pickleball –M72 10am Geri-Fit M72	<b>2</b> 9-11am Pickleball –M72 <b>9am-4pm Friends of a Feather CANCELED</b> 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	<b>3</b> 9-11am Pickleball –M72 10am Geri-Fit M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale	<b>4</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale	<b>5</b> <b>10am – Community Garden Walk-Thru</b> 1pm Pantry Bingo – Lawndale
<b>8</b> 9-11am Pickleball –M72 10am SilverSneakers M72	<b>9</b> 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	<b>10</b> 9-11am Pickleball –M72 10am SilverSneakers M72 <b>9:30-10:30am Commodities – St. Mary's Church</b> 1pm Wii Bowling – Lawndale 1pm – Mahjong	<b>11</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 10am Wii Bowling Traveling Team - Grayling 1pm Penny Bingo – Lawndale	<b>12</b> 1pm Pantry Bingo – Lawndale
<b>15</b> 9-11am Pickleball –M72 10am SilverSneakers M72	<b>16</b> 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	<b>17</b> 9-11am Pickleball –M72 10am SilverSneakers M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> <b>12:30pm Kayaking Group – Shel-Haven</b> 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale	<b>18</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 <b>11:30-1pm Hog Roast Special Luncheon</b> <b>1-2:30pm – TEFAP, American Legion</b> <b>1-3pm Neighborhood Connect – Grayling High School</b> 2pm Penny Bingo – Lawndale	<b>19</b> 1pm Pantry Bingo – Lawndale
<b>22</b> 9-11am – Pickleball -M72 10am SilverSneakers M72 <b>12-4pm Foot Clinic – Appt. Req. – Lawndale</b>	<b>23</b> 9-11am Pickleball –M72 <b>10am Bible Study – CANCELED</b> 10am Zumba – M72 <b>1pm – Euchre – CANCELED</b> 7pm – Diamond Dancers – M72	<b>24</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale <b>2pm – New to Medicare - ZOOM</b>	<b>25</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 2pm Penny Bingo – Lawndale	<b>26</b> 1pm Pantry Bingo – Lawndale <b>10am-4pm – Vaccine Clinic – M72</b>
<b>29</b> 9-11am – Pickleball –M72 10am SilverSneakers M72	<b>30</b> 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 <b>11:30-12:30 Birthday Lunch</b> 1pm – Euchre – Lawndale <b>4:30pm – Board Meeting – Lawndale</b> 7pm – Diamond Dancers – M72	<b>31</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale		<b>Note: Every Saturday @9am – Diamond Dancers meet at the New Senior Center on M72 East.</b>



# 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.



**How We Served You in June 2022!**

**At the Senior Center**

- We served **608** Congregate Meals
- We served **2737** home delivered meals.
- Provided **110.5** hours of respite care.
- We provided **204.50** hours of homemaker services.
- We provided **70.25** hours of bathing assistance services.

**High-Tech Knee Replacement**  
**Make it Munson.**

**1<sup>st</sup>** to offer ROSA in northern Michigan

**MUNSON HEALTHCARE**  
Grayling Hospital

[munsonhealthcare.org/robotics](http://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](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com), or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**





# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Submit your Social Security Disability Update Report Online

We are required to periodically conduct Continuing Disability Reviews for beneficiaries with disabilities. This process requires that beneficiaries complete a Continuing Disability Review packet, that we mail to beneficiaries, to help us update information about their medical conditions and recent treatments.

Additionally, we offer an online option for beneficiaries to complete the Disability Update Report form and provide any supporting documents about their medical treatment or work activities.

We designed this form with convenience in mind — and to save you time. You can access the online form at [www.ssa.gov/ssa455-online-form](http://www.ssa.gov/ssa455-online-form). (Use either Microsoft Edge or Google Chrome for the best online experience.)

When you complete your Continuing Disability Review, you will need your

Social Security number, current address and phone number, and a valid email address to complete the form. Also, you must have received a request for an updated disability report in the mail.



Once you “Click to Sign,” you will receive an email from [echosign.com](http://echosign.com) asking you to confirm your digital signature. Check your junk folder if you don’t receive it within a few minutes. If your signature isn’t complete your form won’t be processed.

Please be sure to let your friends and loved ones know about this new online option.

NOTE: The mention of Microsoft Edge and Google Chrome is for informational purposes only and does not constitute an endorsement by the Social Security Administration.

## 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](http://covidtests.gov). Based on policy and preferred pharmacy get them at the following locations: Medicine Shoppe, Family Fare and Walgreens.

## 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.

## 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-Shape® Plus with gentle elastics shape to




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.




### Tammy's Tips: E M E R G E N C Y PREPAREDNESS

Be sure you have several of your neighbors' contact information in case of emergencies.








## The Brook, it's home.

**BrookRetirement.com**

Independent, Assisted  
& Memory Care Living

[brookretirement.com](http://brookretirement.com) • 989-745-6500



### The Brook

Retirement Communities

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



# 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.

R Y G G G V F C M M J L S V I E Q I U L N L T  
 S A T B D X R M B B A M T K K Q G M G D Y G T  
 H R S R Q D J J M Y P J R B G I I I G Y T K I  
 V M U G G Y G M U J R K E H D L J A W F U R O  
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## Cook's Corner Zucchini Pizza Casserole



### Ingredients

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1/2 cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

### Directions

1. Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.
2. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.
3. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer.

**Grayling Save a Lot**

Purchase of

**Crystal 20 Bottled Water**  
24-Pack, Limit 2 w/Coupon **\$1.79**

Valid Aug 1, 2022 thru Aug 31, 2022

2333 S. I-75 Business Loop **348-6690**

Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

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

Grayling Office  
2375 Bus. Loop 1-75  
P: 989-745-6667

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



# Summer Farmers Markets

From - Ashley Parrish, Michigan State University Extension

Benefits to shopping at your local farmers market.

Farmers markets are in abundance during the Michigan summer months. There are many positives to making regular stops at your local farmers market to pick up fresh produce, cheese, meats, eggs, flowers and a variety of other locally made products.

Michigan State University Extension lists some benefits to shopping your local farmers market:

Stimulate the local and regional economy by supporting local farmers.

Get to know the farmer who grew the food you will feed yourself and your family.

Learn about specific growing methods.

Increase your family's consumption of vegetables and fruits.

The produce has not traveled very far and is in-season, which makes improves its taste and flavor.

The whole family can attend for a fun and educational activity.

Talk with vendors and farmers about the best ways to prepare their products.

The U.S. Department of Agriculture

(USDA) offers grant opportunities to specific entities to help support expanded access and consumption of locally produced foods throughout the nation. List of eligible entities and applications can be found here: USDA Agricultural Marketing Service Grant Programs page.

Most farmers markets also accept Supplemental Nutrition Assistance Program (SNAP) dollars. To find a list where

you can use SNAP dollars visit the Michigan Farmers Market Association website. To find

a farmers market near you, search your location using the USDA Farmers Markets Directory Search.

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>. To

have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).



## Bingo Sponsor! ➡

We want to thank COMPASSUS for sponsoring our Friday Pantry Bingo in August! Compassus provides a continuum of home-based services including home health, infusion therapy, palliative and hospice care.



## Register Soon for the HOG ROAST Special Luncheon!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Hog Roast Special Luncheon on Thursday, August 18th from 11:30-1pm. On the menu will be Pulled Pork, Corn Blend, Cole Slaw, Apple Sauce, Apple 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](mailto:director@crawfordcoa.org)

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



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, August 24th 2022 @ 2PM** for a presentation that will help demystify the issues surrounding Medicare.

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

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



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

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

Crawford County  
Commission on Aging & Senior Center  
2022 Special Luncheons

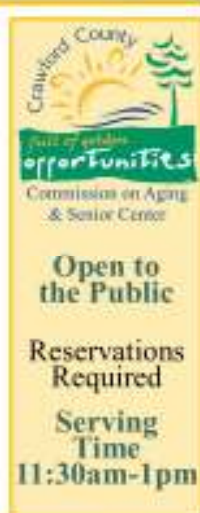
Aug 18<sup>th</sup> ~ Hog Roast

Sept 8<sup>th</sup> ~ Grandparents

Oct 20<sup>th</sup> ~ Harvest

Nov 17<sup>th</sup> ~ Thanksgiving

Dec 15<sup>th</sup> ~ Christmas



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

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





## Senior Bowling

*Is bowling right up your alley?*

Wanting to bowl on a regular basis with other players but not wanting to commit to joining a team? Then, join Senior Bowling every Tuesday starting towards the end of September at the American Legion in Grayling. Senior Bowling players will play 3 games starting at 10am every Tuesday starting at the end of September and running through March.

The cost is \$3/game and there is also a \$1 prize fund for side games played throughout. There is also a shoe rental fee, if needed.

You are welcome to come join us for lunch after the games from 11:30am-12:30pm at the Crawford County Commission on Aging and Senior Center. Dinner is \$3.50 suggested donation for those 60+ and costs \$6 for those under 60.

If you have any questions regarding the bowling league or need more information please contact Marlyn Neuberger at 989-390-5846. Leave a message for him and he will return your calls.

## Two Local Organizations Give Generous Donations to Support COA Meals on Wheels Efforts

The Crawford County Commission on Aging received two large donations to help bolster their efforts to provide meals to people in need through their Meals on Wheels program. Huntington Bank provided a donation of \$5,000 in an effort to support their local community. The Crawford County United Way also showed their support with a donation of \$1500 to the COA's Meals on Wheels program. Without the efforts of these community partners the Meals on Wheels program through the Commission on Aging could not reach as many people and provide them with the meals they need! Thank you!!



**United Way  
of Crawford County**

## Upcoming Classes

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

LAUGHTER IS THE BEST MEDICINE  
MONDAY LUNCH AND LEARN ONLINE  
AUGUST 1, 2022 11:30AM – 12:30PM

RELAX: ALTERNATIVES TO ANGER FAST TRACK AUG 1 AND 3  
AUGUST 1, 2022 – AUGUST 3, 2022  
ONLINE

MINDFULNESS X 8.4  
AUGUST 4, 2022 – SEPTEMBER 22, 2022  
ZOOM

RELAX: ALTERNATIVES TO ANGER 8.9  
AUGUST 9, 2022 – AUGUST 30, 2022 ZOOM  
WEBINAR

CALMING DOWN MONDAY LUNCH AND  
LEARN ONLINE 8.15.22 AT 11:30  
AUGUST 15, 2022 11:30AM – 12:30PM

STRESS LESS WITH MINDFULNESS 8.16  
AUGUST 16, 2022 – SEPTEMBER 6, 2022  
ZOOM WEBINAR

MINDFUL MORNING COFFEE HOUR  
AUGUST  
AUGUST 18, 2022 – SEPTEMBER 8, 2022  
ZOOM WEBINAR

SURVIVING AND THRIVING ON A FIXED  
INCOME! (WEBINAR) - AUGUST 18,  
AUGUST 18, 2022 12:00PM – 1:00PM ZOOM

SLEEP EDUCATION FOR EVERYONE -  
ONLINE - AUGUST 22 - OCTOBER 3  
AUGUST 22, 2022 – OCTOBER 3, 2022  
12:00 - 12:30PM EST. ONLINE

FORGIVING AND LETTING GO OF THE  
PAST MINDFUL MONDAY LUNCH & LEARN  
AUGUST 29, 2022 11:30AM – 12:30PM

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

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**See Page 9 for a full list of COA activities!**





## August 1 is World Lung Cancer Day

From Katie Miller, Community Health Supervisor,  
District Health Department #10

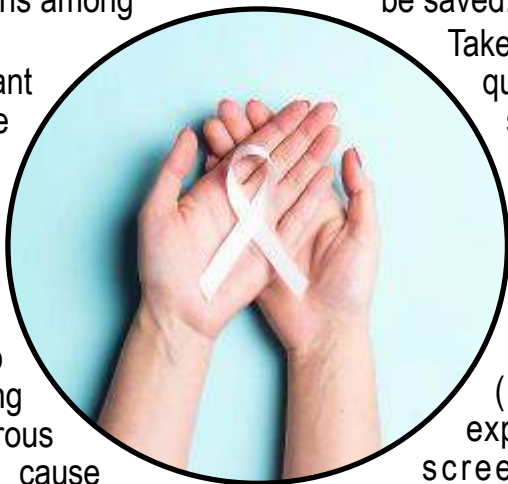
In honor of World Lung Cancer Day (August 1), the American Lung Association's LUNG FORCE initiative encourages you to learn about the risk factors for the disease, by noting the importance of early detection through lung cancer screening. LUNG FORCE is a national effort to defeat lung cancer, the leading cause of cancer deaths among women and men in the U.S.

Take the following important actions today to support the movement to defeat lung cancer:

Review your risk factors for lung cancer: The truth is, anyone can get lung cancer. The best way to reduce your risk is by avoiding exposure to the dangerous substances most likely to cause lung cancer. These substances include smoke from tobacco products, radon gas, air pollution, and secondhand smoke. Get your home tested for radon, and talk to your healthcare provider if you are concerned about other potential exposures to these substances or other pollutant in the air.

Learn about lung cancer screening: A new screening (low-dose CT scan), is now recommended for individuals at high risk for lung cancer. The screening helps to save lives by dramatically improving lung cancer survival rates. A person is considered "high risk" if they

are 55–80 years old, have a 30 pack-year history of smoking (this means 1 pack a day for 30 years or 2 packs a day for 15 years, etc.), and are a current smoker or have quit within the last 15 years. Approximately 8 million Americans are at high risk for lung cancer. If screened, about 25,000 lives could be saved.



Take the "Saved by the Scan" quiz today to find out your screening eligibility: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan/quiz>. The Centers for Medicare and Medicaid Services (Medicare), recently expanded access to this screening tool for many

Americans. Find out more information online <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan/resources/medicare-coverage-faq>

Join the fight against lung cancer: Lung cancer is the number one cause of cancer death among Americans. You can help change this statistic by taking action today. Learn about the ways that you can advocate for research and policies to improve lung health at: <https://www.lung.org/lung-force>



## Medical Equipment Spotlight: Sock Aid

Need help putting on socks – use a sock aid. Put on socks without bending down. The Crawford County Commission on Aging has a few available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.



## Food Distribution

The next CSFP Food Distribution will be Wednesday, August 10th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

TFAP August 18th from 1-2:30pm at the Legion.

Neighborhood CONNECT August 18th, Grayling High School 1-3pm.

Mt Hope food truck will be August 12th at 11am.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

Don't forget that the Crawford County Commission on Aging serves lunch from 11:30am-12:30pm Monday-Friday. See our menu on Page 8!

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**DEQ** Department of Environmental Quality



# Summer Fun @ the COA!



**Spring Walk in the Woods Group!**



**Traveling Wii Bowling Team!**



**Kayaking Group!**



**Paint Class!**



**July 4th Parade!**



## Walk in the Woods

Hard to believe the last month of summer is here! It will not be long and the cooler weather will be coming in. One good thing about the heat ending is that Walk the Woods can begin! These walks through the woods will help you gain the benefits of walking and being outside!

Our first Walk in the Woods will be on Wednesday September 7th and continue every Wednesday through the rest of September and October. We will meet at 1pm at each trailhead to walk as a group through the woods. If you have walking poles, bring them. There will be a couple pairs available to borrow. Location and times of each hike are subject to change due to weather/trail conditions. Any social distancing measures in place at the time will be taken.

If you have any questions or need more information, please contact Toby at (989) 348-7123 or [seniorcentermgr@crawfordcoa.org](mailto:seniorcentermgr@crawfordcoa.org).

### Walk in the Woods location schedule:

Sept 8 - Camp AuSable Boardwalk, Grayling  
 Sept 15 - Hanson Hills Pond Loop, Grayling  
 Sept 22 - Marguerite Gahagan Nature Preserve, Roscommon  
 Sept 28 - Wakeley Lake, Grayling  
 Oct 6 - Beaver Pond Trail, Grayling  
 Oct 13 - TBD  
 Oct 20 - Marl Lake, Higgins Lake  
 Oct 27 - AuSable River Foot Trail, Grayling

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Expires 10/31/22