



Crawford County *Senior Gazette* August 2024



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The Life and Times of Fred and Carol Campbell

By Toby Neal



"When I saw the picture of him, I asked him, 'Who is that?' " Carol asked the uncle of Fred Campbell over six decades ago. Fred and Carol Campbell have been married for 63 years now, they smiled as they recalled the time Fred's uncle played cupid and they made their love connection. You see, someone in Fred's family needed some help with repairs on their wood stove, and since Fred was home

on leave from the service (he was in the Air Force) he answered the call. Fred's uncle, knowing he was coming, showed Carol the picture of him, and told him he was on his way. "So, I baked him cookies," Carol said, knowing the way to a man's heart, "and I took them over there to him because I wanted to get to know him better." She believed their meeting wasn't by chance, and one could say that faith would shape the Campbell's lives.

The two were inseparable after that. Fred had to go back into the service, and because plans can change while one is serving their country, he was forced to improvise his marriage proposal to Carol. Well, those plans were interrupted by the Cuban Missile Crisis of 1962. Still wanting to propose, Fred went to Plan-B. "I had my father close by her and called them on the phone, and when I asked her to marry me, my father slipped the ring on her finger," Fred shared. "Even though he was 1500 miles away, it was still so romantic," Carol added, with a smile.

Continued on Page 5

Our Mission...

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

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

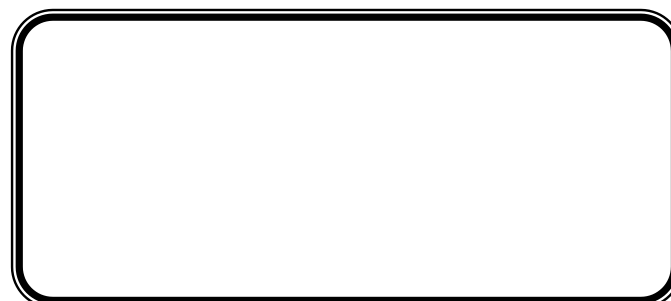
HOURS OF OPERATION

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

4388 West M-72 Hwy
Grayling, MI 49738

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

director@crawfordcoa.org
www.facebook.com/crawfordcoa



Senior Gazette Staff

Editor — Alice Snyder

Contributing Writers

**Toby Neal, Kate Moshier,
AL Burke, Sarah Pollock, Carlie Wilson**

The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

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

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

Commission on Aging

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Al Burke, Advocacy & Resource Coord.

Carlie Wilson, Senior Center Manager

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Receptionist: Helen Nolan & Patty Lemmons

Kate Moshier, Nutrition Manager

Cooks: Denise Conte & Megan Hagle

Sarah Pollock, In-Home Services Manager

Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Tasha, Susan & Danette

CPR, & AED Certification

First Aid, CPR, and AED Certification will be held August 14th 1-5pm at the Crawford County Commission on Aging 4388 W M-72 Highway. Class will be instructed by Grayling Certified American Heart Association Instructor Dana Swander, Paramedic & Captain of the Frederic Fire Department. The class fee for the public is \$50.00. Pay the Frederic Fire Department on the day of class. Register with COA: 989-348-7123.

Munson Advanced Directives Classes

August 6th 10 am —12 pm, October 1st 10 am—12 pm, and December 3rd 10 am—12 pm. Register by calling 989-348-0296.

Car Donation Program

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

Al's Advice

- If you live alone always have a contact name and number on your refrigerator.
- Have a friend or family member that you call daily to check in with.
- Always have your phone with you with emergency contacts that are easy to find.
- Keep a next of kin contact number in your purse or wallet or on your person.



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989-344-5554 tworiverdeli.com

Check out our new location @ 600 N James St. Grayling

Support Groups:

ALCOHOLICS ANONYMOUS

St. Francis Episcopal Church, Grayling

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

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

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

St. John Lutheran Church, Grayling

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

Frederic Twp. Hall

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

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

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

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

GLUED

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

at River House Inc. in Grayling

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

River House info: (989) 348-3169

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

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

Grayling Baptist Church, 705 Madsen St.

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

www.griefshare.org/groups/169551



General Giving



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

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

ONLINE @ CRAWFORDCOA.ORG/MAKE-A-DONATION!

MAIL A CHECK TO: COA, 4388 West M-72 Hwy GRAYLING MI 49738

BY CREDIT CARD OVER THE PHONE: 989-348-7123

IN PERSON @ THE SENIOR CENTER

Sponsors

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

Foot Clinic Offered by **Linda Russel**

Hearing Clinic Offered by **Advantage Audiology**

Birthday Lunch Flowers donated by **Family Fare**
- Legal Aid Offered by **Jason R. Thompson Law Office PLC**

Medicine Shoppe Bingo by **The Medicine Shoppe Pharmacy**

Fit for the Aging by **Sami Szydzil of Stronger Fitness**

General Donations from:

Sheryl Coyne	Dennis & Mickie Meyers
Crawford County Friends of the Library	Michelle Millkin
Feeny Ford of Grayling	Jillian Robinson
Richard & Alice Foley	Dennis Smalley
Janet Gross	Jackie Urcheck
Kirsten Lietz	Roger Wilcox
	Ron & Margaret Yon

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



Hometown Heroes

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

Running Talley of Support: 38 days, \$12,215, Thank you!

Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. July 9th was donated by Alan Reynolds in memory of his mom, Betty Rottman. August 26th was donated by Carol Peterson in loving memory of Audrey Rice. Help us to keep providing exceptional care and meals for our local elderly. Donate today!

Be our Hometown Heroes.

Memorials

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

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

Memorial Gifts

In loving memory of:

Farrell Thomas for Linda “Brooks” Thomas, Carol Woodward for Bob & Barbara Breaugh, and Cordia Energy for Robert Breaugh

Senior Center Updates and more!

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

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

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

Scan here!

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

Method of Payment ☐ Cash ☐ Check **Amount Enclosed \$** _____

Please make check payable to “COA” at 4388 West M-72 Hwy, Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.
All Gifts are Tax Deductible

☐ I would like to receive monthly emails about activities and events.

☐ I would like to be contacted about Legacy Giving.

☐ I would like to volunteer for the Commission on Aging.

Thank you to our COA Volunteers

- Courtney Adams
Nancy Bilinghurst
Charlotte Bloomquist
Donna Brown
Ben & Pam Carr
Debbie Carrigan
Allison Chandler
Bloomquist Charlotte
AnnMarie Corbin
Faith Dandois
Ann Donley
Diana Doremire
Kathy Dreffs
Rich Ferrigan
Linda Fielhauer
Janet Gilbert
Sherry Haag
Sharron Hagerman
Philip Hagle
Donn Handy
Val Hendricks
Susan Hensler
Cheryl Hopp
Annette Hritz
Donna Hubbard
Cindy Johnson
Ron & Eileen Kemerer
Glenn & Lorelei King
Vicki Kissinger
Linda LaBrie
Jim Lawless
Nancy Lemmen
Cathy Lester
Kirsten Lietz
Dave Markle
Jeannie Matista
- Dan & Karen McCarthy
Barb & Dean McCray
Claira Messick
Tim & Olie Miller
Wayne & Rosemary Nelson
Suzanne Ostahowski
Mark Ostahowski
Ron Pagereski
Sharen Perkins
Dave Phelps
Lois Platt
Keith Radwanski
Chuck & Robin Rodgers
Orvetta Roggow
Jon & Gail Schultz
Sally Slicker
Mary Sloan
Arlene Smith
Richard Smith
Cheryl Starr
Ann Stephenson
Brad Summers
Barb Summers
Tim & Susie Swedine
Farrell Thomas
Ellen Thompson
Ken Thurston
Martha Trenkner
Scott Ulery
Roger Wilcox
Carol Wilder
Douglas Wilson
Tracy Wilson



Thank You Parade Participants & Volunteers

A special, heartfelt thank you goes out to those who participated in the COA's float during the 4th of July & Marathon Parade. Above is some of the participants, Vicki Kissinger, Cathy Lester, AnnMarie Corbin, and Jeannie Matista. The trailer was pulled by Meals on Wheels Drivers Barb and Brad Summers. Thank you to all who came out!



- August 8th, 4:00 pm—6:00 pm:
Hog Roast Special Dinner**
August's Hog Roast Special Dinner will be held on Thursday, August 8th, from 4:00 pm to 6:00 pm. The roast is being done by Mark's Pig Roasting. See page 6 for more details.
- August 13th, 9:00 am—2:00 pm
Housing Counseling**
Have questions about your mortgage? Need advice on finding housing? Have questions about credit? Schedule an appointment to meet with Laurie Jamison today by calling 989-348-7123.
- August 13th, 11:30 am—2:00 pm
Taste Test and Jeopardy**
Join the COA and Gordon Food Service for a tasty Gordon Food Service Taste Test, followed by Jeopardy from 1:00 pm—2:00 pm.
- August 15th, 1:30 pm
Senior Project Fresh August Session**
See page 11 for details.
- August 23rd, 12:00 pm—3:00 pm:
Trip to the Lavender Farm**
Register for a special trip out to the Uncommon Ranch for the second blooming of

 the lavender fields. Registration is \$15 per person for those in county, and \$20 per person for those out of county. Please come to the center beforehand to enjoy a meal. Bus leaves at 12:00 pm. Lunch cost is \$8.00 for those under 60, and is a recommended donation of \$4.00 for those over 60.

- Wednesdays, August 7th– October 9th
1:30 pm – 3:30 pm
Tai Chi for Arthritis and Falls Prevention**
Helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experienced by older adults.
- August 27th, 11:30 am—12:30 pm
Birthday Lunch**
Birthday Lunch will be held on Tuesday, August 27th from 11:30 am to 12:30 pm. Lunch will be meatloaf, mashed potatoes & gravy, brussels sprouts and strawberries. Cookies and ice cream for dessert.

The Commission On Aging has emergency house number signs available. To order, contact Al Burke. (989) 348-7123

Thank You Chris Sheldon!

On June 27th, a small group departed from the COA for a trip out to the Sheldon Family Farm to pet a variety of animals and water color paint. The event was a big hit and so much fun for participants to attend. Thank you to Chris Sheldon and her family for hosting COA participants.



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Carol, who's dad died young, had 14 brothers and sisters. "Two of my siblings died very young, and my mom did a wonderful job raising us. We were a very spiritual and happy family," Carol explained. That spirituality also ran deep in Fred's heart. The couple has always been involved in their local church growing up, as well as when they got married, and raised their family, and still when they eventually moved from southern to northern Michigan in 1998.

and Carol to visit when I was growing up,” Fred shared in reference to Crawford County. His family had a cabin near the power station that was once operational on the river near Olde Dam Road. “My brother and I used to fish for hours up by the dam,” Fred recalled fondly. Fishing is not all Fred’s family did. “We came up and hunted around here,” Campbell shared. Fred has mastered making venison bacon, which is rumored to be the best around. “I have perfected my recipe and



Lodges throughout his time with the organization. He would be a longtime member of the Grayling Masonic Lodge as well.

Retirement did not slow Fred down, either. "I was involved in about fourteen organizations," Fred said as he counted on his hands. "Habitat for Humanity, the Lions, the Masons, the Shriners, the Rotary Club," Fred continued as Carol slid a photo album filled with pictures and certifications Fred held throughout the years. Fred's wife was sort of the keeper of historical records for the family, if you will. One of the pictures of Fred with other Masonic Lodge members was a newspaper clipping that talked about how the Lodge had donated to the support of the Commission on Aging. "Do you see Alice (director of the Commission on Aging) here in the picture with the Lodge members?" Carol asked.

she reached for Fred's hand, "wouldn't you agree?" she asked him. He smiled and they both shared a glance that most might quickly dismiss but shared a lifetime of love between them.

"Communication and our faith," Fred added. "Faith has kept us going," Carol explained. The Campbell's have been active in their Methodist church here in Grayling ever since they moved up here in the late 1990's. Fred was the Chairman of Trustees and Carol was a longtime Sunday School teacher. "There was a point where I could have taken some classes to become a pastor," Fred shared. "But me being a pastor would be like a fox being in the chicken house; I just wouldn't fit in!" Fred said jokingly. "We had to eventually start stepping away and letting younger people do those activities," Fred lamented. "One of the requirements for being a member of the Masonic Lodge is a belief in God," Fred pointed out. "It doesn't matter how you practice belief, per se, but what matters is that you have faith," Fred said as he gave Carol that knowing look again, the look that communicated 63 years of love and belief.

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Senior Center Donors & Opportunities

by Alice Snyder, Commission On Aging Director



New Room Naming Donors

Room Still Available \$8000 Exercise Lobby

Art Donations and Tree Donations

Thank you to Lynn Oldfield for her hand-painted donation to the center.
Thank you also to Sue Louchart for her donation of a beautiful waterfall painting. In addition, Sue Louchart also donated a tree in heartfelt memory of Ken Louchart. Rich and Margie Smith



also donated a tree in loving memory of Carolyn and Ralph Helsel. Thank you for the donations!



July Special Dinner Recap

Last month's Special Dinner door prize was a BBQ starter kit, provided with funds donated by Michelle Millkin of Homewaters Real Estate. The winner of the gift basket was Dolly Bristow of Grayling. Dolly took a custom-packed and one-of-a-kind gift basket. The basket came with décor, sauce bottles, utensils and more. In addition, last month's 50/50 prize winner was kind enough to donate their winnings of \$121.50 back to the Senior Center.



Above is a picture of Dolly, and one of the COA's volunteers for last month's Special Dinner, Jamie McClain. Thank you to all who have donated prizes and of course thank you to all Special Dinner volunteers for the donation of their time to the COA.

Thank You Q-100 Michigan for Sponsoring the Hog Roast Special Dinner!

August's Hog Roast Special Dinner will be held on Thursday, August 8th, from 4:00 pm to 6:00 pm. The roast is being done in house by Mark's Pig Roasting. Want to see the roast? Mark will be onsite for an hour beginning at 3:00 pm! Have questions? Reach out at 989-614-0013. This month's door prize give away is sponsored by Sheryl Coyne and the team at Q-100 Michigan. The door prize will be a "Taste of Grayling," and is gift cards for local eateries. There will also be a 50/50 drawing and the chance to play pin the tail on the pig! The cost for those under 60 is \$8.00, and is a recommended donation of \$4.00 for those over 60. Thank you Mark's Pig Roast and Q-100.



HOG ROAST SPECIAL DINNER
THURSDAY, AUGUST 8TH
4:00 PM - 6:00 PM

COLE SLAW
POTATO SALAD
APPLE SAUCE
& CARAMEL APPLE BARS

UNDER 60: \$8.00
OVER 60: RECOMMENDED
DONATION OF \$4.00

LET'S GO "HOG" WILD!

August Birthdays

Cynthia Haynes 8/9
Lois Davis 8/19
Lois Stradling 8/31

Senior Center Birthday Lunch
Tuesday, August 27th 11:30 - 12:30p
Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out!

\$15.00

Senior Discount on Septic Tank Cleaning

\$15.00

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

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Est. 1941

Coupon cannot be used with any other offer or discount.

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

Expires 10/31/24

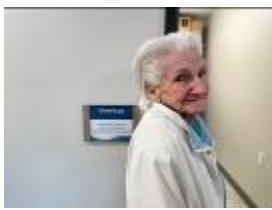
\$15.00

Senior Discount on Septic Tank Cleaning

\$15.00



Crawford County Commission on Aging Operating Millage Election Tuesday, August 6th, 2024



What Exactly Am I Voting For?

A renewal of 0.9830 mills for a period of 6 (six) years—2024 through 2029.

For the purpose of paying operational costs of the Crawford County Commission on Aging.

First and foremost the Commission on Aging & Senior Center is a place which takes care of older adults in need, but it's also a place that provides social interaction for older adults through recreational opportunities and companionship.

Millage Supported COA Programs

100% of the millage money goes to support the programs and services of the Commission on Aging and Senior Center in Crawford County. Millage is 61% of revenue. Last year 37% of Crawford County's older adult population were served.

Census Data

Survey Year	Population of Older Adults	% of County Population
2010	4,021	29%
2022	4,989	37%

Contact us the COA at 348-7123 for more information on these and other services or visit our website at www.crawfordcoa.org

If Your Home's Market Value Is: Your Annual Cost to the COA is: Market Value / Annual Cost	
30,000	\$14.75
50,000	\$24.58
100,000	\$49.15

Michigan is Aging Faster than the U.S. Population

- The median age in Michigan increased by 4.3 years between 2001 and 2021.
- Michigan is now the 14th oldest state in 2021 up from 29th. The aging of Michigan impacts Northern Michigan more than downstate.

Future Cooking Classes

I hope you enjoyed the knife demonstration in July! We are going to be taking a break for the month of August but check your September Gazette next month for the start of a monthly series of cooking demonstrations. Preparing a meal for yourself or others can be overwhelming at times, so my goal in this series is to help you be more comfortable and confident in your kitchen at home, not to demonstrate how things are done in a professional kitchen. To this end, please reach out to me at the Senior Center and tell me what you want to learn and if there is anything that you struggle with. I would love to help!

-Kate Moshier

CRAWFORD COUNTY COMMISSION ON AGING

WANTED: MEALS ON WHEELS DRIVERS

Join our team and bring food to people in need!

IF YOU LIKE TO DRIVE, HAVE AVAILABILITY DURING THE WEEK DAYS AND WANT TO MAKE A DIFFERENCE, WE COULD USE YOUR HELP!

Save the Date: Community Health Fair on September 5th, 12-6 pm!



The Community Health Fair will take place on Thursday, September 5th and will run from 12:00 pm to 6:00 pm at the Senior Center. The fair will teach you how the 7 Rings of Wellness can help you achieve a healthier lifestyle! A variety of classes will be taught throughout the day centered around the 7 Rings of Wellness. Classes will include The Benefits of Massage by AuSable Wellness, Advanced Directives with Munson, Cooking Demonstrations, Tai Chi, and Mindfulness with Michigan State Extension, and more! The Health Department will have a mobile unit providing services such as blood pressure checks, blood sugar checks, vaccinations, cholesterol checks, and more. Join the COA and Catholic Human Services for fun and games throughout the entire day! Visit all of the non-profit booths for the chance to win prizes and learn about the benefits of being healthy. There will be food available on site, so save the date for this awesome health-centered event!

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Kristen Alderman
Reverse Mortgage Specialist
NMLS ID#: 2572985 & 2069141

Northeast Michigan Office / Gaylord and Surrounding Areas

August 2024 - Meal Calendar				
Attention! Meals on Wheels drivers are urgently needed. In addition, the CCCOA is seeking a couple more Receptionists. Other opportunities for volunteering include Kitchen Assistants, Meals on Wheels bag packers, dishwashers, and maintenance team volunteers. If you are interested please call 989-348-7123 or visit the COA's website: www.crawfordcoa.org/volunteer today.		WEDNESDAY	THURSDAY	FRIDAY
		July 9 th , in loving memory of Betty Rottman 	1 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	2 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
5 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:30-5:30p Dinner Taco Salad, Corn, Grapes	6 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	7 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	8 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4-6pm Hog Roast Dinner Roasted Hogs, Cole Slaw, Potato Salad, Apple Sauce, Caramel Apple Bars	9 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
12 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Spanish Rice, Carrots, Kiwi	13 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Beef Stew, California Blend Vegetable, Apple	14 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	15 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30p Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	16 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
19 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	20 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower, Kiwi, Wheat Bread	21 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	22 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:30-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana	23 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
26 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:30-5:30p Dinner Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple  In loving memory of Audrey Rice	27 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	28 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	29 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	30 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
Light Bites Egg Salad on Croissant Cucumber Dill Salad Red Grapes	Light Bites Southern Style Chicken Salad on Croissant Garden Salad Orange	Light Bites Italian Meatball Sub Garden Salad	Light Bites Mojo Chicken Bowl Grapes	Light Bites Garden Salad BBQ Chicken Flatbread Fresh Pear

August 2024 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	2 10:45a Fit for the Aging 1p Pantry Bingo
5 10a Silver Sneakers CANCELLED 1-4p Chess Club 2-3p Diamond Art Club	6 10a Zumba Gold 7a-8p Primary Election Voting @ Polling Locations	7 10a Silver Sneakers CANCELLED 11-1p Blood Pressure 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	8 10a Pokeno 10a Zumba Gold 1p Penny Bingo 4p-6p Hog Roast Special Dinner	9 10:45a Fit for the Aging 1p Pantry Bingo
12 10a Silver Sneakers CANCELLED 1-4p Chess Club 2-3p Diamond Art Club	13 9a-2p Housing Counseling Class 10a Zumba Gold 11:30a Gordon Food Service Taste Test 1p Jeopardy	14 10a Silver Sneakers CANCELLED 11a Alzheimer's Support Grp @ The Brook 11-1p Blood Pressure Check 12:30p Mahjong 1p-5p CPR/First Aid Class 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	15 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1:30p Senior Project Fresh 1-5p Legal Assistance	16 10:45a Fit for the Aging 1p Pantry Bingo * Lavendar Farm Trip Registration Due, See Page 4 for Details
19 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	20 10a Zumba Gold 4:30p COA Board Meeting	21 10a Silver Sneakers 11a New to Medicare 11-1p Blood Pressure Check & Brown Bag Medication Review 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	22 10a Pokeno 10a Zumba Gold 1p Penny Bingo	23 10:45a Fit for the Aging 12p-3p Lavendar Farm Visit 1p Pantry Bingo
26 9:15a-5:30p Foot Clinic -Appt. Required 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	27 10a Zumba Gold 11:30a Birthday Lunch	28 10a Silver Sneakers 11-1p Blood Pressure Check & Brown Bag Medication Review 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	29 10a Pokeno 10a Zumba Gold 1p Penny Bingo	30 10:45a Fit for the Aging 1p Pantry Bingo *Art Class Sign Up Fee Due, See Page 11 for Details
<div><div></div><div><div>IMPORTANT NOTE ABOUT THE SENIOR FOOD COMMODITIES BOX PROGRAM</div><div>Effective August 1st, the Senior Food Commodities Box Program formally sponsored by NEMCSA at St. Mary's Church will be held at the Crawford County Commission on Aging located east of town at 4388 M-72 in Grayling. If you received Commodities in July, you will most likely be on the list to receive them in August. You will be contacted directly by the COA with the distribution date and instructions. For those of you who didn't get them in July, you can contact our office at (989) 348-7123 for a new application for a box starting in September.</div></div></div>				

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - appointments only \$25 per visit - by Linda Russell — 4th Mondays, 9:15 am -5:30 pm - 4388 West M-72 Hwy, Grayling

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

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

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

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

Nutrition Services

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

Commodities Food Distribution:
Coming soon!

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

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

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

Resources

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

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

Medicaid/Medicare Assistance Program (MMAP)
Trained counselors help seniors decide which

health insurance options are best for them.

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.
Senior Gazette: This monthly newspaper which is full of information for seniors and caregivers.

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers



Classes

AARP Driver Refresher Course: Offered twice each year.

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

Tai Chi: Helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls.

Fitness Programs

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

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

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

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

Cost for Services

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



How We Served You in June 2024!

Congregate Meals – 725

In-Home Services
HDM – 3,324
Respite – 95
Homemaker – 279.25
Bathing – 64.75



Important Phone Numbers:

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

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

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

Telephone Reassurance Service

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

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation.

This **free program** benefits so many and is easy to sign up for.

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



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



Upcoming Online Classes from the Area Agency on Aging

Powerful Tools for Caregivers

October 23, 2024 - November 27, 2024,
from 1:30pm-3:00pm

Webinars

What Color is Your Food? Why that is Important? — August 15, 2024, from 1:00pm-2:00pm

Preparing for Loss Death, Dying and Grieving — August 16, 2024, from 1:00pm-2:00pm

Dementia Caregiving Series

Dementia Information for Everyone—
Thursday, September 5, 2024, from
1:00pm-2:30pm

Activities for Persons with Dementia

September 12, 2024, from 1:00pm-2:30pm

Dementia Behaviors and Self-Care

September 17, 2024. from 1:00pm-2:30pm

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



See Page 9 for a full list of COA activities!



***Supporting
Crawford County's
Senior Citizens***

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698





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Coming Attractions: Save the Dates

Medication Take Back Day

Too often, unused prescription drugs find their way into the wrong hands—which is dangerous and often tragic. That's why the Region 9 Area Agency on Aging is hosting a Prescription Drug Take Back Day on September 19th at the COA. The Crawford County Sheriffs Department will be here collecting the medicine. Call 989-348-7123 for more information.

September Blood Drive

Versiti will be back for another blood drive at the COA from 11:30 am until 3:30 pm on Monday, September 23rd. Please register in advance for an appointment. Call 989-348-7123 for information on how to register.

Fall Art Classes

AuSable Artisan Village instructors Pam Meland and Clare Spaulding will each be teaching classes this fall at the COA. Clare Spaulding will be conducting a jewelry making class on September 6th from 10:00 am to 12:00 pm. The class is acrylic paint jewelry, necklaces and or bracelets. The estimated class time is 2 hours, and the cost is \$35 per person. All supplies would be included for this price. Payment and registration should be done by Friday, August 30th at 4:30 pm.

Pam Meland will be instructing a clay-based trinket bowl making class. The actual class will occur on October 9th, but will be glazed and fired on October 16th. The class will run from 10:00 am until 12:00 pm on both dates. The price for her class is a donation of \$20 to either the AuSable Artisan Village or to the COA. Please call 989-348-7123 to register for the class. Donation can be made day of.

Meditation and Sound Healing with Pauline Hause

Save the date: Tuesday, September 3rd, 6:00 pm—7:00 pm at the COA. Each class includes a guided meditation, breath work, aroma therapy (essential oils), and instruments. Please bring your own yoga mat, two pillows, and a blanket for the class. If you are in need of any materials, there is a limited amount available. The cost of the class is a sliding scale between \$15.00 and \$25.00, it's a pay what you can type of class. To register, please call 989-348-7123. Only 15 slots are available.



Safer Driving May Save You Money

Take the AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs!*

- Refresh your driving skills and explore the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get the know-how to help reduce traffic violations, collisions and risk of injury.

Sign up today!

AARP Driver's Safety Course: Oct. 1st and 2nd

Register for the course by calling 989-348-7123 and asking for the AARP Driver's Safety Course. Class will be held on October 1st and 2nd from 12:30 pm to 4:30 pm. Class is \$20.00 for AARP members, \$25.00 for non-members.

Senior Project Fresh

By Al Burke, Advocacy and Resource
Thursday, August 15th at 1:30 pm. To be eligible to receive Senior Project Fresh coupons, you must be at least 60 years of age, or at least 55 years of age and a member of a Federally recognized Indian Tribe or Urban Tribal Group in Michigan, meet the income guidelines which are based on 185% of the Federal Poverty Guidelines for 2024 during the current fiscal year and apply for coupons at the lead agency that represents your county of residence. You can visit the Grayling Farmer's Market in town after the completion of the event.

Your signature indicates that you have seen, or have been given a copy of the current income guidelines which are as follows, not to exceed:

For 1 person: \$27,861

For 2 people: \$37,814

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

We continue to receive many suggestions in the box related to our new Senior Center. Below are some that are new to the list.

Suggestion: Offer more day trips.
Response: Thanks, we are! Check out the gazette for more details. We will need more people that come along with us in order for it to remain an activity on our calendar so invite your friends.

Suggestion: We enjoyed the music tonight. Would love to have Greg Bogus back again.
Response: We are glad you had a good time. He was great. We were a little disappointed that not more people attended. Help spread the word about the monthly concerts.

Suggestion: Could we have flavored water in the lobby with things like cucumbers, lemon or other sliced fruit?
Response: That’s a great idea. We’ll work on getting that started.

Please reach out to me via email at director@crawfordcoa.org or call me at (989) 348-7123 if you are interested in helping.

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

Pet Palooza Pup-Date

The first annual Pet Palooza event was incredibly successful. With the help of community partners, AuSable Valley Animal Shelter and Dawn’s Milltown Grooming, there were 82 animals served. In total 60 rabies vaccines were given, 55 distemper vaccines were given (115 total vaccines) and 70 microchips were administered.

A special thank you goes out to Dawn’s Milltown Groomer for providing nail trimming, and AuSable Valley Animal Shelter (in partnership with Cathy Bissell and the Bissell Pet Foundation) for giving free microchips and vaccinations for the community. Thank you to Tractor Supply Co. of Grayling, Meijer, Jay’s Sporting Goods of Gaylord, the AuSable Valley Animal Shelter, and Dawn’s Milltown Groomer for donating raffle items. Pet Palooza 2025 details are coming soon.



AuSable Valley Animal Shelter, and Dawn’s Milltown Groomer for donating raffle items. Pet Palooza 2025 details are coming soon.

Upcoming Online Classes
- MSU Ext.

- DIABETES PATH TELEPHONE TOOLKIT**
August 7, 2024 – September 11, 2024 Zoom
- CHRONIC PAIN PATH TELEPHONE TOOLKIT WORKSHOP**
August 7, 2024 – September 11, 2024 Telephone
- RETIREMENT MYTHS AND FACTS (WEBINAR) - AUGUST 7, 2024**
August 7, 2024 12:00PM – 1:00PM Zoom
- PRESERVING MI HARVEST- IN A PICKLE- HOW TO PICKLE LOTS OF VEGGIES**
August 8, 2024 1-2 p.m. and 6-7 p.m. ET Zoom Webinar
- MICHIGAN COTTAGE FOOD LAW AUG. 12, 2024**
August 12, 2024 2:00PM – 4:00PM Zoom Webinar
- WEEKLY WITS WORKOUT AUGUST 12 2024**
August 12, 2024 – October 14, 2024
- SLEEP: SLEEP EDUCATION FOR EVERYONE, WED 8.14 - 9.18 [ONLINE]**
August 14, 2024 10:00AM – 12:00AM 10:00 - 10:30am Online via ZOOM
- PRESERVING MI HARVEST- TOO MANY TOMATOES**
August 15, 2024 1-2 p.m. and 6-7 p.m. ET Zoom Webinar
- MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - AUGUST 15 2024**
August 15, 2024 12:00PM – 1:00PM Zoom
- WEEKLY WITS WORKOUT - TAKE A TEST DRIVE (AUG 19TH)**
August 19, 2024 1:00PM – 1:30PM
- NAVIGATING MONEY CHALLENGES - AUGUST 22, 2024**
August 22, 2024 12:00PM – 1:00PM Zoom
- SLEEP: SLEEP EDUCATION FOR EVERYONE, FRI 8.23 - 9.27 [ONLINE]**
August 23, 2024 12:00 - 12:30pm Online via ZOOM
- WEEKLY WITS WORKOUT - BABY STEPS (AUGUST 26)**
August 26, 2024 1:00PM – 1:30PM
- PRESERVING MI HARVEST- SWEET AND SAVORY SALSAS**
August 29, 2024 1-2 p.m. and 6-7 p.m. ET Zoom Webinar
- THRIVING ON A FIXED INCOME! AUGUST 29, 2024**
August 29, 2024 12:00PM – 1:00PM Zoom
- WALK WITH EASE SELF-PACED SERIES AUG 2024**
August 30, 2024 – October 11, 2024 Online via email communication

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

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Gifts of Supplies

We happily accept these donations too:
Reams of copy paper, and Kleenex

Amazon Wish List:

https://www.amazon.com/hz/wishlist/ls/EEZI62Z0HXKH/ref=hz_ls_biz_ex

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

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Dungeons and Dragons sessions at the Devereaux Memorial Library, Mondays at 12:30 p.m.

Live Story Walk at Frederic Community Library on Monday, August 5th at 2:00pm.

Live Story Walk at the Devereaux Memorial Library on Monday, August 12th at 2:00pm. Story Time Adventures Wednesday at 11:00 a.m.

Craft and Story program, August 13th, and 27th at 11:30 a.m. at the Devereaux Memorial Library.

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

Join us at the Devereaux Memorial Library on August 7th at 11:00am for an exhilarating musical journey with the "Adventure in Music" program, led by renowned musicians Seth Bernard and Aaron Allen. Follow the link for more information: <https://titletrackmichigan.org/collaborative-songwriting-for-collective-liberation/> Morning Movie on August 8th and 22nd at 10:00 a.m.

Super Smash Bros. Tournament happening at the Devereaux Memorial Library during the month of August. Stay tuned for more information on dates and times. This tournament is open to all ages, but registration is required.

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

Stay updated with the Crawford County Library through our social media channels for the latest updates, events, and book recommendations. Follow our Facebook and Instagram pages for exclusive content, behind-the-scenes glimpses, and sneak peeks. Devereaux Memorial Library offers conference rooms that can be utilized. For further details and availability please call (989) 348-9214. Devereaux Memorial Library is located at 201 Plum St. Grayling. The Frederic Community Library is located at 6470 Manistee St, Frederic. Call (989) 348-9214 or email us at ccl@crawfordcolibrary.org for more information.

— Food Resources —
Crawford County Residents
Christian Help Center Free Food Truck

Thursday, August 1st, 10:30am
Grayling Evangelical Free Church
Thursday, September 5th, 12-6pm @COA
Thursday, October 3rd, 10:30 am
Lovells Township Hall

Mt Hope Free Food Trucks

Saturday @ 10am - 12 noon
August 10th,
September 14th, October 12th
Mt. Hope Lutheran Church

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

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NorthernPinesAssistedLiving.org
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p: (989)344-2010 • f: (989) 344-2011

Come Taste Test and Play Jeopardy!

Event Details:

- **Date:** Tuesday, August 13th
- **Taste Test:** 11:30 am —12:30 pm
- **Jeopardy:** 1:00 pm — 2:00 pm

Come in during lunch- 11:30-12:30- on August 13th and help us welcome special guest Lynda Halbach. Lynda is a vendor connected with Gordon Food Service and will be bringing in Angel Food Cake and some assorted Summer salads for us to try. This

tasting event will take the place of our monthly taste test, but who knows, maybe these salads will make it to next Spring's Light Bites menu. We hope to see you there!



After the taste test is complete, stick around to play Jeopardy. Jeopardy is played in teams, and the team with the highest amount of points becomes the champion of jeopardy. Last month's Jeopardy Champion was team Ussins! Come out and see if you have what it takes to beat the reigning champions!

Jessica D. Arden, MD
Radiation Oncologist

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Random Word Search Puzzle

M A D U S E C N A I L L I R B C S M E O G L P
E H M D D Y N E I T O L A W A V N X B A H A K
S Z M K X B Y Z G I S P L C X K O N T E R M S
Y C A O E F U P S D E I K H E G I O D F U F X
X S N W D Q A T E N D T T Z B H T I V P E L U
F T A N F S R L E R H J I N A Z A T Q B T E B
R Z G P R E Z T I G S H W X E R R A W J R S B
F T E K A E R D I C T O N L H D E L C D C H O
T U M M K A T A I O E V N B J B N U M Y X B U
A D E K T D R T N S W N K A P D E M M L S H W
A O N E C T M P A F C D S D L M G I F V U U G
T D T P S K Y L R P Z R S E G I U T U N U O U
U V W O W H P A L E X A I C B E T S D Z K D A
F V K E R H N U E V C D N M O T A Y L N V R Y
E Q T A E C N N E X J N D O I Q E B N V S S U
B N A C H A W C T A E A L E O N F B J C U P J
O B C I E D I H A K O T T T K G A T G R R L M
X V S O X F N Y E Q F S K S F N E T G A P I M
K E H Y U V N T R F M F T A P J T E E S R M T
Z W L H Y R H I C E T M L W Z F O T M O I I V
K I L S R Z A C N L D C A V Y N H D B C S T W
L J I C E M V G N V P N W V T S C Y B I E G T
A M R I V O K G E E O R A E I J D U O A S P X
B H D M O T E M A I B O R D R M N M K L Q I U
S T M O C Z H B T S K U D V O O E Z P I H W D
O X P N E Z C A U D H B H Z N V T I G S G T Y
R C T O R E N R I Y R B T E I O H V D T D A K
P T Y C G G V T X B O A I P M L G D J D C F B
T I R E I I H I U X A U W V U U I E T E V B L
I H G S V U B B T Z C N N S J N R T D V C J D
O O E A E U D K W I C R J G O T F E S L O Y H
N R L P A O C J T H S B O R D E R C E P B G W
B M F M R I Q S E F X N X N T E X T V M I V P
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R N W G B D U G N S O U Y S G F G R T A Q X Y
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Kate’s Kitchen Corner



This is the fastest, easiest, most versatile breakfast recipe I have. It’s so simple, it’s really more of a guideline than a recipe. I like to make enough for the week in small Mason jars because they stack in the refrigerator and take up less space, but anything that will hold liquid will work. I hope you try it!

- 1 part dry (any kind of) oatmeal
- 1 part milk
- Splash vanilla (If desired)

Mix together, cover, refrigerate overnight. I usually use 1/4c for my measurement, but that is up to you.

It’s that simple. In the morning you will have a satisfying, creamy bowl of oatmeal. I prefer to eat it cold and add other things to it, but you can absolutely heat it up if you like. If you like yours runnier, you can add up to 2 parts milk to 1 part oats, but I would not use less liquid than 1:1. To add extra firmness and protein stir in a spoonful or 2 of any flavor yogurt with your milk and oat mixture and/or a 1/8 tsp of Chia seeds. To add sweetness, slice a banana, toss some fresh berries, or drizzle some honey or maple syrup on top in the morning before you eat or add frozen fruit the night before. Some of my favorite combinations are sliced pears and honey, pistachios and fresh raspberries, bananas and Nutella, strawberries and chopped walnuts, and diced apples and peanut butter. Try what tastes good to you and adjust until you find your favorites. Enjoy!

Grayling Hospital for Animals

- Dr. Katherine Powning
- Dr. Troy Fairbanks
- Dr. Christina Maxwell
- Dr. Pamela Busser

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

Get Ripped and Stay Shredded this Fall

New Classes and Fitness Opportunities



Walk In The Woods

Rules: Try to Car pool. Never walk alone. Be healthy and wise with clothing, sunscreen, health issues, bug spray and water. Expect to walk for about 90-120 minutes. Safety first.

Fall Schedule:

- September 4: Rayburns
- September 11: Hanson Hills
- September 18: Aspen Park
- September 25: Bright and Glory
- October 2: Camp AuSable
- October 9: Gahagan Nature Preserve
- October 16: Lois Graun
- October 23: Hartwick Pines
- October 30: Wakeley Lake (Walk in the Woods Party!)

Notes: Arrive at the venues beforehand. Walks begin at 10:00 am. For out of county members, please contact the center at 989-348-7123 to discuss the \$5.00 fee. Thank you Val, Judy, Mary, and Bev for leading the walks!

Brown Bag Medication Reviews Start August 21st, 11:00 am-1:00 pm

Starting Wednesday, August 21st at the COA, RN Jan Williamson will be providing medication reviews. The review will include all of the medications you are currently taking. This includes prescription medication, over-the-counter, herbal medicines/ supplements, all creams/liquids/etc. She will also be able to help answer any questions you may have. Call 989-348-7123 for more information. Blood Pressure Checks is also available.

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306 State Street
P: 989-745-6667

New Fitness Classes Coming Soon

A Matter of Balance: Uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. Mondays and Wednesdays September 9th-October 9th, 9:30 am—11:30 am.

Walk with Ease: During the six-week program, participants will:

- Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain.
- Exercise safely and comfortably. Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips and resources to help them overcome barriers and continue to be physically active.
- Learn about other programs and resources that can help them maintain their walking and try other physical activity.

Class runs September 9-October 14, 2:00-3:00pm.

Crawford County Commission on Aging part of Grant Award for Outdoor Pickleball Courts

The City of Grayling has been awarded \$713,000 in state grant funding to support the development of new outdoor recreation facilities and trail networks. This funding comes from the Michigan Department of Natural Resources' (DNR) Spark Grant Program. The grant will allow the construction of new outdoor pickleball courts at the Crawford County Commission on Aging (COA) Feasibility and design for connector trails will take place later this year.

**Veteran's
Coffee Hour**
Thursday, August 8th
10:00-11:00 AM
American Legion Post #106
info: (989) 344-3861

The Benefits of Staying Active and Moving

By Al Burke

As we age, our energy level decreases and our muscle mass shrinks. We may find ourselves lacking the motivation we had just a few years earlier. The best thing we can do is to stay active. Walking just 30 minutes a day can improve your circulation and that helps reduce heart disease, lowers your blood pressure and can reduce the risk of stroke or heart attack. Walking can stop the loss of bone mass too. Walking in your 50's and 60's can reduce your chance of death over the next eight years by up to 35% over non-walkers. It also releases endorphins and puts one in a better mindset and mood. Walking will strengthen your muscles and tone leg and stomach muscles. It helps you sleep better and improves your breathing. Most important, it has been proven to slow down your mental decline and helps your brain keep you sharp. Lastly, it can help reduce the risk of developing Alzheimer's.

Secretary of State Mobile Office on October 16th

The Secretary of State Mobile Office will be visiting the Crawford County Commission on Aging on October 16th from 10:00am to 3:00pm.

What do I need to do?

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

Pricing:

State ID Renewal: \$10.00
State ID Replacement: \$10.00
Convert to Real ID: \$10.00
Driver's License:
Renewal: \$18.00
Replacement: \$9.00
Convert to Real ID: \$9.00
Vehicle Transactions:
License Plate renewal: Varies
Replacement Plate: \$5.00
Replacement Registration: \$5.00
Transfer Title: \$15.00
For more information, or additional pricing, please contact the COA at 989-348-7123.



New to Medicare Seminar

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

Join us on **Wednesday, August 21 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare.

Board Member and MMAP volunteer, Sandy Woods, will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information email the CCCOA at advocacy@crawfordcoa.org or call (989) 348-7123.

Daylight Diamonds to Resume in September

Daylight Diamonds will be resuming at the COA beginning on Thursday, September 12th at 3:00 pm. The time of the class is now from 3:00 pm to 4:00 pm, and will be instructed by Diane Tomlinson and Maze Stephan. Daylight Diamonds will also be hosting "surprise" pop-up classes. The COA will send out a call when dates become available for these pop-up events in August and September.

Al's Advice

- Never give out your social security number to anyone over the phone.
- Never give out bank account numbers or information over the phone.
- Do not give personal information over the internet from unknown emails.
- Always have your computer password protected.
- Always know who you are talking to on the phone.



August Volunteer Spotlight: Kathy Dreffs

What do you want readers to know about you?

Kathy nervously laughed and said, "I moved up to Grayling three years ago, and wasn't very excited to move here at the time. It was something my husband needed to do, and I was just along for the ride. Despite my anxiety about moving here, and my worry that I wouldn't make many friends, I have been so happy here, especially since getting involved with the Grayling Promotional Association. I love those wonderful women, and I am so grateful for them and for this community."

What types of volunteering do you do?

Kathy is a Special Dinner server. Kathy also volunteers occasionally in the kitchen and with Meals on Wheels. She hopes to volunteer more at the COA in the future, because she feels that the "COA is a wonderful place with so much to do." She went on to say that she "Loves the community aspect of it. Everyone feels at home there."



What other jobs or volunteer positions have you held? What advice would you give someone looking to volunteer?

Currently, Kathy works at the local schools as an occasional substitute para-professional. In addition, she is part of the GPA (Grayling Promotional Association) and participates in many of their volunteering opportunities. She also is heavily involved in many

community events and classes. Kathy's advice to anyone looking to start volunteering is to "Do it. It will make you feel great. It will improve the community too. I believe in the mentality of "What helps me, helps everyone." Her last piece of advice is to "Pick one thing you

love and go for it."

Finally, what do you like to do in your spare time?

I love snowmobiling, going to the beach, line dancing, and spending time at the Senior Center. Of all the things in the world I love to do, being with my family is the one I love the most.

Proceeds benefit the Activities and Programs at the Senior Center

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The drawing will be held at the 9/12/24 Grand Parent's Day Special Dinner. Need not be present to win. Suggested donation for those over 60 is \$4.00, the cost for dinner for those under 60 is \$8.00

Grandparents Day Dinner—Thurs, 9/12/24 - 4-6pm
The Commission On Aging & Senior Center
4388 W M-72, Grayling, MI, 49738

Raffle & Dinner - Open to the Public
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