

# Crawford County Senior Gazette September 2023

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## Howard and Gloria Taylor

By Maze Stephan

Howard and Gloria were volunteers and fundraisers extraordinaire for the Senior Center for many years starting in the mid-eighties. They started volunteering while Lora Gould was the Director and Howard had retired from teaching. They fondly recall Sherry Haag as Director, and Howard was on the COA Board that hired Alice Snyder, our current Director, almost twenty years ago.

Howard created a major fundraiser for the Senior Center called the "Milltown Follies". Howard, with the help of Ann Doty, would direct this wildly popular show, which happened over many years.

The Milltown Follies had a large cast, chorus, and was loads of fun for all. This event was strictly done by the Senior Center volunteers and our older adults. The chorus usually had 30-35 members and the show consisted of many fun skits along with singing. From the

way Howard describes this show, it was an extravagant talent show, with a chorus, and comedy fun. The show had large audiences and was a highlight in Grayling. The Milltown Follies started around



1988 and lasted about 12-14 years or so.

Howard shared other favorite contributions he made to the Senior Center such as bus trips and teaching classes. "I taught many classes here on many different subjects. Most of the classes were full especially the "Michigan History" classes. I didn't teach arts and crafts but rather education-type classes." He pauses to reflect then adds, "Some people

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**

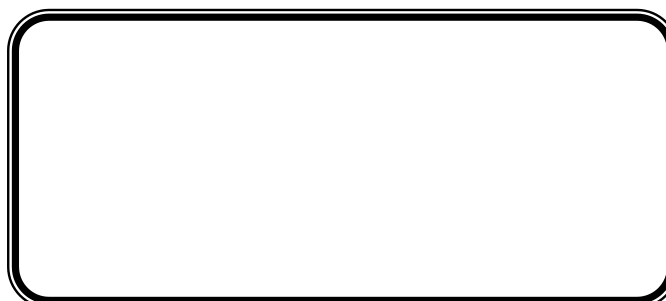
**Friday  
8:30am to 4:30pm**

**308 Lawndale St  
Grayling, MI 49738**

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

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crawfordcoa



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Smartphone Scan  
to our Website



## **Senior Gazette Staff**

**Editor — Alice Snyder**

### *Contributing Writers*

**Maze Stephan, Kate Moshier,  
Tammy Findlay, Bob Simpson,  
Nerissa Fairbotham, Shaun  
O'Connor & Jamie Greer**

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

### **Commission on Aging**

#### Board Members:

Jamie McClain, Commissioner/Chair  
Karl Schreiner, Vice Chair  
Sandy Woods, Secretary  
Susan Hensler, Member  
Jason Thompson, Member  
Jeanne Weible, Member  
Shannon Sorenson, Member

#### Commission on Aging Staff:

Alice Snyder, Director  
Tammy Findlay, Advocacy & Resource Coord.  
Lynn Cheney, Office Manager  
Helen Nolan, Receptionist

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

Sarah Pollock, In-Home Services Manager  
Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers: Kathy Jacobs,  
Susan Randall & Courtney Watros



# Huntington

Crawford County Commission on Aging Meals On Wheels received a \$10,000 grant from Huntington National Bank. The program received a \$5,000 grant last year and the support was doubled for 2023. This local bank cares about its community by helping a vital program that cares for older adults.

"The Crawford County Commission On Aging's Meals On Wheels program plays a crucial role in enriching the lives of older adults in our community," said Nick Florian, Northern Market President of Huntington National Bank. "Through this grant, we aim to reinforce our dedication to the well-being of our seniors and provide support for this invaluable program that makes a significant impact on the lives of so many."

Meals On Wheels is a vital support program that delivers three hot meals per week. The volunteer drivers visit with each older adult for needed socialization plus ensure they are physically doing well. Along with those hot meals, frozen meals, fresh fruit and milk are delivered too. Many of those delivered to are homebound due to lack of physical ability or they cannot drive. Sadly, some have no family nearby and the Meals On Wheels program is critical to helping these folks maintain their independence, social connections, and safety checks at home as they get older.

Meals On Wheels is funded primarily through Federal, State and local grants plus donations from those receiving the meals. Regrettably, with so many in need, the program falls short of funding every day by approximately \$300. The Crawford County Commission On Aging (COA) covers those budgeting shortfalls by pulling funding from other parts of their budget.


To raise awareness and increase funding for the budget shortfalls for Meals On Wheels, a new fundraising



campaign was created called "Hometown Heroes". It asks for sponsorship of a day's meals for \$300. The day picked can be in honor of an anniversary, birthday, memorial, or favorite whatever... just pick a day. It doesn't have to be individuals either. Sport teams, businesses, civic groups, churches, and clubs are all encouraged to all pitch in to reach the goal of \$300 per day, \$2,100 per week, or a whole month like Huntington Bank's grant of \$10,000 has covered.

Donations will be shared in COA media about who donated and why they chose that day as their "Hometown Hero Day". This is a great way to help older adults in the community stay independent and healthy. Please consider being a "Hometown Hero" for Crawford County Commission on Aging's Meals On Wheels program.

Donations can be made to: Crawford County Commission On Aging, 308 Lawndale Street, Grayling, MI 49738 or visit the website at: <https://www.crawfordcoa.org/make-a-donation>. Include your contact information, email, phone, and a picture of who is donating plus the big reason why you picked a day, week or more.



**DENHOLM FAMILY**  
**DFC**  
**CHIROPRACTIC**

6838 M 93 HWY S  
Grayling, MI  
P: (989) 348-6600  
F: (989) 348-3537

Robert Boykin, D.C.  
[rboykindc@gmail.com](mailto:rboykindc@gmail.com)

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## Thank you to our COA Volunteers

Nancy Billinghamurst	Sharlene Mascarello
Debbie Carrigan	Dan McCarthy
Judy Crook	Karen McCarthy
Charles Curro	Julie McClain
Faith Dandois	Barb McCray
Carolyn DiPonio	Dean McCray
Diana Doremire	Barb McNamara
Mary Garcia	Rosemary Nelson
Sherry Haag	Wayne Neslon
Sharron Hagerman	Tim Miller
Donn Handy	Oralia (Olie) Miller
Patty Hawkins	Bev O'Conner
Val Hendericks	Mark Ostahowski
Susan Hensler	Amy Pendergraff
Cheryl Hopp	Sharen Perkins
Annette Hritz	Lois Platt
Donna Hubbard	Tom Rawlings
Cindy Johnson	Deb Rawlings
Ron Kemerer	Orvetta Roggow
Glenn King	Dorene Root
Lorelei King	Pat Sanders
Eileen Langhorne	Karl Schreiner
Sandy Lakanen	Jon Schultz
Alice Lee	Gail Schultz
Karen Leslie	Richard Smith
Cathy Lester	Judy Steffen
Kirsten Lietz	Ann Stephenson
Christa Linderer	Farrell Thomas
Judy Marchlewicz	Ellen Thompson
Dave Markle	Martha Trenkner
George Mascarello	<b>Thank you!</b>

## September Birthdays



Barbara Bunker 9/6  
Eileen Kemerer 9/10  
Dean McCray 9/12  
Jerry Dill 9/30

**Senior Center Birthday Lunch**  
Tuesday, 9/26 — 11:30 - 12:30p

**Goodale's Cupcakes**  
with ice cream, and friends!

Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out.

## MMAF Award for Most One-On-One Counseling Hours in Region 9

One of the services provided by the Crawford County Commission on Aging & Senior Center is the Michigan Medicare/Medicaid Assistance



Program (MMAF). MMAF is a free service to assist people with Medicare and Medicaid. Trained counselors help in applying for benefits, retaining those benefits, resolving problems that beneficiaries encounter with these programs, and in helping to identify and report fraudulent activities related to both Medicare and Medicaid.

Sandra Woods, one of the COA's Board Members and Board Secretary, received the MMAF award for most One-On-One Counseling Hours in Region 9. Crawford County is part of the 12-county service area of the Region 9 Area Agency on Aging (AAA). Please join us in congratulating Sandra Woods on receiving this award. We are proud and honored to have her on our team!



### Tammy's Tips:

**Open your windows for 20-30 minutes daily** to air out your environment. In winter, we typically have our windows closed and we are sitting with trapped, recirculating air. Make it a point to air out your space daily.



### Veteran's Coffee Hour

Thursday, Sept. 14th, — 10:00-11:00 AM  
American Legion Post #106  
info: (989) 344-3861

WANT TO DONATE BUT NOT SURE HOW?

## WAYS TO DONATE

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

MAIL A CHECK  
TO: COA, 308  
LAWNDAL ST.  
GRAYLING MI  
49738

IN PERSON @  
THE SENIOR  
CENTER

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



**988 SUICIDE & CRISIS  
LIFELINE**

**f Like us on  
Facebook**

### 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.**

**Can we get 2,000 "Likes, Shares, & Loves" by September? Let's do it!**

**1,337 folks following us!**  
**Up 522 since March!**



*continued: Howard & Gloria Taylor from page 1*

taking my classes were working to get their GED's and would get credit for it. Most people took my classes because I guess I am an unorthodox educator. Everyone came to my classes because they were fun."

Some of the bus trips he oversaw included trips to Washington DC, Chicago, New York City, plus trips all around Michigan. These trips were planned economically and typically had a full 35-passenger bus. As well, Howard played in "The Original AuSable River Dixie-Jazz Band". This band played in the Caribbean too. On two of those trips, he took many seniors with him on a group tour to Antigua and St. Lucia. Currently, his jazz band is trying to reorganize. Howard promises to let us know when they will be ready to perform.

When I asked Gloria how she was involved she replied, "I was in on everything." Howard taught the classes, but she helped with all aspects, especially the bus trips and Milltown Follies.

During Howard's time on the COA Board, the big concerns involved the decline of people participating after Lora Gould left. It was an emotional struggle to get people to participate. The Senior Center had a bus, but it was sold off. Those bus trips were a wonderful time to socialize and build friendships. Seeing the issue, Howard created senior trips with his buses. Two other big issues during his COA Board tenure involved getting a new Senior Center building and hiring a new Director. Working with Alice Snyder for many years, Howard says hiring Alice was the best thing he helped with, and he passionately believes so after her two decades of service.

Howard, how did it make you feel to volunteer here? "It felt good. I've always volunteered and helped, especially after I retired. It always felt like I was needed to help our elderly and the staff here."

Howard and Gloria have big hearts. In the many ways they helped the Senior Center is evident in the impact still felt two decades later.

Howard brought along many friends to help him and his wife. They were like "Goodwill Ambassadors" for this Senior Center. Howard's efforts produced many new volunteers and raised awareness for the needs of our older adults along with vital funding to support the budget. Howard and Gloria made a difference. The new Senior Center owes part of its foundation to this couple's volunteerism, leadership, and fundraising. We thank them.

## Breakfast Presentation

on Sept 28 from 9am - 10am

### Vaccines and Immunizations for Older People

Local expert and Pharmacist, Michele Steffey, will share valuable information and recommendations for vital immunizations needed to protect your health.



She will answer questions, provide a checklist, share her experience as a Pharmacist providing vaccines since 1999 at The Medicine Shoppe in Grayling, and give you the knowledge to advocate for your health.

Influenza, Covid, Shingles, Tdap, Pneumococcal, Hepatitis B, Pneumonia and travel vaccines... are on the mental menu. So, jot down your questions and bring them to get clear and concise answers.

For breakfast, our staff will prepare "eggs to order" at your table, hash browns, turkey sausage, wheat toast and yogurt.

Suggested meal donation is \$3.50 for 60 and older. Under 60 years is \$6.50.



District Health Department #10 provides a multitude of resources and programs ready to help you or someone you know today. Many of these services focus on environmental, family, and community health.

When it comes to environmental health, we provide ground water testing, inspect campground facilities, PFAS assistance, radon testing, septic and well inspections. Keep your water clean and make sure to get it tested if you live nearby a PFAS contamination source. We also inspect restaurants and any MDHHS licensed facility such as a day care or adult day care homes.

When it comes to family health, DHD#10 has a wide variety of services. Starting with immunization, family planning, and STD/HIV testing; we also specialize in home visiting with our Healthy Families America program (HFA) that follows families with children up to the age of 3 and Maternal Infant Health Program that works with the mother prenatally through the first year of the infant's life (MIHP). There is a lot of maternal focus along with children and adolescents. We also offer Women Infant, and Children (WIC) programming. This includes nutrition and health education, lactation consultations, support and referrals for pregnant and breastfeeding women, infants, and children up to age 5.

DHD#10 is here for the Community; we work together with other community agencies to help navigate resources needed by you. We also work constantly to help with disease prevention whether it be quitting tobacco, substance use prevention, or diabetes prevention; we are always trying to make the community healthier! We also focus on nutrition with snap benefits helping people lead healthy and active lives. Along with everything else, we also have Wisewoman, a program that includes health screening and wellness programs for women 40-64 years old.

Come stop by or call and get your assistance today!

**DHD#10 Crawford Office (989) 348-7800**





## 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.

**To find other courses**

**[www.aarp.org/driving36](http://www.aarp.org/driving36) or 1-888-773-7160**

**There's a course near you!**

**Tues, Sept 26<sup>th</sup> &  
Wed, Sept 27<sup>th</sup>  
12:30 to 4:30pm**

Crawford County COA  
308 Lawndale St.  
Grayling, MI 49738

Register: (989) 348-7123.  
You must attend both sessions to receive a certificate. No tests.

Course fee is \$20  
for AARP Members and  
\$25 for Non-Members.  
(Cash or Check only)

## Support Groups:

### ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri.(C/B) 8:00 pm  
Mon/ Fri (C/D) A.A. NOON  
Mon. "Recovery Group" 7 pm  
Wednesdays (Women's) 7:00 pm (new time)  
**St. Francis Episcopal Church, Grayling**

SAT. 10:00 am (B/C)

**St. John Lutheran Church, Grayling**

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

### ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am

**The Brook of Grayling, 503 Rose St.**  
Info call: COA Senior Center (989) 348-7123

### CHOICES GROUP

Anger Management for Women  
Mondays, 1:00-2:30 pm

**At River House Inc. in Grayling**

Register: (989)348-3169 Lynn or Danyelle

### GLUED

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

### GRAYLING AL-ANON

Tuesdays 11am

**St. Francis Episcopal Church, Grayling**  
Info: (989)348-1382 Greg

### 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](http://www.griefshare.org/about)  
[www.griefshare.org/groups/169551](http://www.griefshare.org/groups/169551)

REGION 9 AREA AGENCY ON AGING PRESENTS:

## Elder Abuse, Neglect, and Exploitation Prevention Conference

Thursday, September 21, 2023

9:00 a.m. - 3:00 p.m.

Gaylord Eagles Club

515 South Wisconsin

Gaylord, MI 49734



**More than 73,000 older  
adults in Michigan are  
victims of elder abuse.**

**SAVE THE DATE**



**Why Join Us:**

- Informational Resources
- Continental Breakfast
- Complimentary Lunch
- Great Prizes and Giveaways!
- Vendors

(989) 358-4630

[aikensm@nemcsa.org](mailto:aikensm@nemcsa.org)

[www.nemcsa.org](http://www.nemcsa.org)

# September 2023 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9/1—62nd Wedding Anniversary of Richard &amp; Nancy Kiessel 9/28—Grayling's Class of 1983 &amp; DJ Maze Stephan 10/17—Private donor in Honor of her Birthday.</p> <p><b>Running Talley of Support: 18 days, \$5,450 Thank you!</b></p>				<b>1</b> <b>11:30a-12:30p</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Burst O'Berries  Richard & Nancy Kiessel
<b>4</b> <b>Labor Day</b> <b>Holiday</b>  <b>Senior Center</b> <b>Closed</b>	<b>5</b> <b>11:30a-12:30p</b> Sweet & Sour Meatballs, Brown Rice, Sitr Fry Vegetables, Pineapple <b>4:30-5:30p</b> Vegetable Lasagna, Prince Charles Veggies, Breadstick, Orange	<b>6</b> <b>11:30a-12:30p</b> Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange <b>4:30-5:30p</b> Shepards Pie, Carrots, Grapes	<b>7 Taste Testing-Soup</b> <b>11:30a-12:30p</b> Meatloaf, Mashed Potatoes and Beef Gravy, Brussels Sprouts, Strawberries <b>4:30-5:30p</b> Supreme Pizza, Broccoli, Apple	<b>8</b> <b>11:30a-12:30p</b> Cheese Ravioli with Sauce, Asparagus, Italian Blend Veggies, Grapes
<b>11</b> <b>11:30a-12:30p</b> Beef Goulash, Carrots, Green Beans, Applesauce <b>4:30-5:30p</b> Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	<b>12</b> <b>11:30a-12:30p</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes <b>4:30-5:30p</b> Scalloped Potatoes with Ham, Asparagus, Mixed Veggies, Orange	<b>13</b> <b>11:30a-12:30p</b> Chicken Drumsticks, Baked Beans, Prince Charles Veggies, Apricots  <b>4:30-5:30p</b> Beef Stroganoff, Asparagus, Italian Blend Veggies, Breadstick, Apple	<b>14</b> <b>11:30a-12:30p</b> Beef and Broccoli, Brown Rice, Stir Fry Veggies, Four Berries Fruit Blend <b>4:30-6p</b> <b>Grandparents Dinner</b> BBQ Ribs / Chicken Tenders, Garlic Mashed Potatoes, Corn, Fruit Cup, Choc. Turtle Brownies	<b>15</b> <b>11:30a-12:30p</b> Pepper Steak, Brown Rice, Stir Fry Veggies, Sugar Snap Peas
<b>18</b> <b>11:30a-12:30p</b> Hamburger Stroganoff, Green Beans, Apricots <b>4:30-5:30p</b> Chicken Enchiladas, Corn & Black Bean Fiesta, Applesauce	<b>19</b>  <b>All Staff</b> <b>In-Service</b>  <b>Senior Center</b> <b>Closed</b>	<b>20</b> <b>11:30a-12:30p</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange <b>4:30-5:30p</b> Spaghetti & Meatballs, Broccoli, Cantaloupe & Honeydew, Breadstick	<b>21</b> <b>11:30a-12:30p</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Carrots, Kiwi <b>4:30-5:30p</b> Cod Nuggets, Cheesy Mashed Potatoes, Cole Slaw, Kiwi	<b>22</b> <b>11:30a-12:30p</b> Roast Turkey, Mashed Potatoes with Gravy, Peas & Onions, Orange
<b>25</b> <b>11:30a-12:30p</b> Pot Roast, Mashed Potato with Gravy, Corn, Kiwi <b>4:30-5:30p</b> Taco Salad, Corn, Grapes	<b>26 Cupcakes &amp; Ice Cream</b> <b>11:30a-12:30p</b> <b>Birthday Lunch</b> 😊 Meatloaf, Mashed Potatoes with Beef Gravy, Broccoli, Strawberries, Wheat Bread <b>4:30-5:30p</b> Beef Tips, California Blend Veggies, Pear	<b>27</b> <b>11:30a-12:30p</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots <b>4:30-5:30p</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>28</b> <b>11:30a-12:30p</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes <b>4:30-5:30p</b> Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange 	<b>29</b> <b>11:30a-12:30p</b> Sloppy Joe, Green Beans, Carrots, Burst O'Berries
			Grayling's Class of 1983 & DJ Maze Stephan	

# September 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold & Silver Sneakers at the Crawford County Grayling Library.				1 1p Pantry Bingo
4 <b>Labor Day Holiday</b>  <b>Senior Center Closed</b>	5 9-4p <b>Friends of a Feather - Quilting</b> 10a Zumba 10a Bible Study 5:30pm Diamond Dancers 2&3 -Lawndale	6 9:30-10:30a – <b>Food Commodities at St.Mary’s Church</b> 10a Silver Sneakers <b>10a Walk in the Woods Wellington Farm</b> 1p Mahjong	7 10a Pokeno 10a Zumba <b>11:30-12:30p Taste Testing - Soup</b> 1p Penny Bingo <b>3p Medicine Shoppe Bingo</b>	8 <b>10a-11a Memorabilia &amp; History Team</b> 1p Pantry Bingo
11 <b>9:30a Deco-TLC Meeting</b> 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club 1-4p Euchre <b>3p Sleep Class</b>	12 10am Zumba 10am Bible Study 5:30pm Diamond Dancers 2&3 –Lawndale	13 10a Silver Sneakers <b>10a Walk in the Woods Rayburn Property</b> 1p Mahjong	14 10a Pokeno 10a Zumba 4:30 – 6p <b>Grandparent’s Special Dinner</b>	15 1p Pantry Bingo
18 10a Silver Sneakers 1-4p Chess Club 1-4p Euchre <b>3p Sleep Class</b>	19 <b>All Staff In-Service</b> <b>Senior Center Closed</b>  4:30p COA Board Mtg 6pm Diamond Dancers - Northern Pines	20 10a Silver Sneakers <b>11a Alzheimer’s Support Grp. at The Brook in Grayling</b> <b>10a Walk in the Woods Milock Preserve</b> 1p Mahjong	21 10a Pokeno 10a Zumba <b>11:30-12:30 Picnic lunch at Hanson Hills</b> 1p Penny Bingo	22 1p Pantry Bingo
25 10a Silver Sneakers <b>12-3p Foot Clinic – Appt. Required</b> 1-4p Chess Club 1-4p Euchre <b>3p Sleep Class</b>	26 10a Zumba 10a Bible Study <b>11:30 -12:30p Birthday Lunch Party</b> <b>12:30-4:30p AARP Drivers Safety Class</b> 5:30pm Diamond Dancers 2&3 -Lawndale	27 10a Silver Sneakers <b>10a Walk in the Woods Hartwick Pines</b> 1p Mahjong <b>12:30-4:30p AARP Drivers Safety Class</b> <b>5p Nutrition Education – Portion Control</b>	28 <b>9a Special Breakfast Presentation</b> 10a Pokeno 10a Zumba 1p Penny Bingo <div>Eggs made to order tableside, Hash Browns, Turkey Sausage, Wheat Toast &amp; Yogurt.</div>	29 1p Pantry Bingo <b>2:30-4:30pm Covid/Flu Shot Clinic</b>

Classes and meetings at 308 Lawndale Street. Silver Sneakers & Zumba Gold at Grayling Library.

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

## Health Services

**Foot Care Clinic - appointments only \$25 per visit** - by *Comfort Keepers* — 4th Mondays, 12-3pm - 308 Lawndale St, Grayling

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

### Incontinence Supplies

Supplies are available for a donation of \$5.00

### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

## Nutrition Services

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

### Commodities Food Distribution:

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

### Congregate Meal Program:

Lunches: Mon-Fri from 11:30am -12:30pm.

Dinners: Mon-Thurs from 4:30pm - 5:30pm.

Suggested donation for seniors 60+ is \$3.50 and for age 60 or younger, cost is \$6.50.

### 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:** Free legal consultations schedule by COA Office (989) 348-7123 with **Jason R. Thompson, Law Office PLC**

### 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.

**Resource Center:** Bookcase of loan materials at COA of videos and books.

**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.

Upcoming class:  
9/26 & 9/27/23



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

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

## Fitness Programs

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

**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 July 2023!

### At the Senior Center

- We served **740** Congregate Meals

### In-Home Services

- Delivered **3,315** home delivered meals.
- Provided **101** hours of respite care.
- Provided **172.25** hours homemaker services.
- Provided **58.75** hours bathing assistance.

### 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.

(989) 348-7123

In-Home Services, Kathy Meisner



Listen online: Community Calendar for the COA Calendar of Events

aired daily by: **Blarney Stone Broadcasting Stations**

**q100-fm.com north-fm.com upnorthsportsradio.com**

email for schedule: **calendar@blarneystonebroadcasting.com**



**GAFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

**Did you get your memory screening yet?**

**Free Virtual Memory Screenings**

A memory screening is a quick and easy healthy brain checkup, similar to other routine health screenings, such as blood pressure and cholesterol.

Memory screenings should be a part of good health and wellness routine for everyone!

Learn more or request a memory screening appointment at:

<https://alzfdn.org/memory-screening-2/virtual-memory-screenings/>

**Kinship Care Program assists older adults, raising relative children.**

Grandparents or other older relatives may find it difficult to purchase school supplies, clothes, and other things needed to prepare the children they are caring for. The Crawford County Commission on Aging may be able to help.

Funding is available through a program called "Kinship Care." This program is for grandparents and relatives (age 55 or older) raising children, related to them, who are under 18 years of age.

The requests can be for clothing, school supplies, school expenses, tutoring, music lessons, sports, school outings, bedding, and more.

Two requests may be made per fiscal year, per child, with a limit of \$300 per request.

To find out more or to get an application for assistance, contact the Crawford County Commission on Aging.

**989-348-7123**

# SOCIAL SECURITY TIPS

*From Bob Simpson, District Manager Traverse City Social Security Office*

## ARE AMERICANS FINANCIALLY EDUCATED ON RETIREMENT SAVINGS?

Financial education helps people learn about savings, credit, and loans. It also helps prepare people for life changes and weather the unexpected. Financial knowledge is essential when planning for retirement. So, how prepared are adults in the United States for their retirement? The National Endowment for Financial Education (NEFE) conducts polls on key issues, like retirement savings, that affect a person's financial past, present, and future.



Here's what we have learned over the past year:

In a financial well-being poll conducted during the COVID-19 pandemic, 85% of respondents confirmed that some aspect of their personal finances was causing them stress. For 31% of respondents, that concern was "having enough saved for retirement."

In that same poll, 70% said they made financial adjustments due to the COVID-19 pandemic. Of that

group, 27% increased contributions to their emergency savings, retirement savings, or other savings or investments. In comparison, 21% tapped into emergency savings—or borrowed against retirement savings. In a poll about financial education mandates, 80% of adults said they wish they were required to complete a semester- or year-long course focused on personal finance

education during high school. Also, 88% think their state should require a semester- or year-long course for high school graduation. In that same poll, 84% of those approaching retirement age said "spending and budgeting" should be taught in schools.

Lifetime financial education can be a helpful tool in preparing for retirement. This includes understanding Social Security retirement benefits and making the most of retirement income. You can learn more on our Retirement page at [www.ssa.gov/retirement](http://www.ssa.gov/retirement).

**TRUALTA**  
**Caregiver Online-Platform**

**Trualta is a free online personalized, skills-based training platform for family caregivers caring for someone living at home.**

Enroll at:  
<https://region9aaa.trualta.com/login>

**COVID-19 VACCINE CLINIC**

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

The DHD#10 Crawford Office and the Crawford County Commission on Aging will be hosting Covid and Flu Shot Clinics at 308 Lawndale Street.

- September 29th, 2:30 –4:30pm
- October 20th, 2:30 –4:30pm
- November 17th, 2:30 –4:30pm

These clinics are walk-in, so no appointment necessary. Please bring your Insurance and Covid vaccine card. If you no longer have your Covid card there is the ability to look up previous doses at the clinic. For more information call 989-348-7123.

**The Brook, it's home.**

**BrookRetirement.com**

Independent, Assisted & Memory Care Living

# Random Word Search Puzzle

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

adulation	bonhomie	company	fondness	rapport
affection	brotherhood	comradeship	friendliness	rapprochement
affinity	camaraderie	concord	generosity	respect
altruism	charity	cordiality	goodwill	reverence
amazement	civility	cordialness	harmony	selflessness
Amity	collegiality	courtesy	infatuation	sensitivity
appreciate	comity	delight	kindness	sympathy
approbation	communion	empathy	lover	tolerance
benevolence	community	enthusiasm	neighborliness	treasure
blessing	companionship	fellowship	philanthropy	unselfishness

## Tammy's Tips:

Cover your food and drinks when in public places. If you drink out of a mug or a glass or water while at work, you might want to put a lid or a coaster on top so other people's germs can't land in your drink.



# Kate's Kitchen Corner

## Small Batch Cucumber Salad



- 1 medium cucumber-try an English cucumber, they have less moisture and your salad will hold up better.
- ¼ small red onion or a whole shallot
- 2 teaspoons white wine vinegar
- 1 teaspoon olive oil
- ¼ teaspoon sugar
- ⅛ teaspoon kosher salt plus more as needed
- 1 tablespoon finely chopped fresh dill
- Black pepper to taste-Fresh cracked is always best

1. Thinly slice the cucumber and onion and place in a bowl.
2. In a separate small bowl, whisk together the vinegar, olive oil, sugar, and salt. Pour over vegetables and toss to combine.
3. Sprinkle dill over the top and stir.

## Things We Collect!

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



- Used Cell Phones
- Our Family UPC Labels
- Soda can pull tabs



**Ryan T. Hamilton, Au.D.**  
Audiologist & Director  
rhamiltonaud@gmail.com  
www.advantagehearingonline.com

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

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

**Grayling Save a lot**

**Half Gallon Milk - \$1.49**

Good thru: 9/1/23—9/30/23

Limit 2 per coupon.

2333 S. I-75 Bus. Loop (989) 348-6690  
More coupons at: www.SaveALot.com



**KEG O' NAILS**

301 James Street, Grayling, MI 49738

989-348-7113

www.spikes-grayling.com  
email: manager@spikes-grayling.com

Redeem this card for a  
**"Buy One Get One Free"**  
**SPIKE BURGER** SG  
(DINE-IN ONLY)  
Coupon Expires Sept. 30, 2023  
Photo Copies Not Accepted

## Taste Testing

Its time for another taste testing!! Fall is coming and that means soup



season! Join us on September 7<sup>th</sup> during lunch from 11:30am-12:30pm and get a sneak preview of 2 new soups we would like to include in our Soup and Salad bar offerings when we move to the new building. Try our new Creamy Tomato Soup and our Feel-Good Chicken Noodle Soup and tell us what you think. Will you vote for us to keep them, or is it back to the drawing board for Kate? While you are here, please tell us what else you would like to see on the soup and salad bar when the new building opens.

## Picnic at the Hill



September 21<sup>st</sup> from 11:30-12:30, join us at the Rotary Pavilion at Hanson Hills for a picnic in the

park! Let's enjoy each other's company and the beautiful outdoors before the weather gets colder. We will be serving BBQ Pork Sandwiches, Dill & Garlic Roasted Potatoes, Carrots and a choice of Fruit. For those of you that would rather have lunch at the senior center, don't worry, we will serve lunch in both locations. For those of you that would like a change of scenery, we will see you at Hanson Hills!

**The Medicine Shoppe**  
PHARMACY  
*Proudly Serving Our Community Since 1999*

- **Prescription Delivery Service**
- **Senior discount available daily**

**989-348-2000**  
500 N. James St. • Grayling

**Northern Pines**  
ASSISTED LIVING

**Come visit us!**

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

A Non-Profit Faith-Based Organization

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

**TwoRiverDeli**  
Proudly Featuring

**Boar's Head**  
PREMIUM DELI MEATS & CHEESES

**989-344-5554** [tworiverdeli.com](http://tworiverdeli.com)  
203 Ionia St. across from Spikes Keg O Nails

**Free Medical Equipment/Supplies**  
Crawford County Commission on Aging has some durable medical items available for free. If you need assistance, contact **Kathy Meisner (989) 348-7123** or stop by the Senior Center.

## Walk In The Woods

Resumes in September and October at **10am** with the help of a volunteer trail team. Their advice and help in setting the schedule was great!



*Thank you Mary, Judy, Bev, Jodi, Cheryl and Val!*

**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.

**September 6th – 10am - Wellington Farm Park**  
6944 S Military Rd, Grayling, MI 49738

**September 13th – 10am - Rayburn Property - M72 Side**  
3544 M72, Grayling, MI 49738

**September 20th – 10am - Milock Family Preserve**  
Camp Tapico Rd, Kalkaska, MI 49646

**September 27th – 10am - Hartwick Pines**  
State DNR Park Pass for your vehicle is needed. Visitor Center and hike the Old Growth Forest Trail. 3612 State Park Dr., Grayling, MI 49738

**October 4th – 10am - Mason Tract**  
Meet at the Chase Bridge Parking Lot and walk to Potter's Landing  
10129 Chase Bridge Rd, Roscommon, MI 48653

**October 11th – 10am - Gahagan Nature Preserve**  
209 W Maplehurst Drive, Roscommon, MI

**October 18th – 10am - Camp AuSable**  
590 Camp AuSable Rd, Grayling, MI 49738

**October 25th – 10am - North Higgins Lake State Park**  
Upland Nature and Fitness Trail, State DNR Park Pass for your vehicle is needed. 11747 N Higgins Lake Dr, Roscommon, MI 48653. The entrance is on the north side of North Higgins Lake Dr. across from the campground (just past the park headquarters and the CCC interpretive center)

**Grayling Hospital for Animals**

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

5806 W. M-72 Grayling, MI 49738  
989-348-8622 • Fax: 989-348-1542

**AAHA ACCREDITED**  
The Standard of Veterinary Excellence

## Grandparents Dinner

**Thursday, September 14th, 2023**

**Dinner 4:30 - 6:00pm**

**BBQ Ribs / Chicken Tenders,  
Garlic Mashed Potatoes, Corn, Fruit Cup,  
Chocolate Turtle Brownies**

**Suggested Donation for 60+ \$3.50  
Under 60 is \$6.50**

**Join us for this delicious BBQ Rib Meal!**



**Door Prizes  
&  
50/50 Raffle**

**Board Meeting** for September is Thursday. September 14th @ 8:30am.

**September's Book Club** selection will be: "*Fen, Bog & Swamp*" by: Annie Proulx. This book will be available on our e-readers. Ask a circulation clerk for more details. This meeting will take place on Wednesday, September 27th @ 1pm. If you have any questions, call: 989-348-9214.

**"Voices" for Youth Mental Health;** from September 18th - October 13th the Devereaux Memorial Library will be hosting an Art Contest; in support of an annual program called "Voices" put on by Munson Healthcare, to raise awareness of important health topics through artwork. Submit art entries during hours of operation!

**D&D (Dungeons and Dragons)** Sessions are now held on Thursdays @ 4pm. Visit our Facebook page for more information. Space is limited, sign up at the Devereaux Memorial Library today!

## — Food Resources — Crawford County Residents

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



**Commodity  
Supplemental Food  
Distribution**  
Wed, September 6th  
9:30-10:30am

St. Mary's Catholic Church,  
Grayling

## Free food trucks:

Thursday, Sept 21st—10:30am  
Beaver Creek Township Hall

Sat, September 23rd — 10am.  
Mt. Hope Lutheran Church, Grayling

Thursday, October 17th - 10:30am  
Grayling Free Methodist Church

**The Senior Center serves meals:**  
Mon-Fri—Lunches 11:30am-12:30pm  
Mon-Thurs—Dinners 4:30-5:30pm  
You can use your **Bridge Card** too.  
See our menu on Page 8!

**Bring your littles to our Storytime!** Every Wednesday @ 11am come enjoy stories, themed crafts, and snacks! And New effective immediately, we have Stories with Sue out at our Frederic Branch Library, Mondays at 11am!

**Every Wednesday** after school (3:30pm); we are hosting Flower Arrangements with Nancy! These programs run through the month of September.

**Check out some of our long-time running programs;** *Genealogy* every Monday from 9am to noon, *Let's Get Fit* every Tuesday & Thursday @ 1pm, Coffee Klatch every Tuesday @ 11am, Sit-N-Knit every Thursday @ 10am.

**Need help with a device?** Let one of our tech advisors help you one-on-one with your laptop, e-reader or phone! Call 989-348-9214 to make an appointment. Requests for 3D printing now available.

**Utilizing our conference rooms?** Great! Stop at the desk and check-in using our Sign-in Notebooks! You can also find a link to our *Meeting Room Request Form* on our website under "Forms and Applications"; if you need a quiet place to study or take a test, or a private room to hold a meeting.



Reaching Seniors and Beyond!

## Tammy's Tips:

**Bolster your immune system:** Drink plenty of water. Water helps our body remove waste and toxins and transports nutrients throughout our body.



**Come visit us!**

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

**Northern Pines**  
ASSISTED LIVING

**BARUCH** A program of Baruch Senior Ministries

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

## Upcoming Online Classes - MSU Ext.

### RELAX ALTERNATIVES TO ANGER SERIES

Online - Sept 5-8 from 8-9AM

Sept. 5 – Sept. 8 Zoom

### HOW MUCH HOME CAN YOU AFFORD?

Sept. 6, 12:00PM – 1:00PM Zoom

### SLEEP

Sept. 7 - Oct. 12, 10-10:30 AM ET

Zoom Meetings

### BEGINNERS CLASS - TAI CHI FOR ARTHRITIS

Mon and Wed, Sept. 11, through Nov. 8  
9 a.m.

### MAKE A SPENDING PLAN WORK FOR YOU!

Sept. 12 12:00PM – 1:00PM

Zoom Webinar

### PRESERVING MI HARVEST

### SWEET AND SAVORY SALSA

Sept. 14 1-2 p.m. and 6-7 p.m.

Zoom Webinar

### STRESS LESS WITH MINDFULNESS

### COFFEE HOUR SERIES

Sept 18-22 from 8-9AM - Zoom

### MINDFUL MONDAYS BEGIN WITH A BREATH

Sept. 18, 11:30AM – 12:30PM

### EVERY PENNY COUNTS: SAVINGS

### STRATEGIES

Sept. 19  
12:00PM – 1:00PM

Online via Zoom

### RETIREMENT MYTHS AND FACTS

(WEBINAR)

Sept. 20, 12:00PM – 1:00PM

Zoom

### PRESERVING MI HARVEST

### PRESERVING CORN, IT'S "A-MAIZEING"

Sept. 21 1-2 p.m. and 6-7 p.m.

Zoom Webinar

### MINDFUL MONDAYS BE KIND TO YOUR MIND

Oct. 2 11:30AM – 12:30PM

### RELAX ALTERNATIVES TO ANGER SERIES

Oct 3 to Oct 24 from 8-9AM

Zoom Webinar

### SLEEP EDUCATION FOR EVERYONE

Oct 3 - Nov 7 from 1:30-2:00 PM

Zoom Webinar

### STRESS LESS WITH MINDFULNESS

Oct. 4- NOV. 1 from 10:30-11:30 A.M.

Zoom Webinar

### STRESS LESS WITH MINDFULNESS

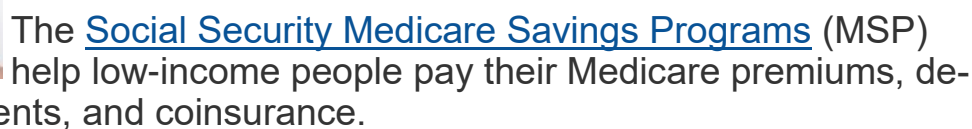
### COFFEE HOUR

Oct 5 to Oct 26 from 8:30-9:30AM

Zoom Webinar

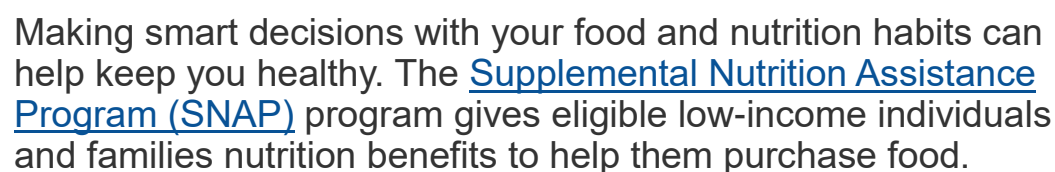
To register for any event visit: <https://www.canr.msu.edu/rlr/> and click on the Events tab

As you get older, you may be looking for government benefits to meet your needs. The Commission on Aging is here to help you find benefits you may be eligible for. There are many government programs available to help elderly people.



Getting prescriptions filled is important for keeping good health as you get older. [Medicare Prescription Drug Plans](#) can help you cover the cost of your prescription drugs. This includes most recommended shots or vaccines.

The [Supplemental Security Income \(SSI\)](#) program gives monthly payments to people 65 and older who have limited income and resources. Your eligibility is determined using your age, income level, citizenship status, location, and marital status. This program does not require Social Security credits which are earned by working and paying Social Security taxes.



Did you know that SNAP enrollment among older adults is associated with fewer hospital visits and long-term care admissions? Enrolling in SNAP is a step towards living a healthier lifestyle. To receive SNAP benefits, you must apply in the state you live in and meet certain income limits. Please call Tammy Findlay, Advocacy and Resource Coordinator at 989-348-7123 to see what programs you might qualify for.

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

**24 hours drop boxes:**

**Crawford County Sheriff's Dept.  
Munson Hospital Emergency Room  
Grayling City Hall**

**Business:**

## Business: The Medicine Shoppe

**AARP Safety Driving — 12:30 - 4:30am  
Tuesday & Wednesday  
Sept 26-27, 2023**

**A Matter of Balance — 9am - 11am**  
**Wednesdays & Fridays**  
**Oct 11 thru Nov 3, 2023**

**SLEEP - Mondays - 3 - 4:00 pm**  
**Sept 11 thru Oct 16, 2023**

**To register for any COA classes or have any questions: (989) 348-7123**

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



**Description:**

Many older adults experience concerns about falling and restrict their activities. This program teaches practical ways to manage falls.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

### Who should attend?

- Anyone who is concerned about falling
- Anyone who has fallen in the past
- Anyone interested in increasing balance, flexibility and strength

**Wednesdays and Fridays**  
**October 11 –**  
**November 3, 2023**  
**9:00 a.m. – 11:00 a.m. ET**

Each session builds on the previous, so it is important to attend each session.

**Cost: FREE**

**Registration Required:**

**Call 989-348-7123**

**Contact:**

Nicole Wethington  
wethingn@msu.edu



### **SLeep Education for Everyone Program (SLEEP)**

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of your sleep affects the mental and physical health of people of all ages. The SLEEP program was developed by sleep researchers, a certified sleep medicine specialist, Michigan State University (MSU) Extension educators, and older adults living in the community.

A total of six, 30-minute sessions were created; topics for sleep in order by session include:

- 1) introduction to sleep and health with a focus on recommended durations;
- 2) sleep hygiene best practices,
- 3) Stimulus Control Therapy,
- 4) mindfulness and relaxation,
- 5) relationships between sleep & physical activity,
- 6) sleep myths.

## Mondays

3:00 - 4:00 pm

**Sept 11 thru Oct 10**

**Cost: FREE**

**Registration Required:**

Call 989-348-7123

**Contact:**

Nicole Wethington

[wethingn@msu.edu](mailto:wethingn@msu.edu)

**Instructor has severe mint allergy. No mint or menthol products in class.**



## Grayling Fall Arts and Crafts Show

Saturday, October 7th

10am to 4pm

Grayling Elementary School  
306 Plum St, Grayling, MI

- \$1.00 Admission
- 50/50 Raffle
- GPA Basket Raffle
- Quilt Raffle
- Lunch Available
- Over 50 Arts & Craft Booths



Sponsored by  
Grayling Promotional Association  
[www.graylingpromotional.org](http://www.graylingpromotional.org)



MEALS ON WHEELS  
LOVES PETS



Do you have pets? Is it hard for you to obtain veterinary care for your pet because of limited funds?

The Crawford County Commission on Aging & Senior Center received a small grant from Meals On Wheels America Pet Program / Pet Smart Charities.

Please call Tammy Findlay at 989-348-7123 to see if your pet might qualify for the grant.

# Crawford County Commission On Aging & Senior Center Raffle

*Proceeds benefit the Activities  
and Programs at the Senior Center*



*Sponsored by...*

**Feeny Ford of Grayling  
& NAPA Moore's Automotive**

**Tickets \$1.00 each  
or \$5.00 for 6 tickets**

**Cash Prizes:**

**1st - \$250**

**2nd - \$175**

**3rd - \$75**

The drawing will be held the 9/14/23 dinner.  
Need not be present to win.

**Grandparents Day Dinner—Thurs, 9/14/23 - 4-6pm**

The Commission On Aging & Senior Center

308 Lawndale St., Grayling

*(See dinner flyer on page 13.)*

**Raffle & Dinner - Open to the Public**

State Raffle Lic. # X08614

**Suggested Donation for Dinner is age 60+ \$3.50 — Under 60 is \$6.50**

### Volunteers Needed:

Three critical areas at our Senior Center need more help. Meals On Wheels Drivers, Meal Bag Packers, and Kitchen Helpers. Please consider lending a hand. Volunteer applications are on our website or stop by and talk to us to learn more. **Thank you!**

**[www.crawfordcoa.org/volunteer](http://www.crawfordcoa.org/volunteer)  
(989) 348-7123**

**We need help.**

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### **Tammy's Tips:**



Flu germs live on surface for about 8 hours, so it is important to sanitize those surfaces. Vinegar will kill off the flu virus.

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