

Crawford County *Senior Gazette* September 2022

Highlights:

- Pg 2 We Need You!
- Pg 4 Clogging Returns!
- Pg 4 Sign Up For Geri-Fit!
- Pg 4 Volunteer Spotlight
- Pg 6 New Building Update!
- Pg 6 Chess & Checkers Club
- Pg 7 Tai Chi Starting!
- Pg 7 Matter of Balance!
- Pg 8 Meal Calendar
- Pg 9 Activity Calendar
- Pg 10 Classes & Resources
- Pg 11 Social Security Tips
- Pg 11 New In-Home Services Manager!
- Pg 12 Word Search
- Pg 12 Cook's Corner
- Pg 13 Vaping Information
- Pg 13 Quilting Show!
- Pg 13 Grand Parent's Day Special Luncheon
- Pg 14 MMAP Counselors Needed
- Pg 15 Walking Tips
- Pg 15 Medical Equipment Spotlight
- Pg 15 Food Distribution
- Pg 16 Imposter Scam Help
- Pg 16 Vaccine Clinic Info

Money-Saving Coupons:

- Pg 12 Save-a-Lot
- Pg 13 Spike's Coupon
- Pg 16 Millikin Excavating

Featured Article Living History of Grayling By Toby Neal



Grayling has reached an incredible milestone this year. Founded in 1872, this year marks the 150th birthday of the beloved small town. Recently some of its longtime members gathered to share what was billed as the "Living History" of Grayling. This event, organized by the Grayling Promotional Association (GPA) and hosted by the AuSable Artisan Village featured Grayling Main Street Executive Director, and GPA member, Jillian Tremonti who

moderated a panel of eight well-known and respected people from Grayling as they shared their stories and family histories, weaving them together to display how connected the town is. This panel was made up of Mo McNamara, Joe Wakeley, Bob Smock, Terry Dickinson, Lynne Witte, Stuart Fowler, Curley LaMotte, and Gary Ginther.

Bob Smock was the first to be interviewed. Smock is a lifelong resident of Grayling, spending over 40 years counseling various ages and populations. He spoke to the significance of rivers. According to Bob Smock, everything starts with the river and what it provides like protection, transportation, and resources. It was a certain resource in the AuSable River that eventually gave Grayling its name.



According to Smock, in the 1870's Rube Babbit Sr. caught a strange fish in the AuSable River and walked to Bay City, Michigan to see a scientist about which species it was. The

Continued on Page 5

Our Mission...

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

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

HOURS OF OPERATION

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

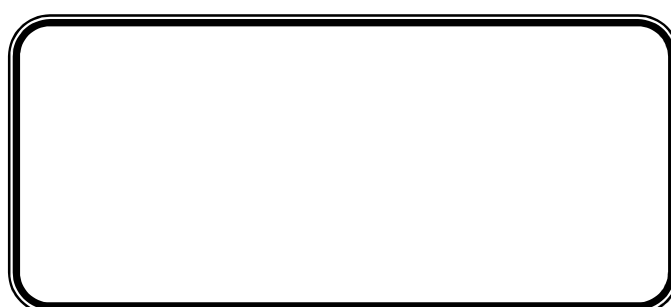
**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

Director@crawfordcoa.org

www.facebook.com/crawfordcoa



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

Smartphone Scan to our Website



Senior Gazette Staff

Alice Snyder
Editor

Toby Neal
Creative Director &
Advertising Manager

Michelle Neff
Robert Simpson
Katie Miller
Contributing Writers

The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging. The publication is distributed free to Crawford County residents by direct mail and at local businesses.

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

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

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
Toby Neal, Senior Center Manager
Lynn Cheney, Office Manager
Jamie Adams, In-Home Services Manager
Tammy Findlay, Advocacy & Resource Coord.
Kathy Meisner, Program Assistant
Helen Nolan, Receptionist
Denise Conte, Cook
Megan Hagle, Cook
Kathy Jacobs, Homemaker
Sarah Pollock, Homemaker
Susan Randall, Homemaker
Amanda Beck, Homemaker
Jan Williamson, RN

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



The Commission on Aging needs you like never before! If you desire to volunteer we have these immediate needs to fill!

Meals on Wheels Driver Drop off meals to those who are at home and unable to purchase or prepare their own.

Meals on Wheels Bag Packer Meals are packed on Monday, Wednesday and Friday from 9am – 11:30am. Must be able to lift around 25lbs and be detail oriented.

Congregate Meal Servers & Dishwashers Serve meals during our lunch hour to our dine-in and pick-up guests and washing meal time dishes.



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

Contact Alice Snyder at
(989) 348-7123 to sign up or to learn more about
volunteer opportunities.

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

Volunteers 55yr+ needed in your area!

Serve at a food pantry, teacher/student aide, thrift store, hospital, museum, Senior Centers, non emergency medical transportation, animal rescue/rehab and more!

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

Call 989-358-4650

Email ottoa@nemcsa.org



**AmeriCorps
Seniors**



General Giving

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

Memorial Gifts

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also buy a Plaque to be displayed in the Dining Room.

Memorial Donations

In Memory of Rite Lone
Darin & Emily Graves
Robert & Joy Stiffler
Glenn & Lorelei King
Erika Mudry
Pat Sanders

In Memory of Shirley Bordeaux & Bob Houghton
Janet Gildner

In Memory of Danny Verlinde
Barb Verlinde

In Memory of Linda (Brooks) Thomas
Farrell Thomas

General Donations Made

Kathy Wyskiel
Pauline Gray



Kirsten Lietz
David Markle

Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA will benefit many seniors and help us continue vitally needed several for years to come.

Volunteers

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

Volunteers and Contributions received after August 12th will be acknowledged in the next edition of the Senior Gazette.

Sponsors

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

Our Sponsors

Foot Clinic Offered by Comfort Keepers

Hearing Clinic Offered by Advantage Audiology

Legal Aid Offered by Jason R. Thompson Law Office PLC

Birthday Lunch Flowers donated by Family Fare

Medicine Shoppe Bingo by The Medicine Shoppe

Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Reams of Copy Paper
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Kleenex

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

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

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.

All Gifts are Tax Deductible

- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about Legacy Giving.
- ☐ I would like to volunteer for the Commission on Aging.

Thank you! to our COA Volunteers

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

September Birthdays

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

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

STILL KICKING CLOGGERS

MONDAY 11:30AM

The Crawford County Commission on Aging is excited to announce that Judy Morford is coming out of retirement to teach Clogging starting this month! Her Clogging class will be every Monday at 11:30am at the New Senior Center. This class is for more experienced Cloggers. You do not need to sign up for this free class, just show up and bring your Clogging shoes!

GERI-FIT®

Starting September 2nd!

Back by popular demand the COA is able to offer Geri-Fit on Friday's at 11am at the New Senior Center! Come build your strength and conditioning to help you age well. You need to register for this class. Call or stop into the COA to register today!

Things We Collect!

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

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

Recycle Your Used Cell Phones



- ✓ Simply drop off your phone at the Senior Center
- ✓ All data will be erased
- ✓ Keep chemicals and heavy metals out of the environment

Your old phone can be income
for the Commission on Aging



Becca Wolford

By Toby Neal

Becca Wolford, or Sister Wolford as she is known by has been a steady volunteer for the COA delivering meals during our Special Luncheons and calling Penny Bingo every Thursday! Wolford is not a Grayling native, originally from West Point, Utah, but because of her church involvement she has lived in Holt, Sturgis and now Grayling doing missionary work.

Becca comes from a "loud and busy family" where she is the third of eight kids, sharing that they "are very musical so we always find the time to sing together or just chat and laugh." If you bump into Sister Wolford make sure you ask her about her family stories. "I have so many silly stories, if you ever see me then ask!"

Volunteering isn't new to Wolford. "I've done quite a bit of volunteer work growing up! I was in Interact for a couple years (like the rotary club but for youths) so I had a lot of service opportunities open up through that! I've had a few jobs: working at a Chinese restaurant, as a janitor, working in the textbook department of my college, and I was even able to run the food pantry at my college for a while! Working at the pantry was by far my favorite because I was able to help so many people!"

Being a full time Missionary for the Latter-day Saints and doing volunteer work do not leave Sister Wolford with a lot of spare time, but when she has some she spends those moments reading, playing the piano or ukulele, singing and even painting. Her passions are many, but music is high on her list, stating "I'm also big into music and can talk about it for far to long!"

Missionaries from her church has been volunteering with the COA for over a year now. She shared that she loves "to serve others and just bring joy to as many people as I can." Sister Wolford has plans to move back to Utah and go to school to become a project manager. She also wants to continue traveling to meet new people and experience new cultures. We wish her luck in her future endeavors and will continue to enjoy her helpful spirit as she serves with us here!





scientist, after some research, told Babbit Sr. that this species of fish was called "Grayling" and from there the name of the town was changed from Crawford to the name of the fish.

Gary Ginther, founder of Dean's Systems a local business that has supplied products and machine designs and American and Canadian



industries for forty years spoke next. Ginther joked that at 88 years of age he was in his "third 30's."

Ginther's business has employed many local Grayling residents through its long history, with Ginther himself sharing that one of his purposes was to give back to the town he loved.

Next to share was Stuart Fowler, who's dad was the township supervisor for 26 years.

Fowler shared a lot about the connection of what is referred to as the "Down River Community" which comprised many families of people



who owned land along the banks of the AuSable River. He is currently working on a project exploring more of these connections and history entitled, "Born of the Holy Waters." Stuart shared these powerful words with the packed crowd at the Artisan Village: "Grayling

is always home, no matter where you go or what you do."

Next, Curly LaMotte entertained those gathered with stories about what going to school was like in his early days when they first were able to add a fourth grade to the education system. Curly suggested that he went to the "school of hard knocks"



growing up in Grayling. Falling in love with stones and stonework at an early age, LaMotte still hunts rock, crafts them, and sells his findings and creations at local arts and craft shows. Curly shared his love of shooting guns for sport and how he connected with Fred Bear, Grayling's most famous gamesman, in various events. During one such event, LaMotte shared that, unbeknownst to him, the barrel of the gun he was using was slightly curved to the right. To this revelation, Fred Bear quipped, "Curly, ever wonder why you're shooting all the rabbits to the right and missing all the ones to the left!?"

Taking the eagerly listening crowd back to what life was like on Grayling's Main Street in the 1950's was Mo



McNamara. The 1950's were special to McNamara as this was the time she moved to Grayling and took root here. McNamara's descriptive recollection of the businesses that existed then as compared to now was met with a lot of nods and laughs. In fact, the very building housing this event was once the famous Ben Franklin store, owned by the



Kraus family. McNamara delighted in talking about the bustling Main Street life during that era, which continues today, connecting the past to the

present.

Joe Wakeley's Grayling heritage goes back to the first decade of Grayling's existence. Wakeley continued that heritage, serving and striving to make Grayling a place to visit. Working as Grayling's County Treasurer for 46 years, Joe also contributed a lot of time to building the popularity and expansion of the AuSable River Canoe Marathon. Wakeley

had the Living History crowd hanging on every word as he shared the profound story of his ancestor whose arm was shot off in a hunting accident. The closest doctor at the time was in Toledo, so he was fetched by horseback to come to the armless man's aid, only to be rejected, and then sought after again convincingly, to save his life.



Helping also to build the popularity and accessibility of the AuSable River Canoe Marathon was long time paddler, Lynne

Witte. Witte shared that Grayling was her second home growing up, and like many on the panel, was connected to it because of the river. One point Lynne made several times was how welcomed paddlers from outside felt when they came to Grayling for the Canoe Marathon. She stated, "Paddlers come back every year because of the people here."

Terry Dickinson rounded out the evening of sharing in the

Living History of Grayling.

Dickinson, most known for his mural work, has been instrumental in turning Grayling into



a destination for the arts. One of Terry's fondest memories that best described his view of Grayling was about when was attempting to install a clocktower above the old Davis Jewelers store front. Unable to do it alone, Terry walked into a local pub and asked for assistance and was taken back by how many came out to help him! He said, "Grayling is small enough that strangers help you. It's Grayling; it's beautiful."

The Living History of Grayling is one centered around the life of the river, connecting everyone through it. A community where everyone gives back, that is always home and always welcoming. As Terry said, "It's Grayling; it's beautiful."

Photos courtesy of the Grayling Promotional Association.

MUNSON HEALTHCARE
Crawford Continuing Care Center

your choice for short & long term care

5-Star Rated ★★★★★ Call us today! 348-0317

munsonhealthcare.org
1100 E. Michigan Ave - Grayling, MI 49738

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

New Building Update!!

Exciting news regarding the future home of the Crawford County Commission on Aging! The plans for the New Building have been finalized and ready to be put out for bidding! Stay tuned to our website and future Senior Gazette's for more updates! Below is the Advertisement for Bids.

Senior Center – Crawford County Commission on Aging
00 11 13 Advertisement for Bids - 1

SECTION 00 11 13 ADVERTISEMENT FOR BIDS

Crawford County Commission on Aging (CCCOA) & Apex Engineering & Management will receive sealed or emailed bids for the Senior Center – Renovation & Addition

Bids are to be addressed to Crawford County and can be delivered to CCCOA – 308 Lawndale Street, Grayling, MI 49738 or emailed to CM – steve@apexem.net by 2:00pm local time, September 9, 2022. Bids received after 2:00pm will not be considered. If you email your bid, please follow up with a phone call to CM – 231.275.2600 to confirm receipt of bid. Call must be made by bid due date & time.

A pre-bid meeting and site walk-through will be conducted by CCCOA, Apex Engineering & Mgt and James S Bates Architect on August 22, 2022, at 2:00pm at the project site. 4338 M-72 West Grayling, MI 49738

Bids will be publicly disclosed at CCCOA board meeting

Proposals will be received for the following Bid Packages:

- BP-01 Sitework
- BP-02 Concrete
- BP-03 Masonry
- BP-04 Steel
- BP-05 General Trades
- BP-06 Insulation
- BP-07 Roofing
- BP-08 Aluminum Entrances
- BP-09 Gypsum Board-Ceilings
- BP-10 Painting
- BP-11 Flooring-Base
- BP-12 Casework-Counters
- BP-13 Plumbing-HVAC
- BP-14 Electrical

No direct contact will be allowed with the Owner. Direct all questions to the Construction Manager - Apex Engineering & Mgt (231.275.2600). Email can also be used – steve@apexem.net

Plans and specifications may be obtained from the Construction Manager, Apex Engineering & Mgt for a refundable deposit of \$100. The plans and specifications will be available via email request or pickup on 8/23/22. Please contact our office for pickup or we will deliver to the pre-bid meeting. The deposit will only be refunded for contract document sets returned in useable condition. In addition, a separate nonrefundable deposit of \$50 per set is required for sets that must be mailed. Checks for deposits/mailling shall be made out to Apex Engineering & Mgt. All bidders will be responsible for the entire set of Contract Documents.

Proposals shall be submitted on Proposal Forms furnished by the Construction Manager as part of the Bidding Documents and shall be executed in strict accordance with the Drawings and Specifications. Successful bidders will contract directly with Crawford County Commission on Aging the performance of this work. Apex Engineering & Mgt will act as the Owner's representative and manage the project. No Bidder may withdraw their bid within 30 days of the actual bid opening. The Owner and Construction Manager reserve the right to reject any or all bids, to accept other than a low bid, to waive informalities in any or all bids and to accept the bid, which, in their opinion, is in the best interest of CCCOA.

End of Section 00 11 13 Advertisement for Bids - 1

New Chair Yoga Class to Start in October!

Chair Yoga is designed to provide choreography options that support the goals of increasing flexibility, range of motion, balance and mind-body integration. In chair yoga, students practice poses while seated in a chair or use the chair for assistance in some standing poses. Those with chronic conditions, weight issues, past injuries, disabilities, or anyone looking for a gradual and gentle ways to increase range of motion can all experience benefits from this practice. People of all ages, levels, and physical conditions are able to start a chair yoga practice without hesitation.

If you are interested in joining this class, the fee is \$30/month per person. If you are interested, please call 989-348-7123. To host this class we need at least 6 people sign up.

Sound Therapy @ the COA!

Pauline Hardacre is coming back to the Commission on Aging! On Friday, September 23rd from 9-11am, come and relax and get into a meditative state while listening to a variety of healing instruments. Feel free to bring your own yoga mat if you prefer to lay down. Learn more about Pauline and Sound Healing and Meditation on her Facebook Page: Positive Simple Living.



We are starting a Chess & Checkers Club called Checkmate in October! You will be able to play Chess & Checkers and make new friends and enjoy the company of old ones. If you have ever wanted to learn how to play Chess or Checkers this is the perfect group for you to be apart of! Edward Kinkle, former Chess pro, will be teaching anyone who wants to learn the art of Chess. To help facilitate this activity we are looking for donations of Chess and Checker boards and pieces! If you want to donate either or both, or have questions about Checkmate, please call 989-348-7123

Tai Chi Starting in October!

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. The program focuses on confidence building, which is linked closely to the reduced rate of falling.

Tai Chi for Arthritis and Falls Prevention is led by a certified instructor, Nicole Wethington (MSUE) and each session includes: Warm-up and cool-down exercises, One or two movements per lesson, progressively leading to completing six basic core movements and six advanced extension movements, Breathing techniques and Tai chi principles relating to improving physical and mental balance. Classes will be held on **Tuesdays and Thursdays from 9-10am** (location to be determined) **starting October 4th**. You must register in advance to participate. **Registration closes on Friday, September 16th**. We need at least 10 registered participants to hold the class. To register or if you have any questions please call 989-348-7123.

Matter of Balance in October!

The Commission on Aging is partnering with MSU Extension's Nicole Wethington bring you the evidenced based program, A Matter of Balance in **October** on Fridays **starting October 14th from 9-11am** at our New Senior Center location, just east of town on M-72.

Who should attend? Older adults who: Are concerned about falls, have sustained falls in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, community-dwelling and able to problem solve. What do participants learn? The program enables participants to achieve significant goals. They gain confidence by learning to: View falls as controllable, Set goals for increasing activity, Make changes to reduce fall risk at home, and Exercise to increase strength and balance. You must register in advance to attend. **Registration closes on Friday, September 16th**. We need at least 10 registered participants to hold the class. Call 989-348-7123 to register!

Free Masks & COVID Tests Kits

The Senior Center has a supply of free N95 & cloth masks available to those in need. Also, Americans with Medicare Part B have access to COVID-19 tests at no cost, allowing Medicare beneficiaries to receive tests at no cost, in addition to the two sets of four free at-home COVID-19 tests Americans can continue to order from covidtests.gov.

If tank is at 25% or less call Tammy at the COA for Financial Assistance 989-348-7123



Veteran's Coffee Hour

September 8th, from 10-11am at the American Legion Post #106 For more information call 989-344-3861.

Support Groups

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.
Mon. / Fri (C/D/H) A.A. NOON
Mon.. (H)"Recovery Group"* 7 p.m.
Thur. O/D/H) NOON (Women's)

At St. Francis Episcopal Church, Grayling

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

At Frederic Twp. Hall

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30pm

At River House Inc. in Grayling

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

GLUED

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

At River House Inc. in Grayling

who have experienced domestic violence (directly or indirectly) sexual abuse or bullying. Call RiverHouse, Inc at 989-348-3169 for info.

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Call Barbara to register at (989)348-3169

LONG COVID PATIENT SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

TOPS WEIGHT LOSS CLASS

Thursdays 10am – 11:15am

St. John Lutheran Church, Grayling

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



Amigo Mobility Center

www.amigomobilitycenter.com

Sales and service

Accepts most major insurances

Serving the entire state of Michigan

**Mobility Scooters, Power Wheelchairs, Complex Rehab
Manual and Power Wheelchairs, Vehicle Lifts, Power Lift
Recliners, Stair Lifts, and Patient Lifts**

6693 Dixie Highway
Bridgeport, MI 48722
989-777-2060

Mobility Consultant
Luke Lipinski
989-297-6277

Important Phone Numbers

Social Security

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

Medicare

1-800-633-4227

Veterans Administration

1-800-827-1000

Alzheimer's Assistance

1-800-272-3900

September 2022 - Meal Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | | 1 11:30a-12:30p Lunch Chicken Penne Alfredo w/Mushroom, Broccoli & Cauliflower, Orange | 2 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple |
| 5 CLOSED LABOR DAY | 6 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes | 7 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange | 8 11:30a-1:00p Grandparent's Day Special Luncheon BBQ Ribs, Potato Salad, Honey Glazed Carrots, Tropical Fruit Mix, Chocolate Cake | 9 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes |
| 12 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Peas and Carrots, Pineapple | 13 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew | 14 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi | 15 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear | 16 11:30a-12:30p Lunch Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries |
| 19 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple | 20 11:30a-12:30p Lunch Stuffed Peppers, Broccoli & Cauliflower, Grapes | 21 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange | 22 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Cabbage Fried w/ Bacon, Green Beans, Grapes | 23 11:30a-12:30p Lunch Parmesan Cod, Prince Charles Vegetable Blend, Peas, Banana |
| 26 11:30a-12:30p Lunch Beef Goulash, Green Beans, Kiwi | 27 11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries | 28 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges | 29 11:30a-12:30p Lunch Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots | 30 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes |

September 2022 - Activity Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| Note: Every Saturday at 9am – Diamond Dancers meet at the New Senior Center on M72 East. | | | 1 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale | 2 11am – Geri-Fit 1pm Pantry Bingo – Lawndale |
| 5 CLOSED LABOR DAY | 6 9-11am Pickleball –M72 9-4pm Friends of a Feather - Lawndale 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72 | 7 9-11am Pickleball –M72 10am SilverSneakers M72 9:30-10:30am Commodities – St. Mary's Church 1pm Wii Bowling – Lawndale 1pm – Mahjong 1pm – Walk in the Woods – Camp AuSable Boardwalk, Grayling | 8 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11:30-1pm Grandparent's Day Special Luncheon 2pm Penny Bingo – Lawndale | 9 11am – Geri-Fit 1pm Pantry Bingo – Lawndale |
| 12 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 | 13 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72 | 14 9-11am Pickleball –M72 10am SilverSneakers M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Walk in the Woods – Hanson Hills Pond Loop, Grayling | 15 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Wii Traveling Team - Kalkaska 1pm Penny Bingo – Lawndale | 16 11am – Geri-Fit 1pm Pantry Bingo – Lawndale |
| 19 9-11am – Pickleball -M72 10am SilverSneakers M72 11:30am – Clogging M72 | 20 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba – M72 1pm – Euchre – Lawndale 4:30pm – Board Meeting – Lawndale 7pm – Diamond Dancers – M72 | 21 9-11am Pickleball –M72 10am SilverSneakers M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Walk in the Woods – Marguerite Gahagan Nature Preserve, Roscommon | 22 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale | 23 9-11am – Sound Healing & Meditation - Lawndale 11am – Geri-Fit 1pm Pantry Bingo – Lawndale |
| 26 9-11am – Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 12-4pm Foot Clinic – Appt. Req. – Lawndale | 27 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 11:30-12:30 Birthday Lunch 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72 | 28 9-11am Pickleball –M72 10am SilverSneakers M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Walk in the Woods – Wakeley Lake, Grayling 1pm – New to Medicare | 29 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale | 30 *9am Geri-Fit 1pm Pantry Bingo – Lawndale 10am-4pm – Vaccine Clinic – M72 *Note the change to the time for Geri-Fit |

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - by appointment
\$25 per visit - by Comfort Keepers
4th Monday, 12-4pm at 4388 M-72 E, Grayling

Hearing Clinic - by appointment
by Advantage Audiology
Contact the COA office to set up an appt.

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

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

Nutrition Services

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

Commodities Food Distribution
Monthly, 9:30-10:30am @ St. Mary's

Congregate Meal Program
Lunch is provided Mon-Fri from 11:30am - 12:30pm. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

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

Senior Project Fresh
Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables.

T.E.F.A.P. Food Distribution
Quarterly @ American Legion Hall 1-2:30pm
February, May, August, November

Resources

Information and Assistance
Our staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

Legal Assistance
by Jason R. Thompson, Law Office PLC
Free legal consultations available by calling (989) 348-7123.

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

Medical Transportation
We can assist in arranging transportation for seniors who have no other means.

Resource Center
Bookcase of loan materials, both videos and books.

Senior Gazette
A monthly Senior Gazette which is full of information for seniors and their caregivers.

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course
Offered once each year.

Geri-Fit
Strength and conditioning program focusing on proper form and building muscle for stability and mobility.

SilverSneakers
is the nation's leading exercise program designed exclusively for older adults.

Matter of Balance Program
This program offers practical strategies to reduce falls.

Tai Chi
Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



Tammy's Tip:
Commit yourself to a couple of activities outside your home a week. It's important to keep your mind active and stimulated.



How We Served You in July 2022!

At the Senior Center

- We served **632** Congregate Meals
- ### In-Home Services
- Delivered **2871** home delivered meals.
 - Provided **75.75** hours of respite care.
 - We provided **204.25** hours of homemaker services.
 - We provided **94.25** hours of bathing assistance services.

High-Tech Knee Replacement

Make it Munson.

1st to offer ROSA in northern Michigan

MUNSON HEALTHCARE
Grayling Hospital
munsonhealthcare.org/robotics



Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

EXPAND your SOCIAL SECURITY knowledge with these five terms

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way "the public can understand and use." This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare.

Take a moment to learn a few common Social Security terms and acronyms!

COLA: This stands for "Cost-of-Living Adjustment." With COLAs, Social Security and Supplemental Security Income benefits keep pace with inflation. Most years, your monthly benefit amount will get a COLA, which usually means extra money.

Credits: As you work and pay Social Security taxes, you earn credits – previously called "Quarters of Coverage" – that count toward your eligibility for future Social Security benefits. You can earn a maximum of four credits each year. Most people need 40 credits to qualify for benefits. Younger people

need fewer credits to qualify for disability or survivors benefits. For more information, see Social Security Credits at www.ssa.gov/pubs/EN-05-10072.pdf.

Earnings Record: This is the chronological history of the amount of money you earned each year during your working lifetime. Your credits remain on your Social Security earnings record even when you change jobs or have no earnings for a period of time. Review your earnings record with a personal my Social Security account at www.ssa.gov/myaccount.

FICA: This stands for "Federal Insurance Contributions Act." It's the tax withheld from your wages that funds the Social Security and Medicare programs.

Now, if any of these terms or acronyms comes up in conversation, you can help explain what they mean. Visit our online glossary at www.ssa.gov/agency/glossary to learn more of our terminology and deepen your understanding of how Social Security works for you.



Welcome Jamie Adams, new In-Home Services Manager!

Hi there. My name is Jamie and I want to introduce myself to you. I am a mom to a 17-year girl (who just graduated a year early), a 16-year-old son, a 12 year old bonus daughter, 2 year old girl spitfire and a calm cool 1 year old boy (who is a spitting image of his daddy). Busy, crazy, you name it, that's my life. I am married and have been for 5 years. Got married on 11/11 at 11:11am.



We have a poodle, Angel and two cats, Binx and Wolfie. Maybe I like a little chaos.

I am excited that this position came open. I really put it out there to the universe as this was something I had been looking for. I am a social worker, graduated from Ferris and have done many social work positions over the years. Nursing homes were my jam.....I have also moved over to sales for a while. I was a media consultant at 9and10 News. Loved it!!! But realized I missed "my people" my social work career. I ended my last job as a care coordinator for parolee's. I helped those that released from prison and had some type of mental health issues or physical health issues. Lots of work with MDOC and parole agents. It was fun but sure was challenging some days. With that being said, I am excited to be here and looking forward to meeting all of you.

Pull Ups & Pads Available at the COA

These products available for older adults 60 and over. Please call Kathy at (989) 348-7123.



Tammy's Tips:
Perfect Time for Annual Health Screenings, Make an appointment with your doctor today!



Fresh Custom-Made Omelets Are Back

COA will be hosting a dinner September 6th for lunch 11:30-12:30pm featuring made-to-order omelets. Fresh cut fillings such as green peppers, onion, mushroom, ham and cheese will be available to choose from along with redskin potatoes and broccoli-cauliflower blend vegetables. Our incredible COA cooks will make your omelet customized just for you right in the dining room! Come on in and enjoy some delicious food and friendly faces.



The Brook,
it's home.

BrookRetirement.com

Independent, Assisted
& Memory Care Living



brookretirement.com • 989-745-6500



The Brook
Retirement Communities

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

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We are currently considering resuming puzzle collection in the future.

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

trench reform shame thanks refund dinner switch attract laborer texture
division mislead mosque percent practice fountain minority general nuance
retain strain north paper cattle exotic cage laser option book union glass
emphasis depression experienced complain important lay hypothesize property
faith pray flag sip soak snail light mild bury tune copy

Cook's Corner Pork Chops with Three-Apple Slaw

Ingredients

- 4 (10-ounce) bone-in rib-cut pork chops (about 1 inch thick)
- 1 1/2 teaspoons kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 1 tablespoon canola oil
- 1 Honeycrisp apple
- 1 Gala apple
- 1 Granny Smith apple
- 1/4 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 1 teaspoon poppy seeds
- 1/4 teaspoon hot sauce (such as Tabasco)
- 4 inner celery stalks, thinly diagonally sliced, plus 1/4 cup celery leaves
- 1 cup chopped fresh flat-leaf parsley
- 1/3 cup snipped fresh chives

Directions

Step 1 - Season pork chops with 1 teaspoon salt and 1/2 teaspoon pepper. Heat oil in a large cast-iron skillet over medium-high. Add pork chops to skillet; cook, turning occasionally, until browned and an instant-read thermometer inserted in thickest part of chop registers 135°F, 5 to 6 minutes per side. Set aside.

Step 2 - Cut each apple lengthwise into quarters, and discard cores. Thinly slice apple quarters lengthwise; stack slices, and cut lengthwise again into thin sticks.

Step 3 - Whisk together mayonnaise, vinegar, poppy seeds, and hot sauce in a large bowl; season with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Add apple sticks, celery & leaves, parsley, and chives; toss to combine. Serve immediately with pork chops.

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

Keeping Kids Safe by Locking Up Marijuana.

If you or someone you know is interested in a free lock box, they are available at the Crawford County Commission on Aging and Senior Center. Stop in and pick up one while supplies last!



The COA has free pouches available.

Grayling Save a Lot
Purchase of
1/2 Gal. White Milk 99¢
Skim, 1%, 2% or Whole
Limit 2 Please with coupon
Valid September 1, 2022 thru September 30, 2022
2333 S. I-75 Business Loop 989-348-6690
Look for printable coupons at www.Save-A-Lot.com

ADVANTAGE AUDIOLOGY & HEARING CENTER
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

Vaping: What Parents and Grandparents Should Know

From - Katie Miller, District Health Department #10

According to the CDC's National Youth Tobacco Survey, 1 in 5 high school students currently uses a vape/e-cig device ("vapes"). This trend is likely to continue, as products are visually appealing, flavorful, and heavily marketed to younger populations. To help counteract the deceptive messages being directed at teens- be prepared to answer the tough questions that teens may have about vaping.

How Does Vaping Work?

E-cigarettes (or "vape pens") heat a liquid (called e-liquid or "juice") until it becomes a vapor, which is then inhaled. The liquid can contain nicotine or marijuana distillate or oil. They also contain many chemicals and additives. E-cigarettes can be refillable or pre-filled with cartridges containing the liquid, which are designed for one-time use.

What Are the Health Risks of Vaping?

The health risks of vaping include:

Addiction: Most vapes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted, but once a person becomes addicted, it is difficult to stop.

Anxiety and depression: Nicotine use is associated with increased anxiety and depression. It also affects memory, concentration, and attention, especially in young, developing brains.

Cigarette use: Young people who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to become addicted to other substances in the future.

Impotence: There is some evidence that vaping can cause sexual dysfunction in men.

Sleep problems

Exposure to cancer-causing chemicals

Chronic bronchitis

Lung damage that can be life-threatening

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so the health risks are not well understood.

How Do I Know if My Child/Grandchild Is Vaping?

The best way to determine if your child or grandchild is vaping is to talk with them. An open and nonjudgmental approach to the conversation is the best way to ensure that they will be comfortable sharing with you honestly. If you are not ready to start the conversation, some signs to look for include:

New health issues such as coughing or wheezing

E-cigarette supplies, like cartridges or

other suspicious looking items

New smells (some flavorings are banned, but others are in nicotine and marijuana vapes — so you might notice fruity or sweet scents)

What Should I Do if My Child/Grandchild Vapes?

If your child or grandchild is vaping, they will need your help and support to quit. Help them find the motivation to stop vaping by talking about:

wanting to be the best, healthiest version of themselves

not wanting to be addicted

avoiding health effects including breathing problems and decreased sports performance

not wanting to increase anxiety or depression

saving money

going against advertising that targets young people

What Else Should I Know?

Lend your support as your teen tries to quit. Set a good example by taking care of your own health. Make your house smoke-free and vape-free. If you smoke or vape, make the commitment to quit. Some apps and website can help support your child/grandchild in their quitting journey, including the This Is Quitting texting program and Smokefree.gov. If you need additional resources, check out livewell4health.org/tobacco-cessation.

Sources: Kids' Health (KidsHealth.org); The Partnership to End Addiction (DrugFree.org)

This article was adapted from an existing resource: <https://kidshealth.org/en/parents/e-cigarettes.html>

Register Soon for the Grandparent's Day Special Luncheon!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Grandparent's Day Special Luncheon on Thursday, September 8th from 11:30am-1pm. On the menu will be BBQ Ribs, Potato Salad, Honey Glazed Carrots, Tropical Fruit Mix and Chocolate Cake for desert! The luncheon will be curbside pickup and RSVP is required by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6.



New to Medicare Seminar

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

Join us via Zoom on **Wednesday, September 28th 2022 @ 1PM** for a presentation that will help demystify the issues surrounding Medicare.

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

A Celebration of Quilting Show

The AuSable Quilt Guild, Becky's Best Sewing Machines and the AuSable Artisan Village will be putting on this event which includes historic Gees Bend quilt exhibit, vender demos and more on September 22-24, 2022 10am-4pm at the American Legion Hall. Admission is \$2. There will be special quilt raffles, bucket raffles, boutique of hand made gifts, and member quilt sales! Proceeds go to support the COA's Meals on Wheels

Crawford County Commission on Aging & Senior Center 2022 Special Luncheons

Sept 8th ~ Grandparents

Oct 20th ~ Harvest

Nov 17th ~ Thanksgiving

Dec 15th ~ Christmas



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

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



Redeem this card for a "Buy One Get One Free" **SPIKE BURGER** ^{SG} (DINE-IN ONLY) Coupon Expires September 30, 2022 Photo Copies Not Accepted

301 James Street, Grayling, MI 49738 989-348-7113

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

Crawford County Commission on Aging Seeking Skilled Volunteer for Insurance Counseling



The Medicare & Medicaid Assistance Program (MMAP) is funded by federal grants to serve Michigan's Medicare and Medicaid beneficiaries. The COA has hosted this program for 15+ years and counseled hundreds of Medicare and Medicaid beneficiaries helping them save dollars and access available funding to supplement health insurance cost. Counselors receive regular update training, are supervised and supported, and recertify annually.

All individuals who want to become a MMAP Team member will be subject to MMAP's screening, onboarding, and Initial Training procedures as they work toward certification in their chosen role. All applicants are subject to screening protocols, which may include an interview, reference check, and background check. A national criminal record check will be conducted for all potential Counselors. A MMAP Team Member Application, Disclosure Regarding Background Check, and Acknowledgment and Authorization for Background Check must be completed and signed. Applicants will also need to provide MMAP with a copy of a government-issued photo ID, usually a driver's license, and their Social Security number to complete the national criminal record check.

Prior to starting MMAP Initial Training, all applicants will attend an Orientation that is scheduled by their Regional Coordinator. The Orientation will cover the mission and structure of MMAP along with job expectations and responsibilities, including reporting and documentation of MMAP activities. The applicant will be asked to sign a MMAP Team Member Agreement at this time.

MMAP Initial Training is conducted in two phases, self-study with online learning modules and classroom sessions with a MMAP trainer held on three consecutive days. The online learning modules cover Medicare and Medicaid benefits and eligibility. At the end of each learning module, training attendees complete knowledge checks to assess their comprehension of online content. All learning modules with their knowledge checks must be completed prior to attending the classroom phase of Initial Training.

The classroom session may take place in-person or using an online meeting application.

The sessions will be conducted by either MMAP's Training Manager or a certified MMAP Regional Trainer. These sessions will provide opportunity to connect information from the learning modules to the MMAP counseling experience. Reporting and documentation of MMAP activities will again be covered.

After Counselors conclude Initial Training they must complete the MMAP Certification process within six months. Counselors who do not complete the certification process within the specified timeline may be offered additional support for a limited time or may be exited from MMAP. To become certified a Counselor must complete and pass two on-line reviews within 60 days of completing of the Initial Training. A score of 80% on each review is considered passing. The Counselor must also view learning modules on Medicare fraud and reporting casework, and report a minimum of 18 counseling hours within six months of completing Initial Training.

MMAP Counselors are expected to maintain their certification and will be re-certified annually. To maintain their certification, Counselors must report all of their MMAP client contacts and participate in continuing education opportunities. The Counselor must also complete the on-line recertification review that is posted April 1st through June 31st. A Counselor who does not recertify may be exited from MMAP or given the opportunity to take Initial Training and certify as a MMAP Counselor.

All MMAP Team Members are provided supervision and support from the Advocacy & Resource Coordinator at the COA, in order to ensure program integrity. COA staff are available to assist with questions on casework, provide counseling resources, and Update Training opportunities. Update Trainings are provided by the Regional Coordinator. MMAP, Inc. will also offer statewide Update Trainings for MMAP Team Members. These trainings are intended to keep the Counselor current on Medicare and Medicaid topics and MMAP program requirements.

If you have good computer skills, like working with people and are ready for a challenge, this opportunity is for you! Please contact Alice Snyder at (989) 348-7123 or director@crawfordcoa.org

Upcoming Classes

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

MAKE A SPENDING PLAN WORK FOR YOU!
- WEBINAR SEPTEMBER 7, 2022
12:00PM – 1:00PM ZOOM

BIRDING 101 FALL 2022
SEPTEMBER 7, 2022 6:30PM – 7:45PM
ZOOM WEBINAR

PRESERVING MI HARVEST- SWEET AND SAVORY SALSAS
SEPTEMBER 8, 2022 ZOOM WEBINAR

STRESS LESS WITH MINDFULNESS
SEPTEMBER 8-OCTOBER 20
SEPTEMBER 8, 2022 – OCTOBER 20, 2022
ONLINE

SLEEP (SLEEP EDUCATION FOR EVERYONE PROGRAM)
SEPTEMBER 8, 2022 – OCTOBER 20, 2022
ZOOM MEETINGS

SUMMER FOOD SAFETY Q&A - SUGARS AND SWEETENERS
SEPTEMBER 19, 2022 1:00PM – 1:30PM
ZOOM WEBINAR

RELAX ALTERNATIVES TO ANGER FAST TRACK SEPT 2022
SEPTEMBER 19, 2022 – SEPTEMBER 21, 2022 ONLINE

MINDFULNESS X9.20
SEPTEMBER 20, 2022 – NOVEMBER 8, 2022 ZOOM MEETING

RETIREMENT MYTHS AND FACTS (WEBINAR) - SEPTEMBER 22, 2022
SEPTEMBER 22, 2022 12:00PM – 1:00PM
ZOOM

EVERY PENNY COUNTS: SAVINGS STRATEGIES (WEBINAR) SEPTEMBER 27, 2022
SEPTEMBER 27, 2022 12:00PM – 1:00PM
ZOOM WEBINAR

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

See Page 9 for a full list of COA activities!

Fall Safety Tips in the Woods

Michelle Neff, Michigan State University Extension

Fall is a great time to be outside enjoying the cooler air and colors of the trees. Think about safety when hiking or exploring the woods this time of year.

Many people enjoy the woods during the fall months. Hikers enjoy taking walks to see the color and the wildlife that is around. Hunters are out getting ready for the season and preparing to harvest some wild game. Others might be out in the woods cleaning up from the falling leaves or taking dogs for walks.

No matter the reason you're in the woods in the fall, it is important we think about ways to keep ourselves safe. Michigan State University Extension offers the following tips for enjoying the woods and staying safe.

Clothing. Fall days and nights can be a little cooler one day and warmer the next. Wear layers of clothes so that clothing can be taken off or added if the weather changes. Also, with hunting season in November, it is important to wear bright colors, preferably hunter orange. This will help hunters identify you as a person, not an animal.

Flashlights and phones. Exploring any place in the dark can be scary, so make sure you have a flashlight handy. Many phones now have flashlights installed on them. There are many obstacles in the woods and it is important to see where you are going. A

phone can come in handy as well if you get lost or turned around.

Compass or GPS unit. Getting turned around in the woods is very easy to do. Make sure you know where you started and where you are headed. Having a compass or GPS is a great tool. On your GPS, you can mark your starting spot and see where you are at while exploring.

Communicating with others when you are going to the woods is one of the most important things you can do to stay safe. Let someone know what your plans are and when you plan to be back. In case of an emergency or if something happens, someone knows where you went and how long you have

been gone.

Michigan State University Extension wants everyone to enjoy the beautiful nature and outdoors in the fall, but remember these tips to stay safe.

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).



Tammy's Tip:
Reminder: Open enrollment for Prescription Drug Plans and Advantage Plans starts October 15, 2022



Medical Equipment Spotlight: Toilet Seat Risers

PORTABLE, DURABLE AND EASY TO CLEAN: The durable raised toilet seat can be wiped down with regular household disinfectants or sanitizing wipes and does not interfere with regular cleaning of the toilet bowl.



EASILY SIT OR STAND: Adding five inches of height to any standard or elongated toilet bowl, the raised toilet seat with comfortable padded handles makes it easier and safer to sit or stand without bending. A great bathroom safety solution for the elderly, those with limited mobility and those recovering from hip, knee or back surgery.

If you are in need of a raised toilet seat the Commission on Aging has one available with handles and 2 without along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.

Food Distribution

The next CSFP Food Distribution will be Wednesday, September 7th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

Mt. Hope Food Truck - September 12th, 11am.

Grayling Free Methodist Food Truck - September 22, 11am.

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



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

DENHOLM FAMILY CHIROPRACTIC

DFO Better Health
Better Vitality
Better Way of Life

Craig B. Denholm, DC
Rob Boykin, DC

6838 M-93 Highway, Grayling, MI 49738
Just South of M-72 West • 989-348-6600
www.denholmfamilychiropractic.com

AuSable Family Dental, P.C.

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

800 E. Michigan Ave., Grayling, MI
(989) 344-2525 • Fax (989) 348-9629

Drop Off Your Old, Unused & Expired Medications

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

Anytime at Crawford County Sheriff's Department, Grayling City Hall, Munson Healthcare Grayling Hospital. During business hours at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!

DEQ Department of Environmental Quality



Utility Imposter Scam:

Utilities Never Call to Threaten Turn-Off Over the Phone

The Department of Attorney General has received numerous calls regarding a new utility imposter scam claiming to be from DTE and an immediate need for payment to avoid shut-off. What to look out for:

- A call claiming to be from DTE, stating they are sending field staff to turn off electricity because of nonpayment. Immediate payment, through a debit/gift card or pay app (Zelle) is required to avoid electricity shut-off.

- A promise of returning the funds if it's later determined was made. The number on the caller ID shows DTE's real toll-free number.

Protect Yourself

Neither form of payment is regulated, and both are irreversible and untraceable. Utility companies will never demand payment be made immediately or ask for payment in an unusual payment form. Utility companies won't make unannounced visits to collect a bill or threaten shut-off. Scammers can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities. They also direct their scams at small business owners during busy service hours. However, with the right information, utility customers can learn to detect and report these predatory scams.

Senior Bowling

Senior Bowling is starting on Tuesday, September 27th at 10am at the American Legion in Grayling. They play every Tuesday at 10am. The cost is \$3.50/game and there is also a \$1 prize fund for side games played throughout. If you have any questions regarding Senior Bowling or need more information please contact Marlyn Neuberger at 989-390-5846.

COVID-19 VACCINE CLINIC



FRIDAY | SEPTEMBER 30
10:00AM - 4:00PM

**Crawford County Commission
on Aging Senior Center**

4388 M72 East | Grayling, MI 49738



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

We are hosting this vaccine clinic for anyone who:

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

This clinic is walk-in, so no appointment necessary. All the COVID vaccines including primary and booster and are for all ages (6 months +). Please bring your covid vaccine card. If you no longer have your card there is the ability to look up previous doses at the clinic. For more information call 989-348-7123.

New 988 Dialing Code for Suicide Prevention and Mental Health Crisis

988 – the new universal three-digit code for suicide prevention and mental health crisis-goes into effect nationwide on Saturday, July 16, 2022. SAMSHA (the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services) will administer the new "988 Suicide and Crisis Lifeline," which will replace the current toll-free National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255). Importantly, the pre-existing 10-digit number will remain active and will connect callers to the new 988 Lifeline.

The 988 Lifeline is designed to become a simple alternative to both 911 and the existing 1-800 number. One of the goals of the new number is to reduce the use of 911 for suicide and mental health crises, because calling 911 in such situations too often results in inadequate or inappropriate intervention by the police, or unnecessary hospitalization or incarceration.

This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. Among men, the suicide rate is highest for adults aged 75 and older, while among women, the suicide rate is highest among those aged 45 to 64. The 988 Suicide and Crisis Lifeline offers a simpler and more effective way for older adults and those living with disabilities to access help in the event of a mental health crisis.

Emergency House Number Signs Available

The Commission on Aging has a few emergency house number signs still available. Contact Tammy Findlay, at (989) 348-7123 to order yours.

\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00

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

Coupon cannot be used with any other offer or discount.

Jack Millikin Inc.
Excavating
Est. 1941

1941 **81 years** 2022

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

Expires 10/31/22

\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00

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