

Crawford County Senior Gazette January 2020

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Featured Article

Carol and Dave Gustner

"A Quiet Life"

"We wanted to get away from the chaos." Dave Gustner sat with his back to the big stone fireplace in the log house he shares with his wife of 31 years, Carol. "We wanted a rural retirement," he added, shrugging his shoulders and glancing out the window at Fox Run golf course; as though that explained the rest. And maybe it does. It's quiet. The Gustners are quiet people.

Carol, born in 1953, moved to Grayling from Royal Oak 12 years ago. Carol was a medical technician; a career she continued to work in after the move, at Mercy Hospital in Grayling. "I worked there six years before retiring completely," she said. Dave, whose degree is in Library Business Management, had worked in the Oakland County Library system in various roles for a long time. But it was his other work that brought the two together.

"I took my dog to obedience school and we both took to it. I did ok and was asked to volunteer, helping other people with their dogs. That led to getting a job as a dog trainer; first at the school and then in-home." Dave scratched the ears of Tango, one of the couple's happy dogs. The other family dog, Juno, lay on the floor at Carol's feet. Pearl, the pure white kitty, laid atop the china cabinet, well out of the way of the sometimes-bouncy canines.

Carol said, "We met at obedience school. Eventually, we both worked for the school, and we got together."

Carol was a breeder of, and showed, Soft-coated Wheaten terriers.

So when Dave retired, the couple knew they wanted to move north. "We're not like other people," he laughed. "The south holds no appeal for us. We love winter."

Carol and Dave looked at a lot of houses before settling on their home in Grayling. "We looked all around on the west side of the state, and then realized how much more we could buy with our money here," Carol said. "This was a bit of an impulse buy, actually. But a good choice for us."

"My cousin, who lives here in Grayling, knew we were looking for a log house, and when he found out about this one suggested we take a look. We like to cross country ski," Dave added, "and we can go right out the door onto the golf course. We didn't need to look anymore." The Gustners also hit the trails of Hanson Hills, Forbush Corner, Hartwick Pines, and Roscommon regularly in winter.

When they're not out on the trails skiing, Dave is deep into his genealogy work, a hobby that is enhanced by his quiet nature and library experience. "Genealogy is like a giant jigsaw puzzle," he said, noting that he's traced more than 15,500 names in his family, many of them in the Grayling area. "I've gone back to about the year 1300, but I believe the line goes to about 200 AD." He said he sources every lead, and so far, every DNA result has agreed with his research. "It's fascinating. I work at it almost every day."

Meanwhile, Carol indulges in other quiet pursuits; yoga, knitting, and

Continued on Page 5



**Senior Center Building
Relocation Update**
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MI Woods Paint Party
See pg 6



Possible Musical Trips
See pg 16

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

HOURS OF OPERATION

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

**Tuesday—Thursday
8:30am to 6pm**

**308 Lawndale St
Grayling, MI 49738**

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

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Communication Corner... Notes from the Director

Senior Center Building Relocation Update

The Crawford County Commission on Aging (COA) is still in the process of purchasing the old May Day Windows building located at 4388 E. M-72 right outside of Grayling.

We have received approval from Grayling Township for a Special Use Permit and completed the Site Plan Review.

At the October COA Board meeting, the board reviewed options for funding of this new location. The current estimate for purchase, renovation and expansion is \$3 million. USDA Rural Development loans are available for this amount, but the annual payments required for these loans would be prohibitive for the COA to make out of their annual operating budget which already operates with narrow margins. After speaking with fundraising consultants, it is unlikely that this community could raise this amount in a capital campaign, nor could it annually fundraise the amount needed for USDA Rural Development loan payments. That leaves the last option of a local tax millage which the Board approved to be placed on the March 10th Presidential Primary ballot.

If you'd like more information, please contact Director, Alice Snyder at (989)348-7123 or director@crawfordcoa.org.

-Alice Snyder, Director

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#GIVING TUESDAY™

Help Fight Hunger.

\$1,005 Raised for Meals on Wheels

We would like to thank all of those who donated on the worldwide giving event, #GivingTuesday on December 3rd. Kicking off the giving season, \$1,005 was donated to the Meals on Wheels program which delivers approx. 540 meals to home-bound Crawford County older adults every week. In addition to healthy, prepared meals, Meals on Wheels helps combat social isolation by delivering smiles through our friendly volunteers. No one is ever turned away from Meals on Wheels because of an inability to donate so we rely on the community to help make this program possible.

Thanks to this year's #GivingTuesday donors:

D.J. Brown & Monday Bridge Group
Donna Cross
Clara Gibbs
Betty Leibler
Kirsten Lietz
Roberta Martinez
Maureen McNamara
Wayne & Rose Mary Nelson
Persis Sopariwala
Joy Stiffler
Sandra Woods



Tossed Salad Now Available as 2nd Vegetable

Tossed Salads are now available to replace one of the vegetable or starch side dishes served with the hot meal each day.

Salad will be listed among the available side dishes and can only replace one (1) of the other available side dishes (not including fruit or bread). For meals that already have salad as a side option only one salad will be offered. Salad is not available to replace any of the sides in the 2nd Menu.

when someone
**YOU LOVE
 BECOMES A
 MEMORY**
 THE MEMORY
 BECOMES A
treasure

Donate in Memory or Honor of Someone Special

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. 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 grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



Make a Donation today by talking to a Commission on Aging staff member.

Only Available in Black with Gold Lettering

1x5 Actual Size
 \$25 Donation

2x4 Actual Size
 \$50 Donation

2x5 Actual Size
 \$100 Donation

Senior Center Wish List...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Jugs of Cat Litter • Bottles of Pump Hand Sanitizer • Bags of Candy for Reception • Cases of Bottled Water • Reams of Copy Paper • Laundry Soap • Rolls of Paper Towels | <ul style="list-style-type: none"> • Toilet Bowl Cleaner • Bathroom/Shower Cleaner • Comet/Ajax • All Purpose Spray Cleaner • Chux (Chucks) Pads • Adult Undergarment Pull-ups (Depends) - Large Size |
|---|---|

Thank You

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- Birthday Dinner Flowers Donated by Family Fare
- Bingo Coupons Donated by The Medicine Shoppe
- Hearing Clinic Offered by Advantage Audiology
- Foot Clinic Offered by Comfort Keepers
- Legal Aid Offered by Jason R. Thompson Law Office PLC
- Pantry Bingo Sponsored by The Brook of Grayling
- Stretch to Fitness & Equipped to be Fit Sponsored by Munson Rehabilitation Services

Donations

- Shirley Bordeaux
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- Pam Jerome
- Jeanette Kelts
- Lorelei and Glenn King
- John Koslama
- Bill Nuckolls
- Sandy Parks
- Cheryl Starr

Sponsoring Agencies



We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

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

Volunteers and Contributions received after December 9th will be acknowledged in the next edition of the Senior Gazette.

Crawford County Commission on Aging & Senior Center

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

Please make check to COA
 308 Lawndale St.
 Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check Gift Amount \$ _____

- I would like to receive monthly emails about activities and events.
- I would like to be contacted about planned gifts.
- I would like to volunteer for the Commission on Aging & Senior Center.

*****All Gifts are Tax Deductible*****

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 Mailing Address _____
 City/State/Zip _____
 Home Phone () _____ Cell Phone () _____
 E-Mail Address _____

Donations & Payments of \$25.00 or more.





Julie McClain “Come Volunteer With Me” By Cheri Carpenter

As a child, Grayling native, Julie McClain would ride her bike to the Senior Center to help water flowers. That was her first experience with volunteering. When her daughter Jamie, a Commission on Aging board member, gave her an application to volunteer at the Senior Center she wasn't sure what to expect and didn't fill it out for nearly a year. "I wish I would've started a year ago" Julie says. "It makes you feel so good. I wish I could get more people to come in and see."



accomplishment and she is so proud of them. "My grandkids are my world" She spends all her free time with her family and is encouraging her grandchildren to get more involved in volunteering as well.

For the past 5 months, Julie has been serving meals at the Senior Center once a week plus she helps serve the monthly Special Dinners for the Grayling community, where she often has the pleasure of meeting the families of the people she serves. Julie loves volunteering at the Senior Center so much that she often covers for other volunteers who may be sick. Her favorite part of volunteering here? The people. "Just to see their smiles, they're just uplifting. People really

care for you here." Julie really encourages others to volunteer, and when she meets someone who she believes would be a good fit at the Senior Center, she lets them know. "It's a good experience to be able to give and just see how some of these people just bring you up. They make you feel really good" Julie says the Senior Center is "a caring place. I recommend volunteering to everyone."

Julie is the middle child of 6 children, and her parents sold Christmas trees in Grayling for 35 years before her father passed away. Julie eventually married and had children and later divorced. Her daughter, Jamie, son, Pete, and grandchildren, Macy, Reese, and, Peyton are her greatest

Michelle Arnholt
 Tiffany Bean
 Nancy Billingham
 Charlotte Bloomquist
 Gloria Buskirk
 Rheo Chartrand
 Wendy Clarkson
 Jane Conklin
 Marc Dedenbach
 Dick Dodge
 Lyn Dodge
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 Susan Lynch
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 Julie McClain
 Barb McCray
 Dean McCray
 Ann Mitchell
 Judy Morford
 Dee Niedzielski
 Marcus Niedzielski
 Bill Nuckolls
 Chelsea Partello
 Sharen Perkins
 Carol Peterson
 Nancy Pietzke
 Deb Rawlings
 Tom Rawlings
 Jack Richards
 Dave Ridal
 Pat Sanders
 Gail Schultz
 Jon Schultz
 Tom Seames
 Richard Smith
 Nancy Smitz
 Joyce Sorenson
 Dianne South
 Cheryl Starr
 Nicole Wethington
 Carol Wilder
 Sandy Woods

January Birthdays

Karen Luark 1/1
 Cerial Vandecasteele 1/3
 John Smock 1/9
 Cassie Campbell 1/14
 Larry Davis 1/21
 Lenora Beckett 1/22
 Barbara Miner 1/22
 Lisa Munifo 1/25

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

**Coming to the Devereaux Memorial Library
 Dec 14 - Jan 26**

“CROSSROADS: CHANGE IN RURAL AMERICA”
 A Museum on Mainstreet exhibit showcasing
 100 years across rural America

Winter Utility Protection Plan

The Winter Protection Plan (WPP) protects enrolled seniors and low-income customers from service shut-offs and high utility bill payments during the winter months (Nov 1-Mar 31). If you are eligible, your utility service will remain on (or restored with the WPP) from Nov 1 through March 31, if you:

- pay at least 7% of your estimated annual bill each month, and
- make equal monthly payments between the date you apply and the start of the next heating season on any past due bills.

When the protection period ends (March 31), you must begin to pay the full monthly bill, plus part of the amount you owe from the winter months when you did not pay the full bill. **Participation does not relieve customers from the responsibility of paying for electricity and natural gas usage, but does prevent shut-off during winter months.** You qualify for the plan if you meet at least one of the following requirements:

- are age 65 or older,
- receive Department of Health and Human Services cash assistance, using SSI,
- receive Food Assistance,
- received Medicaid, or
- household income is at or below the 150% of poverty level shown below.

Senior citizen customers (65 or older) who participate in the WPP are not required to make specific payments to ensure that their service will not be shut off between Nov 1 and March 31. Service for seniors can be restored without any payments.

Note: All customers 65+ are eligible regardless of income. Customers are responsible for all electricity and natural gas used. At the end of the protection period, participants must make arrangements with their utility company to pay off any money owed before the next heating season.

Contact your local utility company for more information or to apply.

Income Guidelines 2019-2020 150% Poverty Guide

# in Household	Max Income
1	\$18,735
2	\$25,365
3	\$31,995

Add \$6,630 for each add'l member

Carol and Dave Gustner

Written by Ann Rowland, Photos by Ken Wright, Main Branch Gallery

quilting. The loft overlooking the living room of their house is, primarily, her sewing space. "I spend a lot of time up there," she said. "although I'm knitting more than quilting these days. How many quilts does a person need?" she laughed and pointed out numerous colorful quilts scattered throughout the house. "I mostly quilt for the grandkids now."

The Gustners have two children; Carol's daughter lives in South Africa, and Dave's son in Dryden. They have two grandchildren.

Dave is "the cook" in the house and the vegetable gardener. "We're pretty health-conscious," he said. "We're vegetarian...

actually vegan, where it's reasonable and possible. It's a health choice for us." He keeps a small cold frame in the loft, where he grows some sprouts, and is giving indoor-grown potatoes a try for the first time. Carol's gardening preference is for flowers, and she keeps the beds surrounding their house, full of color. "We're not very interesting," Dave lamented. "We're pretty quiet."

"Interesting" means different things to different people. Carol and Dave Gustner choose to spend their rural retirement leading in a quiet life in a peaceful setting, pursuing the pastimes that feed their souls. That's very interesting, indeed.



Emergency Utility Assistance Available

Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas). To qualify for assistance you must have a past due notice, disconnected, your residential propane/fuel oil tank is at or below 25%, or your firewood must be at less than a 30 day supply. Income limit for 1 person is \$1,561 or for 2 people is \$2,113. Assistance awarded can be up to \$850 per year for non-deliverable (electric, natural gas) or \$1200 per year for deliverable (propane, fuel oil, firewood). You must apply to DHHS first, but can get additional assistance for a second request from NEMSCA.

DHHS application may be made using the State of Michigan MiBridges system. NEMSCA can also help with DHHS co-payments. Please contact NEMSCA at 989-358-4713. For Crawford County residents 60+ needing assistance with these applications, call Tammy Findlay at (989) 348-7123 for an appointment.



Chef Dale Wins King of the Town Award

Chef Dale entered his UPNorth Apple Chili in the 8th Annual River House Chili Cook-Off at the Rolling Oak Brewery on November 14th. After voting from the community, Dale's chili won the top business/organization spot awarding him the title of "King of the Town."

This year's Annual Chili Cook-Off had double the number of chili's entered from last year in addition to more than double the number of attendants. River House, Inc., a local domestic and sexual abuse shelter, was able to exceed all of their fundraising goals for the event.

The 9th Annual Chili Cook-Off will be here before you know it but until then we will be holding onto our "Community Champions" trophy.

Crawford County Commission on Aging Evidence-Based Classes 2020 Schedule

Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. This program will be offered the following dates in 2020:

- March 3rd – March 25th every Tuesday & Wednesday from 1:30-3:30pm at Michigan Works
- August 4th – August 27th every Tuesday & Thursday from 1-3pm at Michigan Works
- October 6th – October 29th every Tuesday & Thursday from 1:30-3:30pm at Michigan Works

PATH for Chronic Pain is helpful for anyone who is managing long-term pain. Long-term means anything that a person managed for over 6 months or beyond the usual time of healing. Chronic Pain PATH is a FREE 6-week workshop. It is designed to educate and empower individuals in management of chronic pain and maintaining active and fulfilling lives. This program will be offered the following dates in 2020:

- June 4th – July 9th every Thursday from 1-3:30pm at MSU Extension Grayling

Tai Chi is practiced throughout the world as an effective exercise for health. It consists of

gentle movements that are relaxed and slow in tempo. Tai Chi can be performed standing or seated. This is a free, 8-week evidence-based workshop that has been shown to improve balance, prevent falls, and increase flexibility. This program will be offered the following dates in 2020:

- June 2nd – July 16th every Tuesday & Thursday from 9-10am at the Crawford County Commission on Aging & Senior Center

The AARP Driver Refresher Course is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly-challenging driving environment. This should increase your confidence and improve awareness of situations. This program will be offered the following dates in 2020:

- June 17th and June 18th from 10 – 2:30pm at Free Methodist Church in Grayling

Cooking for One is a free six-week course that will teach you helpful tips and tricks to making healthy choices, like eating well and being active. You will participate in cooking real recipes for one and learn ways to make cooking for one simple and enjoyable. This program will be offered the following dates in 2020:

- March 4th – April 8th every Wednesday from 3:30-5pm at the Crawford County Commission on Aging & Senior Center

If you have questions about any programs or classes call (989)348-7123.



Munson Better Breathing Class Now Enrolling

This Munson Medical Center course is a FREE course available to patients living with lung disease, including COPD and asthma. Classes will be held from 1:30 – 3:00 p.m. at Foster Family Community Health Center, meeting rooms A & B. You will be able to interact with the instructor and participants at other hospitals through the Munson live video streaming service. There will also be a specialized Munson staff member on-site during the class sessions who will be also available to answer your questions.

Class sessions will be held on the following dates: January 29, February 3, 10, 17, 24, March 2, 9, 16. Topics (listed in order) covered during classes will be as follows:

- Lung Anatomy and Physiology, Lung Diseases
- Know Your Medications
- Breathing Devices, Exercises, & Hygiene, Travel Tips
- Panic Control, Stress & Relaxation
- Psychological Aspects of Chronic Illness; Intimacy
- Nutrition and Lung Disease
- Building Strength and Endurance
- Energy Conservation

You can register for classes online at www.munsonhealthcare.org/GraylingClasses or call the Cardiopulmonary Rehabilitation department at 989-348-0371 with any questions. The Cardiopulmonary Rehabilitation department is open on Mondays, Tuesdays, and Thursdays from 7 am - 3:30 pm.

The Better Breathing class is also scheduled also be offered April-June and September-October in 2020.

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<u>Activities</u>	<u>Fitness</u>	<u>Yoga</u>
Bible Study Tuesdays, 10am	Aerobic Drumming Golden Beats, Mondays, 10am	Chair Yoga, Thursdays, 5pm Gentle Yoga, Tuesdays, 1pm
Bingo Medicine Shoppe Bingo one Thurs per month 3pm Penny Bingo, Thurs 1pm Pantry Bingo, Fridays 1pm	Clogging Beginning, Mondays, 12:30pm Regular, Mondays, 1:30pm	Zumba Zumba Gold Tuesdays, 10am
Birthday Dinner Tuesdays, once per month	Exercise Classes Stretch to Fitness, Thurs, 10am Equipped to be Fit, Fridays, 10am	Table Games
Craft & Chat Club Wednesdays & Thurs, 10am	Line Dancing Tuesdays, 11am	Bridge Mondays, 1pm
Pool Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	Water Aerobics Must call to register Tues 5:30pm & Weds 9am & Weds 10am @ Grayling Super 8 \$5.00 charge per class	Euchre Tuesdays, 1pm
Wii Bowling Wednesdays, 1pm		Mahjong Wednesdays, 1pm
		Pinochle Fridays, 10am
		Pokeno Thursdays, 10am

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group
3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
For more info call the COA 989-348-7123

Choices (Anger Management)
Mondays, 4:30-6pm at **River House**
For more info or to register call 989-348-3169

Cancer Support Group
Every other Tuesday, 6pm
at Grayling Baptist Church
For anyone touched by cancer
Call Cathy at 989-348-8684 for more info.

Healthy Relationships & Empowerment for Women
Thursdays, 4pm-5:30pm, at **River House**
For more info call 348-3169

Grayling Alcoholics Anonymous
Monday, Wednesday, Friday at Noon
Sunday, Tuesday, Friday at 8pm
Women's Meeting, Thursdays at Noon
At St. Francis Episcopal Church, Grayling

Saturdays - Noon
At Grayling Township Hall

Thursdays, 8pm in the Crawford Rm,
Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699
or visit www.area34district12.org

Grayling Al-Anon
Tuesdays 11am

Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

Munson Hospice Grief Support Group
3rd Friday, 11am
Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)
Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Overeaters Anonymous
Call Patsy 989-348-3073

Narcotics Anonymous
Wednesdays, 8pm,
St. Francis Episcopal Church, Grayling
For more info call Ted 989-429-8100

TOPS Weight Loss Class
Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
More info, call Mary Kay at 989-348-1398

Monthly Alzheimer's Support Group



A monthly support system is available for caregivers, family, and friends of individuals affected by Alzheimer's and other related dementias. Conducted by trained facilitators, this support group is a safe place where you can gain resources to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible

solutions

- Talk through issues and ways of coping
- Share feelings, needs, and concerns
- Learn about community resources

This free support group is presented by the Greater Michigan chapter of the Alzheimer's Association and meets on the **3rd Wednesday of every month at The Brook of Grayling from 11am-12pm.** Call (989) 348-7123 for more information.

Winners of the Thanksgiving Dinner were Joan Nikischer who won the Pumpkin Tureen and Joann Beard who won the 50/50 in the amount of \$127.50

Winter Picnic

Thursday, January 9th
from 4 - 6pm

BBQ Ribs
Kentucky Baked Beans
Broasted Yukon Potatoes
Rio Citrus Salad
Black Forest Torte

No
Reservations
Required!

At the Commission on Aging & Senior Center
Suggested donation for 60+ \$3.50. Under 60 \$5.75

308
Lawndale St.
Grayling

January 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center Meal Program Lunch Monday-Friday 11:30am - 12:30pm Dinner Tuesday-Thursday 4:30 - 5:30pm 2nd Menu Option served both meals Over 60 suggested donation of \$3.50. Under 60 cost \$5.75.		1 CLOSED FOR NEW YEARS DAY	2 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	3 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
6 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	7 11:30-12:30 Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	8 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	9 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4-6pm Winter Picnic BBQ Ribs, Kentucky Baked Beans, Broasted Yukon Potatoes, Rio Citrus Salad, Black Forest Torte 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	10 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
13 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	14 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Applesauce 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	15 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	16 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	17 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
20 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	21 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	22 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	23 11:30a-12:30p Lunch Beef Enchilada, Brown Rice, Corn, Pear 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	24 11:30-12:30 Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
27 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	28 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30 B-Day Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana, Cake & Ice Cream 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	29 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	30 11:30a-12:30p Lunch Lasagna, Tossed Salad, Breadstick, Apple 4:30-5:30pm Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	31 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana

January 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>CLOSED The Commission on Aging & Senior Center will be closing on Tuesdays & Thursdays at 6pm in January.</p>		1 CLOSED FOR NEW YEARS DAY	2 10am Craft & Chat 10am Pokeno NO Stretch to Fitness 11:30a-5:30p Foot Clinic —Appt. Req. 1pm Penny Bingo	3 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
6 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	7 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre NO Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	8 9:30am Commodities @ St. Marys 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	9 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo 4-6pm Winter Picnic	10 9am Holocaust 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
13 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	14 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Escape Room 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	15 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	16 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Chair Yoga w/ Dianne	17 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
20 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-4pm Hearing Clinic —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	21 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	22 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	23 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 12pm Paint Party 1pm Penny Bingo 5pm Chair Yoga w/ Dianne	24 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
27 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking Group @ Kirtland CC 1pm Bridge Club 1:30 Regular Clogging	28 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 4:30pm B-Day Dinner	29 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1-2pm Walking Group @ Kirtland CC 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	30 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo	31 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

- Tuesdays, 4:30-5:30pm

by *InTeliCare* - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

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 and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 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
May, August, November, February

Resources

Computers

Internet, computers, and printers are available at

the Senior Center for your use, Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

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 the 3rd Thursday of each month from 1-4pm

Medicaid/Medicare Assistance Program (MMAP)

Trained counselors help seniors in deciding which health insurance options are best for them.

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- **Housekeeping**
- **Bathing Assistance**
- **Respite for Caregivers**

Classes

AARP Driver Refresher Course

Offered June 17th-18th, 2020.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable. Offered March-April, 2020.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered March, Aug, and October in 2020.

PATH (Personal Action Toward Health)

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Offered June-July 2020.

Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

Stress Less with Mindfulness

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression, and anxiety.

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. Offered June-July 2020.

Walk with Ease

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

Cost for Services

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



How We Served You in November 2019!

At the Senior Center

- We served **806** Congregate Meals
- Activities/Events Attendance **830**
- Average # of Daily Visitors **60**

In-Home Services

- Delivered **2,415** home delivered meals.
- Provided **135.5** hours of respite care.
- We provided **283** hours of homemaker services.
- We provided **65.25** hours of bathing assistance services.



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

Social Security Benefits Increase In 2020

Each year, we announce the annual cost-of-living adjustment (COLA). By law, federal benefits increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Usually, there is an increase in the benefit amount people will receive each month, starting the following January.

Nearly 69 million Americans will see a 1.6 percent increase in their Social Security benefits and SSI payments in 2020.

Other changes that will happen in January 2020 reflect the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax will increase to \$137,700 from \$132,900. The earnings limit for workers



who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.)

The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

You can log in to or sign up for a my Social Security account today at www.socialsecurity.gov/myaccount to get more information about your new benefit amount. You can choose to receive an electronic notification by email, text, or both ways under

"Message Center Preferences." Our notification will let you know that a new message is waiting for you. We will not send any personal information in the notification. The Message Center also allows you to go

paperless by opting out of receiving agency notices by mail that you can get online, including annual cost-of-living adjustments and the income-related monthly adjustment amount increases. The Message Center is a secure portal where you can conveniently receive sensitive communications that we don't send through email or text. More information about the 2020 COLA is available at www.socialsecurity.gov/cola.



Michigan Woods Paint Party

Come paint with us at the Crawford County Commission on Aging & Senior Center to design a Michigan Wood Painting!

Join us along with Jennifer Thompson from *That One Place* to enjoy an afternoon of fun and laughter. Jennifer will lead you step-by-step to create this Michigan décor that would be perfect to display inside your home!

This event will be held on **January 23rd** from **12-2:30pm** at the Crawford County Commission on Aging & Senior Center in Grayling. **Cost is only \$30 per person** and includes all the supplies/materials you will need to create this sign.

Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date. For more information or to register for this event please contact the Commission on Aging at 989-348-7123. **Space is limited; call to reserve your spot today.**



Snowshoe Outing

Snowshoe through this winter wonderland with us! The Crawford County Commission on Aging and Senior Center is planning a snowshoeing outing to explore the beauty of the winter season for January or early February and would like to know if you would be interested in participating.

Snowshoe through the woods of Hartwick Pines and breathe the fresh air filled with the crisp smell of winter. This event will be free but a Recreation Passport or a cost of \$16 per vehicle is required to enter state parks.

For more information or if you are interested in attending please contact **Kaitlyn Grieb** at the Crawford County Commission on Aging 989-348-7123.



Chair Yoga is Back!

Bring on the New Year with poses that will improve your health! Chair Yoga is back at The Crawford County Commission on Aging & Senior Center starting in January. Come *sit to get fit* on Thursday evenings at 5:00pm.

Chair yoga aims to give you the experience of classical yoga, even if you have mobility issues or find regular yoga challenging. Chair yoga will help improve flexibility, strength, balance, and focus. Join us for chair yoga on the 3rd and 4th Thursday of the month with our Certified Yoga Instructor Dianne South.

This class is free and open to the public. Please check the Gazette calendar for dates.

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Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)

No doubles this time!

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

1. begirding
2. budgetary
3. cambodian
4. chthonius
5. churidars
6. cloanthus
7. clockwork
8. controlor
9. corkboard
10. cursorily
11. deferring
12. dispermic
13. dnouement
14. doltishly
15. elegising
16. enterally
17. exploring
18. fanciless
19. fosterage
20. franaix
21. gentisate
22. gestative
23. gonococci
24. imperator
25. isogamous
26. libellous
27. librettos
28. mortgagor
29. mundungus
30. negligent
31. nephritic
32. phosphate
33. prelumbar
34. prostades
35. pustulate
36. redealing
37. shredding
38. silicosis
39. squattily
40. stackyard
41. subbeadle
42. sugarlike
43. turkishly
44. unaudited
45. underlife
46. unmanaged
47. unummied
48. unopening
49. unpinched
50. wholemeal

Cook's Corner Cranberry-Orange Bread Pudding 9 Servings



INGREDIENTS

- 2 cups (4 slices) cubed cinnamon bread
- 1/4 cup dried cranberries
- 2 cups low-fat (1%) milk
- 1/2 cup cholesterol-free egg substitute
- 1 package (4-serving size) vanilla fat-free sugar-free pudding and pie filling mix (do not use instant mix)
- 1 teaspoon grated orange peel
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon

DIRECTIONS

- 1) Preheat oven to 325°F.
- 2) Spray 9 (4-ounce) custard cups with nonstick cooking spray.
- 3) Divide bread cubes evenly among custard cups; bake 10 minutes.
- 4) Sprinkle evenly with cranberries.
- 5) Combine milk, egg substitute, vanilla mix, grated orange peel, vanilla, and cinnamon in medium bowl. Pour into custard cups over cranberries.
- 6) Let stand 5 to 10 minutes.
- 7) Bake 25 to 30 minutes or until centers are almost set.

To submit your recipe for the Cook's Corner please email svanduser@crawfordcoa.org!

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Refresh Your Home

By Nicole Persing-Wethington, from Michigan State University Extension

Our environment plays a big role in our overall health and wellbeing. During winter months, we spend a significant amount of time indoors. It is a great time to check in and evaluate your environment. A report from The National Institute of Health says, "over 90% of homes have at least one allergen at elevated levels." Dust, mold, air pollutants, and environmental toxins can impact our health.

- **Give your heating system a check**

-up: whether you have a forced air-furnace, wood, or another heating method, it is important to keep the heating system clean and maintained. Remember to dust vents, keep ducts clear, change air filters, etc. When in doubt, find a licensed provider to perform maintenance and repairs.



- **Check for and prevent mold:** Check your windows, look under your sinks and behind your toilet for leaks and moisture. It helps to give the refrigerator a good cleaning as well.

- **Manage pests:** The Centers for Disease Control cites lack of airflow and moisture build-up as the beginning of a vicious

cycle. Moist environments are hotbeds for mold and increase the number of pests, which can cause additional damage and lead to pesticide use. The excess moisture, pests, and pesticides can all make us ill.

- **Rearrange:** arrange furniture to reduce fall hazards and make space to do some indoor exercise. Plus, you can clear out the dust and debris that collects underneath those items.

- **Check smoke and carbon monoxide detectors:** these need to be tested regularly to ensure functioning.

- **Check chemicals found in your home:** Make sure bottles are in good condition and caps are sealed tightly. Store chemicals in the original containers or make sure they are clearly labeled.

- **Test your home for radon:** The CDC reports that 1 in 16 homes have high radon levels. District Health Department #10 has radon test kits available for \$10.

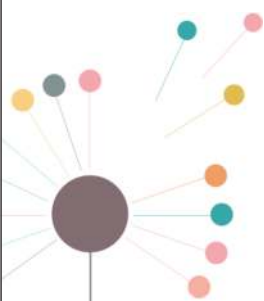
Besides feeling better physically, refreshing your home can give you peace of mind and reduce stress.

Trip Survey

What activities and/or trips would you like to do with the Crawford County Commission on Aging & Senior Center in 2020? Please check off each trip and/or activity that you would be interested in doing and send in or drop off to Kaitlyn at the Senior Center.

Surveys can also be completed online at www.surveymonkey.com/r/MR9BM9M

- Detroit Tigers Baseball Game
- Detroit Lions Football Game
- Midland Loons Baseball Game
- TC Pit Spitters Baseball Game
- Mackinac Island
- Mackinac Island Lilac Festival
- Headlands International Dark Sky Park & Mackinaw City
- Beaver Island
- Earl Young Mushroom Houses (Charlevoix)
- Pictured Rocks Boat Trip
- Pictured Rocks Kayak Trip
- Great Lakes Shipwreck Museum
- Tahquamenon Falls
- Lost Railway Museum
- TC Music House
- Amish Stores in Fairview
- Bronner's Christmas Shopping
- Butterfly House Williamsburg
- Fall Color Tour
- Parasailing
- Whiting Forest of Dow Gardens (Midland) & Nation's Longest Canopy Walk
- Hot Air Balloon Rides
- Wine Tours
- Lavender Hill Farm – Boyne City
- Kayaking
- Canoeing
- Pottery in Traverse City
- Other



Making Your Medical Wishes Known

Munson Healthcare's Advance Care Planning team is hosting free workshops to help guide you through the process of talking with loved ones about your medical wishes and completing an advance medical directive.

2020 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

- **Jan 9** from 10 am - noon
- **Mar 12** from 1 - 3 pm
- **May 14** from 10 am - noon
- **July 9** from 1 - 3 pm
- **Sept 10** from 10 am - noon
- **Nov 12** from 1 - 3 pm

Register by calling **989-348-0296**.



munsonhealthcare.org/advancecareplanning
MUNSON HEALTHCARE Advance Care Planning

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Open Monday - Friday, 10 am - 6 pm, Saturday, 9 am - 3 pm
 1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon
 234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturday, 9 am - 3 pm
 2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900



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By Appointment Only - 989.348.2811
 Grayling Office - 115 Michigan Ave.

It's Tax Season: Appointments Available

Tax and Home Heating Credit Appointments Available



Volunteers are available this year to assist with filing taxes and home heating credits. To qualify for a free appointment, your income cannot be over \$65,000.

Only two days are available for Home Heating Credit Appointments – **February 3rd and 4th**. Tax appointments are available starting February 10th every Monday & Tuesday thru April 8th.

You **must** bring your Social Security Cards and Picture ID for yourself and each person you are claiming on your tax return. Your appointment cannot be conducted without your Social Security Card and/or ID. See below for a complete list of what to bring to your appointment:

- If your spouse cannot attend then you **MUST have a release form** filled out (forms are available from the Senior Center or the community building where the taxes are prepared)
- Picture ID(s); Driver's License for everyone
- Social Security Card(s) for you and your spouse and dependents
- Birthdates for spouses and dependents

- If one of your dependents is in school, bring a Report Card or some document showing they are attending school
- Copy of **last year's tax return**
- **Any Income:** W2's, tips, gambling winnings, your Social Security Statement SSA-1099, Railroad Retirement RRB-1099, Interest 1099-Int, Dividends 1099-Div, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-Misc, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement
- Amount you paid in **Medical Insurance** including that portion of your **Auto Insurance**
- Daycare total amount paid, providers ID number or SS number
- Mortgage Interest statement if itemizing
- Your property tax bills for last year: summer and winter tax for **Homestead Property Tax Credit** (renters may also qualify need property owners name and address)
- Your heating costs from November 1, 2018 thru October 31, 2019 (renters may qualify even if heat is included in your rent) for **Home Heating Credit**
- For Direct Deposit: Bank Routing and Account Number or bring a blank check

To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

PLEASE NOTE: Appointments are available on a first come, first served basis until full.



Medicare Disenrollment Period Approaching

The Medicare Advantage Disenrollment period runs from January 1st through March 31st. During this time, you will have the one-time opportunity to switch to a different Medicare Advantage Plan, drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B, or sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare).

In the past, you could only switch from a Medicare Advantage Plan back to Original Medicare. This recent change will allow more flexibility for Medicare recipients.

VOTE

Make Your Voice Heard Every voice makes a difference

NEW Register to Vote any time

Up to 15 days before the election you may register to vote at a registration drive, at the Secretary of State's Office, your City or Township Clerk's Office or by mail.

During the last 14 days before Election and on Election Day you may register to vote at your City or Township Clerk's Office with proof of residency.

NEW Apply for an Absentee Ballot

All registered voters can vote early by absentee ballot. You can apply for a ballot at any time at your City or Township Clerk's Office. You can vote at the same time once the ballots are available, usually 45 days before the election.

You can also receive the absentee ballot application by downloading an application at www.Michigan.gov/sos filling it out, and sending your application by the deadline. **This is an application to receive a ballot and not the ballot itself.**

Presidential Primary - March 10th,
State Primary - August 4th

General Election - November 3rd



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Breakfast Presentation: Low Vision

Tuesday, January 21st at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling
With Nancy Simmons, founder of Low Vision Solutions

Do you have trouble doing what you want to do because of your vision? For example: Reading your mail? Watching television? Recognizing people? Paying your bills? Signing your name? Walking stairs, curbs, crossing the street or driving? Is your vision affected by blurriness in the center of your vision, blind spots or patches, straight lines that look wavy, or colors that look dull or washed out? You may be experiencing low vision due to certain retinal diseases.



visually impaired. Nancy started in the industry in 1987 working out of her home in Redford, Michigan. In 1997, she opened a store in Livonia where customers could come to browse and have hands-on experiences with all sorts of blindness aides and magnifying devices. In 2008, a second store was opened in Traverse City.

Nancy's company is the manufacturers' representative for several major companies that make video magnifiers, a device that enables the severely visually impaired to read and write again.

Learn more about low vision resources and tips for simple day-to-day tasks by joining Nancy Simmons from Low Vision Solution on January 21st at 9am at the Senior Center.

Nancy Simmons is the founder of Low Vision Solutions, a business that provides product and equipment for the blind and

Breakfast Menu
Omelette Station, Hashbrowns, Muffins, Mixed Fruit, Juice, & Coffee



Walking Group Walk your Way to Fitness!

Join the Crawford County Commission on Aging & Senior Center to ring in the New Year on the right foot.

Meet us at Kirtland Community College starting **January 27th** to walk, learn warm-up stretches, walking tips, and cool-down stretches to help you reach your fitness goals. Enjoy indoor walking during the snowy winter months, meet new friends, and get your exercise in all at the same time!

We will begin each session with a pre-walk discussion about exercise and/or walking, followed by warm-up exercises, then walk for 10 to 30 minutes, and finish with a cool-down.

The class will meet **three times a week** (Monday, Wednesday, and Friday) from **1-2pm** for **six weeks** starting January 27th. We will meet at Kirtland Community College main entrance off 4 Mile Road in Grayling.

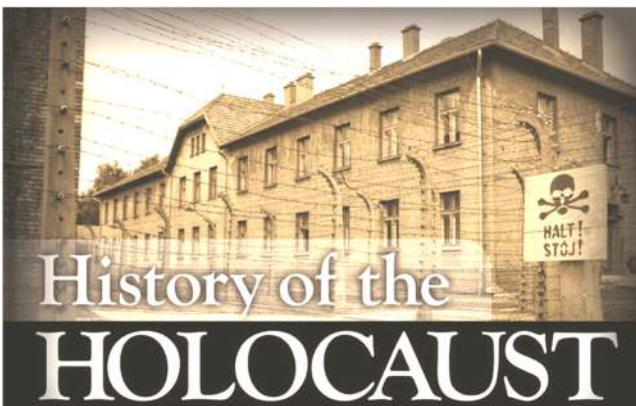
If you have any questions or are interested in signing up please contact Kaitlyn Grieb at the Crawford County Commission on Aging & Senior Center (989) 348-7123.



2020 MSUE Tai Chi Program Now Enrolling

Tai Chi for Arthritis and Fall Prevention is a program to improve health and wellness. The lessons each week build on each other to learn the entire routine. Tai Chi is a graceful, low-impact form of exercise that can improve balance, strength, mobility, and quality of life. It can also reduce stress, risk of falls, and help manage pain from arthritis. Combine gentle movements to practice weight transference and movement control in this safe and easy to learn program. All exercises can be done standing or seated.

This **FREE** program will run for 10 weeks from **January 7-March 11, 2020** on **Tuesdays and Wednesday** from **12-1pm** at the **Frederic Township Hall**. Registration is required and these classes fill up fast so **call Jamie at (989) 344-3264x0** to sign up today!



Grow Your Knowledge Donuts & Discussion

Come join us at the Crawford County Commission on Aging & Senior Center on **January 10th** for a continuing education session to expand your knowledge, meet people with similar interests, and discover something new. The session will start at **9:00am** and Shelly Cline, a historian at the Midwest Center for Holocaust Education will join us via video conference to dive into an overview of the Holocaust, followed by discussion, and of course donuts! Dr. Cline will cover the beginnings of the Nazi State in 1933, changes to German Society in the years that followed, and the development of the final solution as Germany conquered more and more of the European continent.

The cost to attend this event is **\$5 per person**. If you have any questions please call the Senior Center at 989-348-7123.

VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape...

What's Your
SUPERPOWER?



Kitchen Volunteers



Servers are needed to serve Dinner from 4:30pm- 5:30pm. Plates are prepared by kitchen staff and delivered by our volunteer servers. No roller skates required!

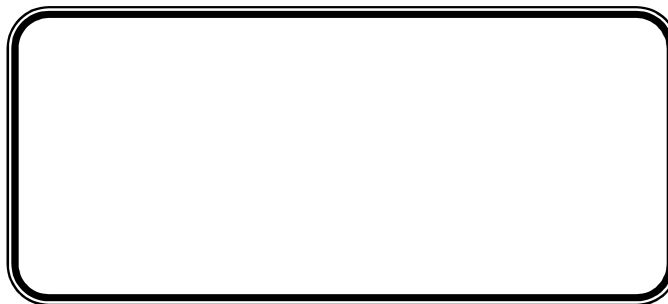
Our **Dishwashers** help the kitchen stay on top of dishes, cleaning the kitchen area, and also occasionally help with making sandwiches, cupping fruit, etc.

If you are interested in volunteering contact Alice Snyder at 989-348-7123.



Smartphone Scan
to our Website

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



Interested in Seeing a Play or Musical?

The Commission on Aging & Senior Center is looking into planning one or more day trips from the Senior Center to see a play or musical. Because tickets would need to be reserved in advance, we need to know who would be interested in attending before we can plan these events. All trips would include transportation, tickets to the event, and lunch and/or dinner depending on show times available.

Take a look at the potential trips below and **if any of these sound like a trip you would be interested in attending please contact Kaitlyn Grieb** at (989)348-7123 so we can work on scheduling dates and purchasing tickets to the event.

which cat will be reborn.” The trip would take place on either **May 12th, 13th, or 14th**. The price would range **from \$150 to \$175** depending on interested and seat selection.



My Fair Lady the Musical

My Fair Lady will be playing at the Wharton Center for Performing Arts in Lansing. The musical *My Fair Lady* “tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistic professor who is determined to transform her into his idea of a ‘proper lady.’” The date of the event is not confirmed but would be **between February 26th and March 1st**. Trip cost would range **from \$150 to \$200** depending on interest and seat selection.



Roaring Twenties Speakeasy Escape Room

Join the Crawford County Commission on Aging & Senior Center along with Northern Michigan Escape Rooms to race against the clock to solve a mystery. Escape the roaring twenties by solving puzzles and putting together clues as a team to unlock the door to freedom before times run out. You will have to use the elements of the room to find clues and solve puzzles to unlock the door to your freedom. Can you escape before the coppers show up or worse the gang?

Join us at Northern Michigan Escape Rooms in Grayling on **Tuesday, January 14th at 1pm** to find clues and solve puzzles to make your escape.

This event is \$25 per person and registration is required. Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the event. For more information or to register for this event please contact the Commission on Aging at 989-348-7123. **Space is limited; call to reserve your spot today.**

Northern Michigan Escape Rooms is located 1239 McClellan Street in Grayling.



Wicked the Musical The Untold True Story of the Witches of Oz

Wicked the musical will be at the Wharton Center for Performing Arts in Lansing. This would be a day trip leaving from Grayling and would travel to Lansing to see the musical. The date of the event is not confirmed but would be **between April 1st and April 19th**. The trip price would range **from \$150 to \$200** depending on interest and seat selection.



Chicago – Yeah, All That Jazz! the Play

Chicago will be playing at the Old Town Playhouse Theatre in Traverse City. The play takes place “in jazz-age Chicago, when two rival vaudevillian murderesses vie to be represented by the same sleazy lawyer. In so doing, they hope to not only avoid the hangman’s noose but win their freedom while becoming ‘celebrity criminals’ to pave their way back to vaudeville.” The date of the event is not confirmed but would be **between April 24th and May 17th**. The price would range **from \$80 to \$100** depending on interest and seat selection.



Cats the Musical

Cats the Musical will be playing at the Midland Center for the Arts in Midland. *Cats* “tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide