

Crawford County Senior Gazette October 2023

Save a lot
food stores
2333 S. I-75
Business Loop
989-348-6690

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Denise Conte

By Toby Neal

Twenty-one years ago you would have never convinced Denise Conte that she would still be working for the Commission on Aging, let alone helping prepare them to move into a new kitchen in a new building! "I can not wait to open the doors to that new walk-in cooler," daydreamed Conte with a smile on her face.

For nearly half of the 50 years of the COA's history, Denise has been their cook. Briefly living in Texas, Denise returned to Warren, Michigan where she met her husband Tom. "There were ten of us. There are eight of us now, four boys and four girls," Conte shared. "My mother had three sets of twins," she added with a big smile. "We are still very close. We just had forty-eight of us up this summer for a reunion; forty of us went down river on a tubing trip!" Thankfully as the COA's full time cook, Denise is used to preparing food for large groups of people.

It wasn't at the Commission on Aging where Denise found her love for cooking, but in her



father's kitchen. "My dad taught me a lot about cooking," Denise recalled. One of her first jobs was making pizzas in Warren. After slinging pizzas, Denise helped the owners of JB Bamboozles open their restaurant in 1994. Starting as a cook, Denise was quickly promoted because of her hard work and dedication, becoming the General Manager of JB Bamboozles later that year. In her father's kitchen and at these local restaurants not only would her love of cooking grow, but another passion that has stuck with Denise her whole life would emerge.

If any of you have met Denise you will quick learn that she is an avid Detroit Tiger's baseball team fan. "You can not grow up in Warren and not be a Tiger's fan," Conte quipped. "I have been a Tiger's fan my whole life. I have a room at home that is full of Detroit Tigers memorabilia that I have collected over the years." The next time you see Denise just ask her to show you pictures of this collection room! "My prized possession from my collection are the two unused 1968 World Series tickets. They are in the original frame

Continued on Page 5

Our Mission...

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

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

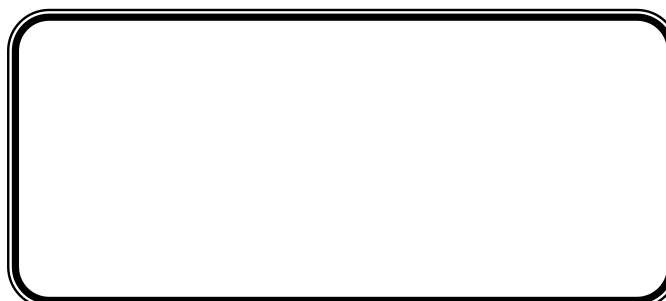
HOURS OF OPERATION

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

308 Lawndale St
Grayling, MI 49738

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

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



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Fax: (989) 348-8342
308 Lawndale St.
Grayling, MI 49738

Smartphone Scan to our Website



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The Senior Gazette

308 Lawndale St., Grayling, MI 49738

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

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

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

Commission on Aging

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Cooks: Denise Conte & Megan Hagle

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

Kathy Meisner, Program Assistant

Homemakers: Kathy Jacobs,
Susan Randall & Courtney Watros



A Matter of Balance

Description:

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

You will learn to:

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

Who should attend?

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

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

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

Cost: FREE

Registration Required:

Call 989-348-7123

Contact:

Nicole Wethington

wethingn@msu.edu

**You can Quit!
We can help!**

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Michigan
TOBACCO
QuitLine

1-800-QUIT-NOW
1-800-784-8669

Funded by the Michigan Department of Community Health

Volunteers Needed:

Three critical areas at our Senior Center need more help. Meals On Wheels Drivers and Kitchen Helpers.

Please consider lending a hand. Volunteer applications are on our website or stop by and talk to us to learn more. **Thank you!**

**www.crawfordcoa.org/volunteer
(989) 348-7123**

We need help.

MEALS ON WHEELS DRIVERS
Join our team to bring food to people in need!

If you like to drive, have availability before lunch on Mondays, Wednesdays or Fridays and want to help? We need you. (989) 348-7123

Northern Michigan VETERANS BENEFIT FAIR



Register at:
Garylordvbf.eventbrite.com

November 2, 2023 at 10am to 2pm

Refreshments, Lunch and Door
Prizes at 1pm



E-Free Church
1649 M-32
Gaylord, MI 49735



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

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

Thank you to our COA Volunteers

Nancy Billinghamurst	Dan McCarthy
Debbie Carrigan	Karen McCarthy
Judy Crook	Jamie McClain
Charlie Curro	Julie McClain
Faith Danois	Barb McCray
Carolyn Diponio	Dean McCray
Diana Doremire	Barb McNamara
Rich Ferrigan	Tim Miller
Linda Fielhaver	Olie Miller
Mary Garcia	Rosemary Nelson
Mary Jo Gingerick	Wayne Nelson
Sherry Haag	Bev O'Connor
Sharron Hagerman	Mark Ostahowski
Donn Handy	Amy Pendergraff
Nolan Harwood	Sharen Perkins
Val Hendricks	Lois Platt
Susan Hensler	Keith Radwanski
Cheryl Hopp	Deb Rawlings
Annette Hritz	Tom Rawlings
Donna Hubbard	Orvetta Roggow
Cindy Johnson	Pat Sanders
Eileen & Ron Kemerer	Karl Schreiner
Glenn King	Jon & Gail Schultz
Lorelei King	Sally Slicker
Linda LaBrie	Richard Smith
Sandy Lakanen	Mark Snyder
Jim & Sarah Lawless	Cheryl Starr
Alice Lee	Judy Steffen
Nancy Lemmen	Ann Stephenson
Cathy Lester	Judy Sumner
Kirsten Lietz	Farrell Thomas
Christa Linderer	Ellen Thompson
Dave Markle	Martha Trenkner
George Mascarello	Kate Wagner
Sharlene Mascarello	Thank you!

October Birthdays

Pat Sanders 10/3
 Sheryl Biggs 10/8
 Gayle McCollom 10/8
 Marie Hatfield 10/15
 Beverly Ohsowski 10/17
 Kirsten Lietz 10/19

Senior Center Birthday Lunch Tuesday, 10/24 11:30 - 12:30p

**Brownies with ice cream,
 and friends!**

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



• Meals on Wheels Driver -

Do you like to drive? Make a difference every week by delivering meals to our older adults who struggle to maintain themselves at home. Then we'd love to have you as a volunteer to deliver Meals on Wheels. Deliver days are Monday, Wednesday, Friday and you normally drive once per week. Mileage reimbursement of \$0.40 per mile is provided along with detailed orientation. Join our team!



(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

• Dishwashers

• Servers

(*A criminal history background check is required for all volunteer positions)

**Use your SUPERPOWER and
 call the Crawford County
 Commission on Aging
 at 989-348-7123 to sign up to
 become a VOLUNTEER today!**

WANT TO DONATE BUT
 NOT SURE HOW?

WAYS TO DONATE

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

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

IN PERSON @
 THE SENIOR
 CENTER

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



GIVING TUESDAY

Giving Tuesday Approaches!

**Giving Tuesday reimagines a
 world built upon shared
 humanity and generosity.**

In times like these, local giving makes a tremendous impact close to home. Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage giving and celebrate generosity.

Again, this year we have teamed up with The Community Foundation of Northeast Michigan to raise support for Meals on Wheels in Crawford County. For 24 hours on **Tuesday, November 28th, 2023** we are asking all donations to be made online (if possible) at cfnem.org. 100% of your donation given in support of the Commission on Aging on Giving Tuesday helps us further our mission.

Meals on Wheels provides food to homebound seniors in Crawford County regardless of their ability to pay. No one is EVER turned away from Meals on Wheels because of an inability to make a donation.

Every participant receives hot lunches on delivery days as well as frozen meals for dinner and non-delivery days. In addition, social connection, and support to help keep recipients stay out of nursing homes and hospitals.

Between October 1, 2022 and August 30, 2023, we served a total of **34,036** home delivered meals, 3,340 more meals than our previous year! Your donation will help us and our amazing volunteers continue to deliver 650+ meals with smiles every week.

There are several ways to donate: if you cannot give online but would still like to give to help support Meals on Wheels see all the options below:

- Visit cfnem.org on November 28th and click on the Commission on Aging logo.
- Call (989) 348-7123 to donate by credit card over the phone.
- Drop a check in the mail to "Crawford County Commission on Aging & Senior Center" 308 Lawndale St., Grayling, MI 49738
- Stop by the Senior Center to give.

continued: Denise Conte from page 1

that I got them in,” Denise shared in admiration. Denise carried that love of the Tigers and cooking with her from the Warren area to Northern Michigan over twenty-two years ago.

Denise's family were no strangers to this area. “We used to come up here and snowmobile a lot,” she shared. “We had friends that lived in Kalkaska, and when my husband retired in 1998 he asked me what do you want to do?” So, they moved up to Northern Michigan and have been residents here ever since. Denise worked in the kitchen at what is now Bear's Den in Grayling, and after taking an extended period of time off due to family medical issues, she was forced to look for other work. “I took a month or two off and then I applied for the cook position here at the Commission on Aging and got the job.” Denise started as a part time cook in the summer of 2002, and after a couple of months went full time and has been their full time cook ever since. In fact, Denise is the longest tenured cook in the COA's 50 year history.

During Denise's long tenure people have come and gone, activities have been implemented and changed, and food menus have been created, tweaked and kept or discarded, but one thing has always been consistent: Meals on Wheels. The Meals on Wheels program has been a staple of the Commission on Aging's mission to provide for older adults in Crawford County for longer than Denise has worked here. How they have carried out that program has changed, however. “It was a total different operation then than it is now,” Denise recalled. “We used to write the client's names on paper bags and the drivers would come here, pick up their bags from a shelf and take them on their routes.” With the growth of the program and changes in food handling, the COA has been able to improve with the times and provide hot meals hot and frozen meals frozen, but it wasn't always this way. “The paper bags would get ruined from the condensation from the cold milk containers, or the cap from the fruit cups would come off and get all over everything,” Denise remembered laughing. “We ended up getting coolers to put the bags in so the drivers could transport them with less mess. Now we have the insulated heating bags and bags we can safely

pack with ice packs.” Even the way they seal the product for transportation and food safety has changed. “We used to have this hand machine that would seal the edges of the aluminum trays we covered with cardboard. Once contained, we would stack them in milk crates. Now we have the hot food sealer, 'Oliver'.” Oliver is the brand name of the food container sealer that seals the microwave -safe food containers for safe food storage and transportation.

COVID changed a lot of things the kitchen of the COA did for its clients. “We still operated during COVID,” Denise shared. “We still did Meals on Wheels, but most of the food that we provided was frozen. For our congregate meals it was all carry out. They would call in and we would fix their meals and bring it out to their vehicles. We did not serve meals inside the building during that time.” Of course, that has all changed now and the COA is not only open to serve hot meals every day for lunch, but is also now open for dinner Monday through Thursday from 4:30pm-5:30pm. “We are getting a lot of new menu items for people to try,” Denise offered. “We are in the process of doing our fall menu. We want to try and do soup and sandwiches as an option when we get into the new building.”

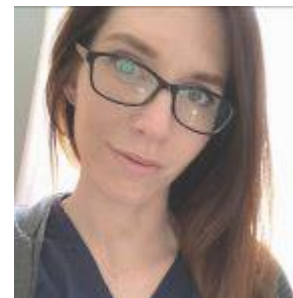
Besides her dream of walking into the new walk-in cooler at the new Senior Center location that is being beautifully built right now. Denise feels she made the right decision to not retire until the new build is up and running and the kitchen is doing well. “I want to see it come to fruition and enjoy it,” Denise shared with a smile. “I have met so many seniors here. I have seen people that were in their 60's coming here that are now in their 80's. You can get attached. I won't leave here and work somewhere else. I want to retire from here.” When Denise does retire as the longest tenured COA cook, she will have a collection of memories of serving people as large or larger than her collection of Detroit Tiger memorabilia.



New Class at the COA Fit for the Aging Fridays, 10:30-11:30am starting October 6th at the Library!

Taught by Sami of Stronger Fitness (see her Bio below), specifically designed for those 55 and older, this class focuses on maintaining safe fitness activities as we age: proper form, increasing strength, flexibility, range of motion, balance, mobility, gait, and more! Seated and standing variations for every workout. Class is free, donations are always welcome!

Equipment is optional (dumbbells, resistance bands, stability balls, suspension training straps)



Bio: Hi there, I'm Sami! I'm the owner of Stronger Fitness, a fitness training and nutrition company.

I'm a Northern Michigan native, having grown up in Interlochen and Traverse City, graduating from West Senior High and then attending Western Michigan University for Athletic Training and Exercise Science.

I started my professional journey in fitness right out of high school, nearly 17 years ago, working in many capacities: teaching and training all ages and skill levels in Michigan, Florida, and North Carolina. As my career grew, I've gained certifications from the NCSF as a Certified Strength and Conditioning Coach, from AFAA as a Certified Personal Trainer, and NASM as a Certified Fitness Nutrition Specialist. I also hold a smattering of specialty certifications in functional fitness, variable resistance training, kettlebells, TRX, youth strength, yoga, cycle, corrective exercise, to name a few.

I took the leap into owning and operating my own small business in 2018 aboard Camp Lejeune in Jacksonville, NC. I spent the next 4 years training Marines and Sailors from all over the world, their families, and our Nation's veterans. My children and I returned to Michigan in 2021 and we recently moved to the Grayling area.

Fitness is my passion and I love sharing that passion with my clients. Exercise and nutrition are a vital part of our everyday lives. As we age it becomes even more important to keep our bodies properly fueled and in motion. Avoiding injury, learning to move properly as joints and muscles change with age, reestablishing balance and range-of-motion... These are skills that need to be practiced in order to navigate life. I strive to teach my clients how to find their own personal version of fitness, one that they enjoy. It may look different than the someone else's fitness journey, BUT THAT'S OK. It is my goal to make fitness enjoyable for YOU, so you'll want to continue for years to come.

Upcoming Online Classes from the Area Agency on Aging

Dementia Caregiving Series

Dementia Information for Everyone
- October 10th, 1:00 - 2:30pm
Activities for Persons with Dementia
- October 17th, 1:00 - 2:30pm
Dementia Behaviors and Self-Care
- October 24th, 1:00 - 2:30pm

Caregiver Webinar Series

Preparing to Care: Caregiving 101
- October 13th, 1-2pm
Building Resilience to Avoid Burnout
- November 10th, 1-2pm
Technology Tools for Caregivers
- December 8th, 1-2pm
The Neuroscience of Art and One Little Word
- January 12th, 1-2pm
Importance of Planning Ahead for Legal Matters
- February 9th, 1-2pm

Healthy Living Webinar Series

Chair Exercises
- November 8th, 1-2pm
Importance of Self-Care
- December 13th, 1-2pm
Sleep
- January 10th, 1-2pm
Mindful Cooking and Nutrition
- February 14th, 1-2pm
Managing Work-Life Balance
- March 13th, 1-2pm
Managing Stress and Mental Health
- April 10th, 1-2pm

Powerful Tools for Caregivers Class

- Nov. 8th - Dec. 13th, 3 - 4:30pm
Interactive Online Workshop

Contact Brooke Mainville:

(989) 358-4616

mainvilleb@nemcsa.org



See Page 9 for a full list of COA activities!

Tammy's Tips:

Rigid plastic packages can be opened by simply treating them as a piece of metal with your can opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting.



33rd ANNUAL

Crawford Ausable Community
Free Thanksgiving Dinner



Thanksgiving Day, November 23, 2023

DELIVERED TO YOUR HOME
DINE IN at Grayling High School
NOON-3:00

TAKE OUT at Grayling High School - NOON-3:00

To reserve your home delivered meals
Call 989-387-3672

by noon the day before thanksgiving.
We need your name, phone #,
delivery address, # of meals and
any special instructions for delivery.

This meal is provided by the generosity of local businesses, organizations, individuals, the U.S. Army National Guard and Grayling Ausable School District.

**Breakfast Presentation
Medicare and Open Enrollment
Tuesday, October 17th at 9am**
at the COA, 308 Lawndale St., Grayling
with Tammy Findlay, Advocacy & Resource Coordinator

LOOKING TO SAVE ON MEDICARE COSTS?

The Michigan Medicare Assistance Program (MMAP) is a free health-benefit counseling service. Our goal is to help you find your way through the health benefits maze and explain your options. The Commission on Aging has two certified MMAP Counselors that can identify and apply for programs to help you save money on your Medicare costs, review your Medicare plan, and answer your Medicare questions. Learn the difference between advantage plans and supplemental plans. Are you paying too much for prescription drug cost? Come join us for breakfast and learn about the various programs that can put money back into your pocket!

Breakfast Menu

Bacon and Garden Vegetable Frittata
Square, Crispy Golden Potatoes, Silver Dollar Pancakes, Fruit Salad

**988 SUICIDE & CRISIS
LIFELINE**

Board Meeting Schedule Fiscal Year 23-24

Crawford County Commission on Aging
308 Lawndale St., Grayling, MI
(989) 348-7123

Unless otherwise noted below, all meetings will be held at the Crawford County Commission on Aging & Senior Center located at 308 Lawndale Street in Grayling.

All meetings are scheduled at 4:30pm unless otherwise noted.

October 24th
November 28th
No December Meeting
January 16th
February 20th
March 19th



April 16th
May 21st
June 18th
July 16th
August 20th
September 17th



Your Shoulder Expert is Here

Matthew Dubiel, MD
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Fellowship Trained at Mayo Clinic

Now seeing patients in Grayling!

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

New Building Update—August 2023

by Alice Snyder, Commission On Aging Director



New sidewalks with bollards, all new windows and steel frame for portico!

We are getting really close to being able to move into the new building! Have you driven past the building to see the progress? From the outside you'll see that the parking lot has now been paved and the canopy for dropping off at the front door is almost finished. Heated sidewalks are in place as well as the concrete pads for

cooler freezer is in place and the kitchen hood has been installed. Framing is done for our new fireplace in the lobby and stone work for the fireplace will be starting soon. We want to thank Grayling Township and their friends who are doing all of this work for us on the fireplace.



Exercise studio with drywall completed!

Coming up soon will be painting followed by flooring. The air conditioning/ heating units will be installed soon as well. Then we need to get the rest of the kitchen installed and all the furniture put into place.

Look forward to a grand opening before the end of the year. We can't wait to share this new space with all of you!

the dumpster area and the generator which supports the walk-in cooler freezer. On the inside it's making the same progress. All of the walls are drywalled and the ducting is being finished. In the kitchen, the walk-in



Lobby fireplace framing!



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

Support Groups:

ALCOHOLICS ANONYMOUS

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

SAT. 10:00 am (B/C)

St. John Lutheran Church, Grayling

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

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

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

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders
at River House Inc. in Grayling

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

River House info: (989) 348-3169

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Info: (989)348-1382 Greg

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

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

Grayling Baptist Church, 705 Madsen St.

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

www.griefshare.org/groups/169551

October 2023 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30pm Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi	3 11:30a-12:30p Lunch Parmesan Cod, Prince Charles Vegetable Blend, Peas, Pear 4:30-5:30pm Dinner Stuffed Peppers, Broccoli & Cauliflower, Kiwi	4 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange 4:30-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	5 11:30a-12:30pm Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30pm Dinner Supreme Pizza, Broccoli, Apple	6 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
9 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30pm Dinner Chicken Tacos, Refried Beans, Kiwi	10 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:30-5:30pm Dinner Vegetable Lasagna, Breadstick, Prince Charles Vegetables, Orange	11 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	12 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes & Gravy, Brussel Sprouts, Strawberries 4:30-5:30pm Dinner Scrambled Eggs, Hash Browns, Turkey Sausage Links, Wheat Toast, Blueberry Yogurt	13 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Crinkle Cut Carrots, Kiwi
16 11:30a-12:30p Lunch Beef Goulash, Carrots, Green Beans, Applesauce 4:30-5:30pm Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	17 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes 4:30-5:30pm Dinner Scalloped Potatoes w/ Ham, Asparagus, Mixed Veggies, Orange 	18 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Apricots 4:30-5:30pm Dinner Beef Stroganoff, Asparagus, Italian Veggies, Breadstick, Apple	19 11:30a-12:30p Lunch Balsamic Chicken, Greek Salad, Redskin Potatoes, Orange 4-6pm Harvest Dinner Cornish Hens, Mashed Sweet Potato, Peas & Pearl Onions, Cinnamon Applesauce, Caramel Apple Bars	20 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Veggies, Sugar Snap Peas, Kiwi
23 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Chicken Enchiladas, Corn & Bean Fiesta, Apricots	24 Brownies & Ice Cream 11:30a-12:30p Birthday Lunch 😊 Beef and Broccoli, Brown Rice, Stir Fry Veggies, Four Berries Blend 4:30-5:30pm Dinner Cheese Ravioli w/ Sauce, Asparagus, Italian Blend Veggies, Grapes	25 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes & Gravy, Broccoli, Strawberries	26 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes Taste Testing 4:30-5:30pm Dinner Cod Nuggets, Cheesy Mashed Potatoes, Cole Slaw, Kiwi	27 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas and Onions, Orange
30 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes w/ Gravy, Corn, Kiwi 4:30-5:30pm Dinner Taco Salad, Corn, Grapes	31 Halloween Treat 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew 4:30-5:30pm Dinner Beef Tips & Noodles, California Blend Vegetables, Pear	<div>  <p>10/17—Private donor in Honor of her Birthday.</p> <p>Running Talley of Support: 18 days, \$5,450 Thank you!</p> </div>		

October 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30a Deco-TLC Meeting 10a Silver Sneakers 1-4p Chess Club 1-4p Euchre	3 9am Friends of a Feather Quilting -Lawndale 10a Zumba Gold 10a Bible Study 5:30pm Diamond Dancers - Lawndale	4 9:30-10:30a – Food Commodities at St. Mary’s Church 10a Silver Sneakers 10a Walk in the Woods Mason Trail 11am Wii Bowling @ Bellaire 1p Mahjong	5 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	6 10:30a Fit for the Aging @ Library 1p Pantry Bingo
9 10a Silver Sneakers 1-4p Chess Club 1-4p Euchre	10 10a Zumba Gold 10a Bible Study 5:30pm Diamond Dancers - Lawndale	11 9-11a Matter of Balance 10a Silver Sneakers 10a Walk in the Woods Gahagan Preserve 1p Mahjong	12 10a Pokeno 10a Zumba Gold 1p Penny Bingo	13 9-11a Matter of Balance 10:30a Fit for the Aging @ Library 1p Pantry Bingo 3p Memorabilia & History Team
<div> Bacon and Garden Vegetable Frittata Square, Crispy Golden Potatoes, Silver Dollar Pancakes, Fruit Salad. </div>				
16 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club 1-4p Euchre	17 9am Breakfast Presentation – Medicare Open Enrollment with Tammy Findlay 10a Zumba Gold 10a Bible Study 5:30pm Diamond Dancers - Lawndale	18 9-11a Matter of Balance 10a Silver Sneakers 10a Walk in the Woods Camp AuSable 11a Alzheimer’s Support Grp. 1p Mahjong 5p Nutrition Education with Kate Moshier	19 10a Pokeno 10a Zumba Gold 4:30 – 6p Harvest Dinner	20 9-11a Matter of Balance 10:30a Fit for the Aging @ Library 1p Pantry Bingo 2:30-4:30pm Covid/Flu Shot Clinic
23 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club 1-4p Euchre	24 10a Zumba Gold 10a Bible Study 11:30 -12:30p Birthday Lunch Party 4:30p COA Board Meeting 5:30pm Diamond Dancers - Lawndale	25 9-11a Matter of Balance 10a Silver Sneakers 10a Walk in the Woods N Higgins Lake SP 1p Mahjong	26 10a Pokeno 10a Zumba Gold 1p Penny Bingo	27 9-11a Matter of Balance 10:30a Fit for the Aging @ Library 1p Pantry Bingo 3p Memorabilia & History Team
30 10a Silver Sneakers 1-4p Chess Club 1-4p Euchre	31 Halloween Treat with Lunch & Dinner 10a Zumba Gold 10a Bible Study 5:30pm Diamond Dancers - Lawndale			Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.

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

Health Services

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

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

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

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

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

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

Home Delivered Meals: (Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh:

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

Resources

Information / Assistance: (989) 348-7123

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

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.

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

Senior Gazette: This monthly newspaper which is full of information for seniors and caregivers.

Telephone Reassurance/Friendly Visitor:

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

In-Home Services

For those who need a little assistance maintaining their independence.

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

Classes

AARP Driver Refresher Course: Offered twice each year.

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



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

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

Fitness Programs

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

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

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

Cost for Services

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



How We Served You in July 2023!

At the Senior Center

- We served **869** Congregate Meals

In-Home Services

- Delivered **3,523** home delivered meals.
- Provided **132** hours of respite care.
- Provided **189** hours homemaker services.
- Provided **54.5** hours bathing assistance.

Important Phone Numbers:

Social Security

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

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

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

Telephone Reassurance Service

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

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

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

(989) 348-7123

In-Home Services, Kathy Meisner



Listen online: Community Calendar for the COA Calendar of Events
aired daily by: Blarney Stone Broadcasting Stations
q100-fm.com north-fm.com upnorthsportsradio.com
email for schedule: calendar@blarneystonebroadcasting.com



GAFA
ALZHEIMER'S FOUNDATION OF AMERICA

Did you get your memory screening yet?

Free Virtual Memory Screenings

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

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

Learn more or request a memory screening appointment at:

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

Kinship Care Program assists older adults, raising relative children.

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

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

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

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

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

989-348-7123

SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

UNDERSTANDING SOCIAL SECURITY BENEFITS

We are here for surviving family members when a worker dies. In the event of your death, certain members of your family may be eligible for survivors benefits. This includes surviving spouses, surviving divorced spouses, children, and dependent parents.

The amount of benefits your survivors receive depends on your lifetime earnings. The higher your earnings, the higher their benefits. That's why it's important to make sure your earnings history is correct in our records. You can do this by creating a personal my Social Security account at



www.ssa.gov/myaccount. A personal my Social Security account is secure and gives you immediate access to your earnings records, benefit estimates, and Social Security Statement.

You may also want to visit our Survivors Benefits page at www.ssa.gov/benefits/survivors. This page can help you understand your and your family's Social Security protections as you plan your financial future.

Please visit www.ssa.gov or read our publication, Survivors Benefits, at www.ssa.gov/pubs/EN-05-10084.pdf for more information. You can also help us spread the word by sharing this information with your family and friends.

TRUALTA
Caregiver Online-Platform

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

Short lessons created by experts in aging.
Easy to use, completely private. 24/7.
No app is needed. View on any device.
Social features include virtual support groups.

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

Tammy's Tips:

Clocks will "fall back" one hour at 2 a.m. local time on Sunday, November 5, 2023.



COA **FREE MASKS**

FREE COVID TESTS

COVID-19 VACCINE CLINIC



  **District Health Department #10**

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

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

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



The Brook, it's home.

BrookRetirement.com

Independent, Assisted & Memory Care Living



Random Word Search Puzzle

REYHFZFTNXFPDFGFGCGAJCLSHZSNMECIEZCUBCR
LWTZGLDCDTXXGAQCDGHQKNDWMBDMROTVTPBEFOFR
OHOKXYBBIJAVDSVUGGWVQAHYMAAGWAERQIKPMTZYEC
ZSOBEGEQSZLZCIVILITIESRNAVLQJIHJVVTNLXE
TKKSAAEPZLOBEVGEMMULIFEROUSORKHYZLDGTCUPP
CTVXZEAJAVBIPLMZCGFCBJGCBGEDTCEBKYDCFGBEI
CVUEIDROTFNEENDOCARPOIDYLVSSOEWCOCILWRT
JQCHSITMEFPUYXDLKYAPQJROIOPENAGONYNTTSHRY
SUYNOLIORINUZIRPNQSEKJSTMHUEFNUNWHSSLUYEM
UATHPHYCTANFNCHNCJSKFFSAEWWDVICNECQIVBTCPC
HDSTRCIJLZRJNFFGSGFESULRGBIETFRYNAILLYOTTA
ERBBOIPNIYSREYEOPXUMISTJCISCACAOETMRAMRVIN
MUJMPPLAMZGOQJSNIPPBSASTTCE TLNUZAOKNWDGOI
OPIOYATNEOUWIODIEEIEUEFIXRXUGRELXIEOVITNC
RLOHLSOTDMDSDRAARMNLMIVEOIGLOECCESSNXNY
RIREWERYKAOIPTFUGTIMETFWLNF COPNSSLRXANDL
HCTEVDYFSTTNIEJXEHPWIEOOXINH RDWEIREATHPY
OAE TL DQCPIVVCWCDAEJS D VRYBEOYNRVANVPEIDSG
ITIDMLPMECE THEGRRLYCUIORULOI WJDIGYIYVJXX
DINFMIESP OABDXDAIHJSOZIQILIDCKNKR SRVES SF
EOMSQT HNNFSTVYTHPRSUXLOS KHQIZOIORSTSEVSI
CNFUEKVIGANNIOLOVNSEL LTP EVTRBFT HIIAUURTY
TSOMLPYWICORRFIWULUAIXPXC SWSUCNPCS VHVPOC
OJCFEXALYI IYTDI IY YRGPXOJ IJERINZWACSOOCNW
MVDJOWIILATEUKNAKYNRLKOLLRWDEMEHPOSOLIH
YFLKGHHKZLAUOEETTOSEI JLTVBARSAA DFIYJNF XM
QLPAECTCUOCHSX RFLYPNUAFADR CRWTSNM OOX XNWS
FOZFAP I WOTODOQRFREAKBVTVTQAQNJYNOAWMXSZZ
ELVIRNYTXJRSESAVASAOFILNARFHTMILKAPSPNSO
GLYUGSMDLBBINBUEIREOTOAYTQT XJARRPPIROBF
NOIYJUZXKXMG PULADECNCKHCSAIWRAHUXOLDISI
OEJQOVSN GZESEBENAPGDGAMSBIIXUCZTEWKEETUH
GORSUGNATVKFJGWXPXOZBSNIYFUDANWNXLNWRIATL
NHOIOAYPZTOIMGJWOMLKJLLNWNROTPISWWLDSNGD
ZFLWBKTKQXBWMJMUISDWYDBEXOE DMIRYXGEINXISH
IBE OXVCII VQACICULAI IKKQZTDFGSRAVGTWUHM AH
IYLLACIGOLOHCYS PRXUILJUNBUAMETEWHFXOBUKT
RMSIRIRAFNUSWPIAGMLCNFI OHYZLHBPPE DOCCRN C
JNOITANORCUMVXMI OGTGQMMCYELL COVESZBSMSLP
USPUWOYOFJKBIDUTJPW TOKPTUSLYLKKKNJNPATNHT

neurofibrillary	participatory	aeroballistic	superfecta	metempsychosis
embrocations	acicula	civilities	subordinative	sonorities
disobeying	hemorrhoidectomy	reviviscence	psychologically	deforesting
coeloglossum	mucronation	scoundrelism	semihardy	hexokinase
zygomatofacial	endocarpoid	philosopheme	eliquation	contradictor
diophysite	ruminations	longiloquence	experrection	gloriously
gemmuliferous	virtuoso	tripersonalist	alcoholist	salicylide
inerrable	lateralized	revitalising	isopropyl	epitympanic
imperatory	interaural	sciomachy	benedictive	quadruplication
cladoniaceae	inobservation	somersaulted	periodical	expiative

Tammy's Tips:

Sign up for Medicare Open Enrollment.
Call the COA for an appointment!



Things We Collect!

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

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

Kate's Kitchen Corner

Tomato Salad



2 Tomatoes (Medium to Large)
1Tbl Fresh Minced Basil
1Tbl Extra Virgin Olive Oil
1 ½ tsp Balsamic Vinegar
¼ tsp Kosher Salt (Or sea salt)
Black Pepper to taste (I use 2 turns of a pepper grinder)

Slice tomato in half through stem then slice each half into wedges. I like them thin but whatever thickness you prefer will work. Place tomato wedges in a bowl and sprinkle with salt. This will pull some moisture from the tomatoes to mix with and add flavor to the dressing and makes sure the salt adheres to the tomato and doesn't run off with the dressing. Mix all other ingredients together and pour over the tomatoes, stirring gently to coat.

Don't be afraid to add a little garlic if you have it. ½-1 fresh clove minced or ¼ tsp powdered.

This would also be great with red wine vinegar and fresh thyme or chives. Try it with your favorite vinegar and fresh herb pairing!



Reaching Seniors and Beyond!

Free Medical Equipment/Supplies

Crawford County Commission on Aging has some durable medical items available for free.

If you need assistance, contact **Kathy Meisner (989) 348-7123** or stop by the Senior Center.



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
306 State Street
P: 989-745-6667

Grayling Save a lot

Grissom Split Top - \$0.99
Wheat Bread - 20oz

Good thru: 10/1/23 - 10/31/23

Limit 2 per coupon.

2333 S. I-75 Bus. Loop (989) 348-6690

More coupons at: www.SaveALot.com

Sorenson Lockwood
FUNERAL HOME INC.

Pre-Planned Funerals Cremation Services
Markers Monuments

Terrie L. Lockwood, Manager/Owner

Phone: (989)348-2951 Fax: (989)348-4968

1108 North Down River Rd, Grayling MI 49738

Web: sorensonlockwood.com

E-mail: sorensonlockwood@gmail.com



The Senior Project Fresh Program (SPF) was aimed at helping older adults eat healthier as they age. The program provided participants free nutrition education and \$25 in coupons that could be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers' markets and roadside stands. The COA was able to secure 150 coupons for county residents whom met the criteria for the Senior Project Fresh Program. The SPF coupons have an expiration date of October 31, 2023.

Extra Help with Prescription Drug Costs

People with Medicare drug coverage (Part D) who face challenges paying for prescription



costs may qualify for Extra Help, a Medicare program that helps you pay your Part D premiums, deductibles, coinsurance, and other costs.

If you make less than \$21,870 per year (\$29,580 for married couples), you may qualify for the "Extra Help" program. It could cut your Medicare prescription drug costs to no more than \$1.45 for generic prescriptions and \$9.85 for brand-name drug prescriptions filled or refilled. For assistance completing the application process, please call Tammy Findlay at 989-348-7123

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

Nutrition Education with Kate

October 18th at 5pm



Have you ever wondered why we make our menu the way we do? Or wonder why we serve brown rice instead of white? Or where the bread option went? Join Kate for an interactive Nutrition Education presentation at 5:00pm during dinner on October 18th to find out.

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

Walk In The Woods

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

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

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



October 4th – 10am - Mason Tract

Meet at the Chase Bridge Parking Lot and walk to Potter's Landing
10129 Chase Bridge Rd, Roscommon, MI 48653

October 11th – 10am - Gahagan Nature Preserve

209 W Maplehurst Drive, Roscommon, MI

October 18th – 10am - Camp AuSable

590 Camp AuSable Rd, Grayling, MI 49738

October 25th – 10am - North Higgins Lake State Park

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

Grayling Hospital for Animals

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

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

AAHA
ACCREDITED
The Standard of Veterinary Excellence

Harvest Dinner Thursday, October 19th Dinner 4:30 - 6:00pm

Cornish Hens, Mashed Sweet Potato, Peas & Pearl Onions, Cinnamon Applesauce, Caramel Apple Bars



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



Come and dine with us for either lunch or dinner on October 31st and receive a deliciously spooky treat with your meal!

We won't be hosting a party or costume contest this year but if you would like to wear a costume, please do!

Festivity and fun is always encouraged!

Happy Halloween!!!

Getting Help with Medicare Costs

If you have Medicare and you're facing challenges paying for health care, you may qualify for a Medicare Savings Program to help pay Medicare premiums and other costs. Please contact Tammy Findlay @ 989-348-7123 to learn more about the Medicare Savings Program and how it can help you!



Board Meeting for August is Thursday, October 12th @ 8:30am.

October's Book Club selection will be: "Carnegie's Maid" by: Marie Benedict. This book will be available on our e-readers. Ask a circulation clerk for more details. This meeting will take place on Wednesday, October 25th @ 1pm. If you have any questions, call: 989-348-9214.

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

Halloween is just around the corner! Check at the Circulation Desk for details on what spooky fun we will be having around the end of the month!

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

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

Tammy's Tips:

In order to hammer nails without causing injury, you simply need to incorporate a clothespin. The clothespin can be used to hold your nail in place while you size up your swing with your free hand.



— Food Resources — Crawford County Residents

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

Free food trucks:

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

The Senior Center serves meals:

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

Tentatively scheduled for Friday, October 20th we are featuring a new monthly Movie Night! Entrance by ticket only. Ask a Circulation Clerk for more information!

Come join us for Radiant Child Music and Movement on Tuesday, October 10th @ 3:30pm, enjoy a relaxing yoga session which includes music, stretching, stories, movement and meditation; great for all ages!

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

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

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

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

IT ALWAYS
SEEMS
TOO EARLY,
UNTIL IT'S
TOO LATE.

**START the
CONVERSATION**
Make it known how you want to LIVE.

Advanced Care Planning

Munson Healthcare's Advance Care Planning team encourages everyone to have conversations with loved ones about their medical wishes.

Free workshops will help guide you through the process of talking about your wishes and completing an advance medical directive.

Our 2023 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

Oct. 4 or Dec. 6

Time: 10:00 a.m. to 12:00 p.m.

Call to register: (989) 348-0296

For virtual classes:

munsonhealthcare.org/advancecareplanning

Upcoming Online Classes - MSU Ext.

MINDFUL MONDAYS BE KIND TO YOUR MIND

Oct. 2 11:30AM – 12:30PM

FOOD SAFETY Q&A:USING FOOD THERMOMETERS

Oct. 2 1:00PM – 1:30PM

RELAX ALTERNATIVES TO ANGER SERIES ONLINE

Oct. 3 – Oct. 24 8-9 AM Zoom

SLEEP EDUCATION FOR EVERYONE ONLINE

Oct. 3 – Nov. 7 1:30 – 2:00 PM Zoom

ONLINE STRESS LESS WITH MINDFULNESS

Oct. 4 – Nov. 1 10:30-11:30 A.M.

STRESS LESS WITH MINDFULNESS COFFEE HOUR ONLINE

Oct. 5 – Oct. 26 8:30-9:30 AM Zoom

PROTECTING YOUR IDENTITY - OCT 5

Oct. 5 12:00PM – 1:00PM Zoom Webinar

WITS WORKOUT - TWO HEADS ARE BETTER THAN ONE

Oct. 9 10:00AM – 10:30AM Online

MINDFUL MONDAY BRIEF PRACTICES IN MINDFULNESS

Oct. 9 11:30AM – 12:30PM

MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) -

Oct. 9 12:00PM – 1:00PM Zoom

VIRTUAL A MATTER OF BALANCE

Oct. 10 9:30AM – 11:30AM Online

CASH CRUNCH - NAVIGATING MONEY CHALLENGES

Oct. 10 4:00PM – 5:00PM Zoom

CHRONIC PAIN PATH (PERSONAL ACTIONS TOWARD HEALTH)

Oct. 11 9:30AM – 11:30AM zoom meeting

DIABETES PERSONAL ACTION TOWARD HEALTH (PATH) - ONLINE

Oct. 11 1:00PM – 3:00PM Online via Zoom

ONLINE MINDFULNESS FOR WELLBEING

Oct. 23 6:00PM – 8:00PM Zoom

POWERFUL TOOLS FOR CAREGIVERS

Oct. 24 10:00AM – 11:30AM Zoom

EVERY PENNY COUNTS: SAVINGS STRATEGIES (WEBINAR)

Oct. 25 12:00PM – 1:00PM Zoom Webinar

RELAX ALTERNATIVES TO ANGER DAILY SERIES

Oct. 30 – Nov. 2 8-9 AM Zoom

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

Save money when shopping by tapping technology

Barbara Duvall, Michigan State University Extension

Comparison shopping and saving money has gotten easier for those who invite technology to help.

Everyone wants to get the best bargain for their hard-earned money, so we pour over sale flyers in an effort to find the lowest price.

Don't stop there. [Michigan State University Extension](#) recommends that once you have decided what you want to purchase, now is the time to do your homework; comparison shop.

The internet has made the process of [comparing prices](#) significantly easier. A wide [variety of apps](#) are now available; it's just a matter of choosing the app that best fits your needs.

Some new apps tell you current prices, while others alert you when the item has gone on sale or compare prices online with the price at local stores. There are apps that save you additional money by storing loyalty certificates and others offer rebate checks, gift cards or allow you to donate your savings to charity. If you have a spending limit, you can use an app to notify you when the item's price is within your spending range. All these apps help you compare prices so you can get the best deal.

There's even an app that helps non-technology savvy individuals find the right gift for the techie in their lives by providing easy to understand product descriptions and recommendations on who would enjoy the gift.

Apps can also help you after you

have purchased an item. The app from one retail store compares prices against competitor's advertised deals. For these apps you receive the difference in a rewards e-gift card.

How the app works depends on the one you select. Some require that you scan the item's barcode while others allow you to type in the name of the item you are interested in.

While online, check out the reviews posted by those who have purchased the product. This will allow you to learn valuable information regarding hazards, defects or potential risks.

Some apps provide an incentive to those users who write a review.

If you are trying to purchase items at the lowest price, be sure to calculate the shipping

and sales tax on items purchased online as compared to the cost of the gasoline and sales tax you would pay if you visited a local store.

[Comparison shopping](#) and saving money has gotten a little easier for those who invite technology to help.

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).



Free Medical Equipment/Supplies



The Crawford County Commission on Aging has walkers with or without wheels, seated walkers, commodes, also a bariatric commode available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Also available is Boost for those with a prescription. We have vanilla at this time. Each case has 24 – 8oz cartons and the cost is \$30.00.

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Scammers never stop looking for new ways to con us—especially during Medicare Open Enrollment. Don't give them the chance! Never give out your Medicare Number over the phone to unknown or unexpected callers.

Drop Off Your Old, Unused & Expired Medications

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

24 hours drop boxes:

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

Business:

The Medicine Shoppe

Upcoming Classes at the COA

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

**Fit for the Aging - 10:30am - 11:30am
Every Friday @ the Library
starting October 6th**

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

See Page 9 for a full list of COA activities!

MEDICARE AND OPEN ENROLLMENT

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from premium amount to coverage changes to plan terminations. There may be new, more affordable plans available that might give better coverage. It is important for **EVERY** Medicare recipient to review his/her coverage and be certain that the plan you will have for 2024 is the best plan for you!

Starting Monday, October 9th, you can call Tammy Findlay at 989-348-7123 to make an appointment with one of our trained MMAP counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year. Appointments will begin the week of October 16th by ZOOM, phone or on site, at various townships throughout the county. You can also do this review yourself by going online to the Medicare website. If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show or talk you through it over the telephone.



Do you have pets? Is it hard for you to obtain veterinary care for your pet because of limited funds? The Crawford County Commission on Aging & Senior Center received a small grant from Meals on Wheels America Pet Program / Pet Smart Charities. This program assists with preventative and emergency care, which includes vaccines, nail trimming, dental care, medication, and emergency boarding. To qualify for the program you must be an older adult in Crawford County, 60 or older, and have income at or below 150% of the federal Poverty Level

2023 Monthly Income Eligibility Guidelines

Household of 1 - \$1,823

Household of 2 - \$2,465

Household of 3 - \$3,108

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

Healthy Living Webinars

Free online class - 1:00 p.m.-2:00 p.m.
2nd Wednesday of every month

Healthy Living Classes Registration:

<https://forms.office.com/r/cbsY8HV0Rr>

Sponsored by: Region 9 AAA & NEMSCA



Grayling Vikings Senior FREE Athletic Pass

Get into any Grayling Vikings home game for free. To be eligible for the free Senior Pass you must be **62 years of age or older**.... that is all! It is good for all home events and it is a lifetime pass. **Passes are available at the Grayling High School Office** between 7:30am-3:30pm Monday thru Friday.



DETERRA

Free Drug Disposal Pouch

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

Keeping Kids Safe by Locking Up Marijuana.



Marijuana use is both legal medically and recreationally (for those over the age of 21) in the state of Michigan. A person may have up to 2.5 ounces of marijuana on them in public. Within their home they may have up to 10 ounces of marijuana. It's important for those with marijuana in their homes or vehicles to safely secure them out of the hands of children. This will reduce the risk of easy access and potentially dangerous use. If you or someone you know is interested in a free lock box, they are available at the Crawford County Commission on Aging.

Tammy's Tips:

The next time you eat a giant hamburger, try turning your sandwich upside down. The tops are nearly twice as thick as the bottoms, and a lot more durable. So be smart, and eat your hamburgers upside down.



National Prescription Drug Take Back Day

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

- **City Hall**—24 hour, free, outdoor drop box
1020 City Blvd
- **Crawford County Sheriff's Department**
—24 hour, free, outdoor drop box
200 W. Michigan Ave.
- **Medicine Shoppe Pharmacy**
—During business hours
500 James Street in Grayling
- **Munson Hospital Grayling**
—Medsafe drop available in main lobby
1100 E Michigan Ave

Although October 28, 2023 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home.

Together, we can make difference!

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