

# Crawford County Senior Gazette November 2019

## Highlights:

- Pg 2 Free Medical Equipment & Supplies
- Pg 2 Open Enrollment
- Pg 4 Volunteer Spotlight: David Ridal
- Pg 4 2019 Raffle Results
- Pg 5 Basket Weaving
- Pg 5 Museum on Mainstreet Exhibit
- Pg 6 Fall 2nd Menu Option
- Pg 6 Bronner's Trip
- Pg 6 Autumn Wreaths
- Pg 7 Ongoing Activities  
*Our regular activities in alphabetical order*
- Pg 7 Support Groups
- Pg 7 Foot Care Clinic
- Pg 8-9 November Calendar of Activities & Menu
- Pg 10 Services, Classes & Resources
- Pg 11 Social Security Tips
- Pg 11 Volunteer Opportunities
- Pg 11 Adventure Packs
- Pg 12 Cook's Corner
- Pg 12 Word Search
- Pg 13 Stress Less w/ Mindfulness
- Pg 13 National Diabetes Month
- Pg 13 Hanging of the Greens
- Pg 13 Christmas Sing-Along
- Pg 14 Veterans Day Tribute
- Pg 14 Pallet Painting Class
- Pg 14 Indoor Walking
- Pg 14 Free Viking Athletic Pass
- Pg 15 Diabetes Breakfast Presentation
- Pg 15 Free Community Thanksgiving Dinner
- Pg 15 PATH for Chronic Pain
- Pg 16 Food Assistance Programs

## Money-Saving Coupons:

- Pg 5 Spike's Keg 'O' Nails
- Pg 8 Congregate Meal
- Pg 12 Save-a-Lot

## Featured Article

### Terry Shepherd

*"A Lifetime of Action"*

Some people who are born in a small town can't wait to "get out" when they grow up. Others leave and never return for more than a cursory visit, not so with Terry Shepherd. His roots are in Grayling and they're deep ones. He's been away from time to time but he never lost track of where Home is.

Born in 1953, he's the oldest of 5 children, with three brothers and a sister. Raised by his mom (a Kellogg) and stepfather (Lloyd Crawford) the family tree goes way back. The story goes that "Grandpa Crawford" was in a canoe on the AuSable, stopped along the shore, and "put a stick in the ground" laying claim to the piece of land that remains in the Kellogg family to this day.

"Back then, you could claim 180 acres for each kid in the family, and Grandpa Crawford had 17. That's a lot of land," he said. The old lodge house still stands and is used co-operatively by the family for reunions, vacations, and the like. "It's pretty special." Unfortunately, Grandpa had a bit of a gambling problem and most of the land slipped away one card game at a time.

But Terry isn't really known for who his family is. He's known for who he is and what he means to the community that he calls home. In 1970, Terry, like many young men, joined the Army and served in Vietnam. His basic training was in Missouri where he "was the only Michigan guy there. Most of the guys there were from the south." From

there he went to Fort Lewis, and then to Vietnam for a year.

"If you've ever seen footage or movies with guys hanging out of helicopters, that was me," he said. "I was 1st Cavalry, recon." He said that while in Vietnam he "traveled all over" after a 1971 transfer. "I did a lot of training. I trained Vietnamese people. Everybody...aged 7-65...was involved. I remember teaching a 9-year-old to fire a Thompson machine gun. The first time, well, every time he



fired it, he was knocked on his butt. And there was a battalion of women that I trained. I can still see them in their big black hats, and black silks..." Terry paused before continuing. "When I came home to Fort Carson, Colorado, there

were thousands of Infantry and they asked me 'Do you want out?' and I said 'YES!'"

He served 2 years of active service, then was in the reserves, and then was out. "Sometimes I wonder if I should have stayed in. A lot of guys did and had good careers."

But Terry is a self-described "homeboy" and so he came home to Grayling. In 1976 he married Penny, a court reporter, and got on with life here. They went all through school together, but never dated until after he was back from Vietnam. They have two sons.

For 13 years, Terry had Terry's Union 76, and then he decided to become an EMT, which then led to becoming an RN and Paramedic. In his career in the medical field, he worked with North Flight (helicopters were nothing new), spent a lot of time working in the ER, and then



**Bronner's Trip**  
See pg 6



**PATH for Chronic Pain**  
See pg 15



**Free Thanksgiving Dinner**  
See pg 15

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

## HOURS OF OPERATION

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

**Tuesday**  
8:30am to 7pm

**Wednesday**  
8:30am to 6pm

**Thursday**  
8:30am to 6pm

**308 Lawndale St**  
**Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)**  
**[Director@crawfordcoa.org](mailto:Director@crawfordcoa.org)**

Cont. Pg. 5





## **Senior Gazette Staff**

**Alice Snyder**  
Editor

**Sarah VanDuser**  
Creative Director &  
Advertising Manager

**Ann Rowland**  
**Cheri Carpenter**  
**Robert Simpson**  
**Nicole Persing-Wethington**  
Contributing Writers

**Ken Wright**  
Contributing Photographer

**The Senior Gazette**  
308 Lawndale St.  
Grayling, MI 49738

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

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

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

## **Commission on Aging Board Members:**

Jamie McClain, Commissioner/Chair  
Lorelei King, Vice-Chair  
Sandy Woods, Secretary  
Marc Dedenbach, Member  
Susan Hensler, Member  
Jessica Hiar, Member  
Jason Thompson, Member

## **Commission on Aging Staff:**

Alice Snyder, Director  
Melanie Conway, Assistant Director  
Dale Van Vliet, Nutrition Manager  
Lynn Cheney, Administrative Assistant  
Sarah VanDuser, Public Relations Coordinator  
Tammy Findlay, Advocacy & Resource Coord.  
Kaitlyn Grieb, Fitness & Wellness Coordinator  
Kathy Meisner, Program Assistant  
Helen Nolan, Receptionist  
Michelle Carolei, Receptionist  
Denise Conte, Cook  
Megan Hagle, Cook  
Haley Hayes, Kitchen Assistant  
Erika Mudry, Homemaker  
Kathy Jacobs, Homemaker  
Ann Bilyeu, Homemaker  
Sarah Pollock, Homemaker  
Jessica Thurman, On-Call Homemaker

## **Free Medical Equipment/Supplies Items Available**

The Crawford County Commission on Aging has these items available for free. If you are interested in any of these items, please contact Kathy Meisner at 989-348-7123 or stop by the Senior Center.

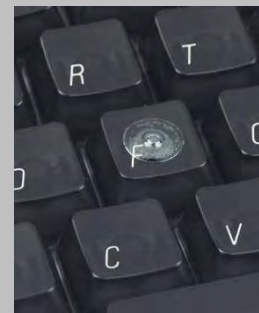
**EZ Fill Liquid  
Pouring Aid**



**Contour  
Memory Foam  
Leg Pillow**



**Locator Dots  
Key Location  
System**



**Shampoo  
Cap**



**Aladdin  
Magnifier**



**Bedside  
Commode**



**Misc. Canes w/  
and w/o Feet**



**Walker with Two  
Front Wheels**



## **Plus**

- Seated Walker with Wheels
- Crutches

\*\*\* Other items are available for rental on a donation basis including wheelchairs, shower chairs, raised toilet seats, and more.

**Oct. 15th - Dec. 7th**

**2019**



**Medicare**  
**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 2020 is the best plan for you.*

Call the Commission on Aging & Senior Center to make an appointment with one of our trained counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year.

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.

**Crawford County residents with further questions can call 989-348-7123.**



***Memorial  
Donations  
Made By:  
Diana Doremire  
Wayne & Jill  
Teeter  
Vera Trimble  
In Memory of  
Christine Sayad***

## **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.

*Thank You*

**Blood Pressure Checks by**  
InTeliCare Health Services, LLC

**Blood Pressure/Sugar Checks by**  
Munson Home Health Care

**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**  
Northern Pines Assisted Living

**Stretch to Fitness & Equipped to be**  
**Fit Sponsored by**  
Munson Rehabilitation Services

**Zumba Sponsored by**  
Grayling Nursing & Rehabilitation  
Community

Shirley Bordeaux  
Alice Burak  
Bob & Judy Cooper  
Al Etson  
Tina & Scott Foster  
Bob & Pat Gallagher  
Janet Gildner  
Donald & Janet Gooch  
Sandy Lakanen  
Julie Lawrence  
Karl Schreiner  
Joyce Sorenson  
Norma Werda  
John & Barb Wotring  
Theresa Wright  
Bruce & Janice Zalobsky

A close-up photograph of a weathered wooden chair back. The words "FOREVER LOVED" are engraved in a serif font on the wooden slat. The wood is light-colored with some grain and wear visible. The background is blurred, showing what appears to be a wooden fence or structure.

**2x5 Actual Size**  
**\$100 Donation**

- 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
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size

Great Lakes  
**ENERGY**

PEOPLE FUND

NORTHEAST MICHIGAN  
COMMUNITY FOUNDATION

REGION 9  
**AREA AGENCY  
ON AGING**  
A Division of HEMCSA

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.

**Alzheimer's**  
**Assistance**  
**1-800-272-3900**

*Volunteers and Contributions received after October 11th will be acknowledged in the next edition of the Senior Gazette.*

Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Home Phone (     ) \_\_\_\_\_ Cell Phone (     ) \_\_\_\_\_  
E-Mail Address \_\_\_\_\_

**WE ACCEPT**

**VISA**

**MasterCard**

**DISCOVER**

**AMERICAN EXPRESS**





Michele Arnholt	Sharlene Mascarello
Tiffany Bean	Julia McClain
Sheryl Biggs	Barb McCray
Nancy Billingham	Dean McCray
Rheo Chartrand	Ann Mitchell
Wendy Clarkson	Judy Morford
Jane Conklin	Stephanie Nagel
Marcus Dedenbach	Greg Nelson
Dick Dodge	Dee Niedzielski
Lyn Dodge	Marcus Niedzielski
Diana Doremire	Bill Nuckolls
Greg Dulkowski	Chelsea Partello
Molly Francis	Sharen Perkins
Mary Garcia	Nancy Pletzke
Mary Jo Gingerick	Pat Potter
Susan Hensler	Deb Rawlings
Bill Hollenbeck	Tom Rawlings
Karen Hollenbeck	Jack Richards
Donna Hubbard	David Ridal
Tom Jarosz	Pat Sanders
Linda Jensen	Chris Seager
Dennis Kemerer	Tom Seames
Eileen Kemerer	Nancy Smitz
Ron Kemerer	Richard Smith
Glenn King	Joyce Sorenson
Kay Ellen King	Dianne South
Lorelei King	Cheryl Starr
Cyndi King-Baldwin	Judy Steffen
Sandy Lakanen	Vera Trimble
Karen Leslie	Katrina Verlac
Kirstin Lietz	Nicole Wethington
Susan Lynch	Barb Wotring
George Mascarello	Shawano Center



## David Ridal “Mr. Fix-It” By Cheri Carpenter

Dave Ridal is a very talented man. He can fix or build nearly anything. He lives in a little house about a mile back in the woods with his 10-year-old cat Rocky. “It’s very private. I love it,” Dave says of the house he remodeled, replacing everything except the bathtub – all in two months! Dave delivers Meals on Wheels to many Grayling residents and is sometimes the only person they get to see and talk to that day. He also does Medical Transport when necessary and really enjoys the people he meets through volunteering.



Born in Detroit, Dave’s father was a police officer and a lawyer, and his mother was a secretary. Eventually, Dave met and married his wife of 40 years and they lived in the Redford area for 10 years before settling in Hudson Michigan, which would be home for the next 30 years. About 6 years ago, Dave’s wife passed away and he would remain downstate for a few years before moving to Grayling three years ago. “It’s tough, because you’re best friends, ya know”. He was tired of the traffic and the hustle and bustle of downstate life. “I wanted a fresh start, so that’s what brought me up here” says Dave. Dave’s son, daughter and 6-year-old grandson remain

downstate. “He’s a really good kid. He’s got a heart and compassion.” Dave was already familiar with Northern Michigan since he lived in Ironton for a year back in 1979, working with a contractor out of Bellaire, he drove through Grayling a lot. He has also worked for Massey Ferguson for 9 years, until the company relocated to Canada. After that, he went to automotive training and worked in a few dealerships before finally settling into a maintenance position with a company that built conveyor belts, for the next 13 years. “I really liked that job because I never knew what was going to happen. It was different everyday” Between 1994 and 2001, Dave and his wife hosted eight foreign exchange students from Spain, France, Germany, Chile,

and Turkmenistan, which borders Afghanistan to the north. “It was a cultural experience,” says Dave. He has also traveled to Spain and Alaska and says, “Spain was total culture and Alaska was total beauty. The nice thing about Alaska was no TV or cell phones for 10 days.” Dave also enjoys going to Las Vegas occasionally although he says that it’s difficult to travel now that he has Rocky, his cat. “He gets upset when I leave. He wakes me up every morning.” These days, Dave spends most of his time fixing things for his “really good neighbors.”



## November Birthdays

Denyce Krolczyk 11/1  
Marie Mahaney 11/1  
Connie Faustman 11/7  
Maureen Rysso 11/12  
Thelma Stevens 11/12  
Jack Campbell 11/26  
Miriam (Kaye) Wisenbaugh 11/26  
Noreen Bisel 11/28  
Deb VerWiebe 11/30



The Commission on Aging would like to thank everyone who helped with the Annual Raffle Fundraiser. To those who bought tickets, sold tickets and our dear sponsors, Feeny Ford of Grayling & NAPA Moore’s Automotive, we appreciate you!

A very special thank you to Mary Jo Gingerick who sold 940 tickets! For your hard work and dedication we thank you!

## We Raised \$2,605.00!

Winners of the 2019 Raffle were: 1st Place - Jacquelyn Smith, 2nd Place - Bonny Hanford, and 3rd Place - Dennis Kemerer





## Beginners Basket Weaving Workshop

Do you want to create a basket to put your fresh biscuits or buns in for the holiday season or perhaps create a basket to keep your knitting supplies in?

Come join us for a Beginners Basket Weaving Workshop on **November 21st at 12pm** at the Crawford County Commission on Aging & Senior Center. The class will be approximately 3 to 4 hours long.

No experience is necessary but the ability to maneuver your fingers to tighten the basket is essential. Janet Gross will lead you through a step-by-step class on basket weaving and you will have the choice to create a square or round basket. Make it your own by using different color reed throughout your basket!

This event is **\$15 per person** and includes all the supplies/material you will need to create your own basket. We will provide snacks and beverages at the event. 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 Senior Center at 989-348-7123. Space is limited; call to reserve your spot today.



## Terry Shepherd

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

transferred to Outpatient Surgery. "Nursing is recession-proof," he said. "It was a career that made sense for me." He retired in the fall of 2001, "just before 9-11".

Terry told the story of how, once upon a long time ago, when he and four friends were working as snowmakers and rebuilding the fiber seats in canoes, they thought it might be fun to go down the ski hill in those canoes and brought

about the Downhill Canoe Race that became part of the Winter Festival and landed them a spot on Michigan Outdoors. "We thought, when we got caught, that we'd be in a lot of trouble," he laughed. Though he gave up downhill canoeing long ago, Terry and Penny are anything but sedentary. They enjoy biking, boating (Terry has sailed in 18 Chicago-to-Mackinac races and races sailboats on Wednesdays in the summer in Traverse City), they've both been on the Hanson Hills Ski Patrol, and they are avid readers.



Though they recently bought a little place in Florida, "We plan to spend winters there, but it's in an area that looks more like Michigan...but with no snow," they have not severed ties to Grayling. And Terry's connection to the military has not been severed completely, either. He serves as

Chaplain for the VFW and in that capacity conducts all the military funerals in Crawford County. He has been active in the American Legion for 25 years and is currently the Commander. "This is the 100th Anniversary of the American Legion, this year," he said. He's worked with the Honor Flight program and has been on two Honor Flights.

"It's important to remember and honor Veterans," he said. "Most of our WWII vets are gone, as well as Korean War vets. Most people don't realize that more than half of Vietnam vets are also gone. It's an honor for me to serve the way I do."

Thank you, Terry.

## 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



MI Humanities



Smithsonian



KEG 'O' NAILS

301 N. James Street • Grayling, MI 49738 • 989-348-7113  
www.spikes-grayling.com • email: spikes@freeway.net



HOME • AUTO • COMMERCIAL • LIFE • HEALTH • MEDICARE

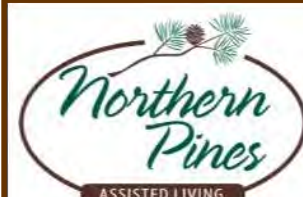
2195 S. I-75 Business Loop  
P.O. Box 472  
Grayling, MI 49738

Phone (989) 348-6711

Fax (989) 348-6874

office@janseninsurance.com

www.JansenInsurance.com



A program of Baruch Senior Ministries

**NorthernPinesAssistedLiving.org**

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

### Come visit us!

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

A Non-Profit Faith-Based  
Organization



## Fall 2nd Menu Option Now with Soup

This menu features a wrap/pita with delicious homemade soup and a piece of fruit. It also comes with milk just like a hot meal. Suggested donation for those 60+ is \$3.50 and costs \$5.75 for those under 60.

**See the menu below for details about each 2nd menu offering:** check 2nd menu entrees at the top of each day in the calendar to find which meal is being served. The meal will be offered at both lunch and dinner that day.

Although the 2nd menu option cannot be purchased to go, those who eat lunch at the Senior Center can take the wrap/soup meal home for dinner as a 2nd meal. If you eat at the Senior Center during the week, you can also take them to go for the weekend! Give us a call or stop by reception for details.

**Roast Beef Wrap**  
Chicken Noodle Soup  
Orange

**BLT Wrap**  
Vegetable Soup  
Banana  
Kiwi

**Mediterranean Chicken Wrap**  
Broccoli Cheddar Soup  
Pear

**Roast Beef Pita**  
Beef Vegetable Soup  
Grapes

**Egg Salad Pita**  
Bean Soup  
Banana

**Chicken Caesar Wrap**  
Chicken Rice Soup

**Roast Beef & Cheese Wrap**  
Tomato Soup  
Orange

**Chicken Salad Pita**  
Beef Barley Soup  
Apple

**Tuna Salad Wrap**  
Potato, Bacon, & Cheddar Soup  
Orange

**Roast Beef Wrap**  
Minestrone Soup  
Grapes



## **Bronner's CHRISTmas WONDERland Trip**

On Dasher, on Dancer, on Prancer and  
Vixen. On Comet, on Cupid, on Donner  
and Blitzen!

Join us as we make our way to Bronner's CHRISTmas WONDERland in Frankenmuth. The sleigh will be leaving from the Senior Center on **Tuesday, December 3rd at 9am**. We will travel to Frankenmuth on our shiny red sleigh (aka Dial-A-Ride bus) and spend two and a half hours exploring the WONDERland and having lunch at the Bronner's food court.

Enjoy time exploring the CHRISTmas WONDERland that is the size of one-and-a-half football fields! Shop for personalized ornaments, a variety of collectibles, or décor to spice up your home for the holidays. After our excursion and lunch, we will head back up to Grayling.

The **cost of the trip is \$30** that includes transportation and lunch. Bring spending money if you would like to purchase items from Bronner's. Why wait? Call to reserve your spot on our sleigh today! **The deadline to register is November 27th.**



## **Autumn Wreath Workshop**

As the days of Autumn get cooler and the smell of freshly-made apple cider fills the air, come by the Senior Center to participate in a wreath-making workshop. Come join us along with Heather Bennett from *Creative by Nature* to design this Autumn-inspired wreath. Heather will lead you step-by-step to create this wreath that would be perfect to display on your front porch or inside your home to bring out the warm Autumn colors!

This event will be held on **November 5th from 5 to 6:30pm** at the Crawford County Commission on Aging & Senior Center. This event is **\$25 per person** and includes all the supplies/materials you will need to create this wreath. 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.**

## **The Friends**

## **The Freedom**

## **The Brook**



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

Brookretirement.com

**989-745-6500**



Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin  
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch





# Add Years to Your Life & Life to Your Years

## ONGOING SENIOR CENTER ACTIVITIES

### Activities

**Bible Study**  
Tuesdays, 10am

**Bingo**  
Medicine Shoppe Bingo  
one Thurs per month 3pm  
Penny Bingo, Thurs 1pm  
Pantry Bingo, Fridays 1pm

**Birthday Dinner**  
Tuesdays, once per month

**Craft & Chat Club**  
Wednesdays & Thurs, 10am

**Pool**  
Ball-in-Hand, Wednesdays, 1pm  
Nine Ball, Fridays, 1pm

**Wii Bowling**  
Wednesdays, 1pm

### Fitness

**Aerobic Drumming**  
Golden Beats, Mondays, 10am

**Clogging**  
Beginning, Mondays, 12:30pm  
Regular, Mondays, 1:30pm

**Exercise Classes**  
Stretch to Fitness, Thurs, 10am  
Equipped to be Fit, Fridays, 10am

**Line Dancing**  
Tuesdays, 11am

**Water Aerobics**  
Must call to register  
Tues 5:30pm & Weds 9am  
& Weds 10am  
@ Grayling Super 8  
\$5.00 charge per class

**Yoga**  
Chair Yoga will return in 2020  
Gentle Yoga, Tuesdays, 1pm

**Zumba**  
Zumba Gold Tuesdays, 10am

### Table Games

**Bridge**  
Mondays, 1pm

**Euchre**  
Tuesdays, 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

**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](http://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



**Comfort Keepers®**

## Foot Care Clinic

**1st Thursday of every month, 11:30am - 6:30pm**

A registered nurse from  
Comfort Keepers will:

- soak the feet
- trim and file toenails
- lotion feet
- provide foot care tips

- and inspect feet for injury and circulation.

The cost of the service is \$25. Please  
bring your own towels (2) and a foot  
basin to soak feet. Appointments fill  
up fast—call 989-348-7123 today!

Winner of the Grandparents Day Dinner was  
Pat Sanders who won the Family photo frame.

## Thanksgiving Dinner

**Thursday, November 14th, 4 - 6pm**

Suggested  
donation for  
60+ \$3.50  
Under  
60 \$5.75

No  
Reservations  
Required!

### Thanksgiving Menu

Roasted Turkey  
Mashed Potatoes w/ Gravy  
Cranberry Dressing  
Corn w/ Red Peppers  
Coconut Fruit Salad  
Pumpkin Pie  
& Assorted Pies

At the  
Commission  
on Aging &  
Senior Center

308  
Lawndale  
St.,  
Grayling



Join us for our Christmas Dinner, Thursday, December 12th



**Senior Center Meal Program**  
Lunch 11:30am - 12:30pm, Mon - Fri.  
Dinner 4:30 - 5:30pm, Tues - Thurs.  
Lunch & Dinner suggested donation  
of \$3.50. Under 60 cost \$5.75.

**Satellite Meals**  
**Frederic/Maple Forest**  
**@ Frederic Township Building**  
**Lovells @ Lovells Township Bldg.**  
*Please call the*  
*Senior Center at 348-7123 to make*  
*a reservation for a Satellite Meal.*

**Stay in the Know!**

**You've Got Mail**

Sign up for **FREE** e-mail news about the Senior Center activities

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail. Signing up is easy; just send an email to [director@crawfordcoa.org](mailto:director@crawfordcoa.org)

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.

**Like us on Facebook for updates!**

Like and follow us on Facebook to see information about new events and programs.

[facebook.com/CrawfordCOA/](https://facebook.com/CrawfordCOA/)

Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.

**Free Congregate Meal For Seniors 60+**  
Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located Behind Burger King

**Must be a first time meal.**



Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	<div>Crawford County Commission on Aging &amp; Senior Center November 2019 At-A-Glance Meal &amp; Activities Calendar</div>		<div><p>The Commission on Aging &amp; Senior Center will be closing on Thursdays at 6pm starting November 7th.</p></div>		<div>1Egg Salad Pita2</div> <div>10am Pinochle 10am Equipped to be Fit NO Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by Northern Pines Assisted Living 1pm Pool – 9 Ball</div>	
3	<div>4Chicken Caesar Wrap</div> <div>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken &amp; Mushroom Orecchiette, Broccoli &amp; Cauliflower, Grapes 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</div>	<div>5Roast Beef &amp; Cheese Wrap</div> <div>9am Tai Chi 10am Bible Study 10am Zumba Gold NO Line Dancing 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 1pm Gentle Yoga 2:30-4pm Write Your Life Story 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5pm Autumn Wreath Workshop 5:30pm Water Aerobics Grayling Super8</div>	<div>6Chicken Salad Pita</div> <div>9:30am Commodities @ St. Mary's 9&amp;10am Water Aerobics Grayling Super 8 10am Craft &amp; Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries</div>	<div>7Tuna Salad Wrap</div> <div>9am Tai Chi 10am Stress Less w/ Mindfulness 10am Craft &amp; Chat 10am Pokeno 10am Stretch to Fitness 11:30a-6:30p Foot Clinic—Appt. Req. 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Shepard's Pie, Carrots, Grapes</div>	<div>8Roast Beef Wrap</div> <div>10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas &amp; Carrots, Blueberry Yogurt 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Northern Pines Assisted Living 1pm Pool – 9 Ball</div>	9
10	<div>11Roast Beef Wrap</div> <div>10am NO Aerobic Drumming 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas &amp; Carrots, Kiwi 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</div>	<div>12BLT Wrap</div> <div>10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Spaghetti &amp; Meatballs, Tossed Salad, Grapes, Breadstick 1pm Euchre 1pm Gentle Yoga 2:30-4pm Write Your Life Story 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce NO Water Aerobics 6pm COA Board Meeting</div>	<div>13Mediterranean Chicken Wrap</div> <div>NO Water Aerobics 10am Craft &amp; Chat 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear</div>	<div>14Roast Beef Pita</div> <div>9am Tai Chi 10am Stress Less w/ Mindfulness 10am Craft &amp; Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill &amp; Garlic Potatoes, Asparagus, Watermelon 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4-6pm Thanksgiving Day Dinner – Roasted Turkey, Mashed Potatoes, Gravy, Cranberry Dressing, Corn w/ Red Peppers, Coconut Fruit Salad, Pumpkin Pie &amp; Assorted Pies</div>	<div>15Egg Salad Pita</div> <div>10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Northern Pines Assisted Living 1pm Pool – 9 Ball</div>	16
17	<div>18Chicken Caesar Wrap</div> <div>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas &amp; Carrots, Apple 12:30 Beginning Clogging 1-2:30pm TEFAP @ American Legion 1-4pm Hearing Clinic—Appt. Req'd 1pm Bridge Club 1:30 Clogging</div>	<div>19Roast Beef &amp; Cheese Wrap</div> <div>9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 2:30-4pm Write Your Life Story 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 5:30pm Water Aerobics Grayling Super8</div>	<div>20Chicken Salad Pita</div> <div>9&amp;10am Water Aerobics Grayling Super 8 10am Craft &amp; Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</div>	<div>21Tuna Salad Wrap</div> <div>9am Tai Chi 10am Stress Less w/ Mindfulness 10am Craft &amp; Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 12-4pm Basket Weaving Workshop NO Legal Assistance 1pm Penny Bingo 4:30-5:30pm Dinner – Sweet &amp; Sour Meatballs, Brown Rice, Peas &amp; Carrots, Kiwi</div>	<div>22Roast Beef Wrap</div> <div>10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by Northern Pines Assisted Living 1pm Pool – 9 Ball</div>	23
24	<div>25Roast Beef Wrap</div> <div>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</div>	<div>26BLT Wrap</div> <div>9am Tai Chi 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes, Cake &amp; Ice Cream 5:30pm Water Aerobics Grayling Super8</div>	<div>27Mediterranean Chicken Wrap</div> <div>9&amp;10am Water Aerobics Grayling Super 8 10am Craft &amp; Chat 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm PATH @ MSUE 1-4pm DHHS Asst. Appointments 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick</div>	<div>28</div> <div><p>Our office will be Closed Thursday &amp; Friday for Thanksgiving Holiday.</p></div>		30



# 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

& Thurs 8:30-7pm, Wed 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 once each year.

#### **Matter of Balance Program**

This program offers practical strategies to reduce falls. Offered twice each year.

#### **PATH (Personal Action Toward Health) Classes**

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

#### **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.

#### **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 September 2019!**

### **At the Senior Center**

- We served **950** Congregate Meals
- Activities/Events Attendance **1,150**
- Average # of Daily Visitors **76**

### **In-Home Services**

- Delivered **2,242** home delivered meals.
- Provided **162** hours of respite care.
- We provided **393.75** hours of homemaker services.
- We provided **70.50** 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 or**  
**email calendar@blarneystonebroadcasting.com**



### **Grayling Hospital for Animals**

- ♦ Dr. Paul W. Mesack
- ♦ Dr. Troy Fairbanks
- ♦ Dr. Katherine Powning
- ♦ Dr. Barbara Craig

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





# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## How The Work Rules Work for You

Retirement doesn't have the same meaning for everyone. Some people plan to retire and never work again. Some people plan for second careers in occupations that wouldn't have adequately supported their families, but they do the work for pure enjoyment. Some people, whether by design or desire, choose to work part-time or seasonally to supplement their retirement income.

Retirees (or survivors) who choose to receive Social Security benefits before they reach full retirement age (FRA) and continue to work have an earnings limit. In 2019, the annual earnings limit is \$17,640 for those under FRA the entire calendar year. In 2020, it will be \$18,240. If you earn over the limit, we deduct \$1 from your Social Security monthly benefit payment for every \$2 you earn above the annual limit.

In the calendar year you reach FRA, which you can check out at [www.socialsecurity.gov/planners/retire/ageincrease.html](http://www.socialsecurity.gov/planners/retire/ageincrease.html), you have a higher earnings limit. Additionally, we will only count earnings for the months prior to FRA. In 2019, the limit is \$46,920. In 2020, it will be \$48,600. In the year of FRA attainment, Social Security deducts \$1 in benefits for every \$3 you earn above the limit, but again, only counting the months prior to FRA.

There is a special rule that usually only applies in your first year of receiving retirement benefits. If you earn

more than the annual earnings limit, you may still receive a full Social Security payment for each month you earn less than a monthly limit. In 2019, the monthly limit is \$1,470 for those who are below FRA the entire calendar year. In 2020, that limit will be \$1,520 a month. The 2019 monthly limit increases to \$3,910 in the year of FRA attainment and in 2020 it will be \$4,050 a month.

Once you reach FRA, you no longer have an earnings limit, and we may recalculate your benefit to credit you for any months we withheld your benefits due to excess earnings. This is because your monthly benefit amount is calculated based on a reduction for each month you receive it before your FRA. So, if you originally filed for benefits 12 months before your FRA, but earned over the limit and had two months of Social Security benefits withheld, we will adjust your ongoing monthly benefit amount to reflect that you received 10

months of benefits before your FRA, and not 12.

Most people understand that if they work while receiving benefits before FRA, their benefit may be reduced. What most people do not consider in their retirement planning is that we recalculate your Social Security monthly benefit at FRA to credit you for Social Security benefit payments withheld due to earnings over the limit. Explaining the earnings limit is another way that Social Security helps secure your today and tomorrow. Understanding both the earnings limit and the possible recalculation of your ongoing Social Security benefits will provide an additional perspective on retirement for you to consider.

Please visit <https://www.ssa.gov/planners/retire/whileworking.html> for detailed information about getting benefits while working.

**Who:** Anyone who wants to explore the outdoors, whether you're an adult looking to incorporate outdoor activities into a healthy lifestyle or looking to help introduce a child in your life to outdoor exploration. You must be over 18 to rent a pack.

**Where:** Backpacks will be available to check out from the Crawford County Libraries, Crawford County Commission on Aging & Senior Center, Hanson Hills Recreation Area, Hartwick Pines State Park, and Northbound Outfitters.

**How:** To "check out" the adventure pack at the Commission on Aging & Senior Center simply bring your ID and sign in with the receptionist.

## Adventure Packs

A Program of the Crawford Health  
Improvement Committee



**What:** Backpacks filled with supplies, information, and activities to help you get outside plus walking sticks. Free to check out for the day or the weekend.

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

What's Your  
**SUPERPOWER?**



## Drivers

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

Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags.

**Senior Gazette Delivery** drivers assist monthly with the distribution of the Senior Gazette and monthly flyers in the community throughout Grayling and the surrounding regions.



## Kitchen

**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.

We are also in need of a **Stock Person** to help with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

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



*Municipal Underwriters  
of West Michigan, Inc.*

**PAUL W. OLSON**  
**REGIONAL RISK MANAGER**

TOLL FREE 888-883-6391  
LOCAL (231) 421-5008  
FAX (231) 421-3509

4171 Wolverine Drive  
Williamsburg, MI 49690  
EMAIL: polson76@charter.net



# Random Word Search Puzzle

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

No doubles this time!

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

1. abatjour
2. aea
3. balladist
4. billycan
5. bridleless
6. buttercup
7. camirus
8. captiously
9. casserole
10. chromatin
11. chronogram
12. dissentient
13. draconic
14. elemong
15. enameled
16. excrescence
17. fluoridise
18. frivolous
19. fuselage
20. galatine
21. genouillre
22. heptanone
23. honeyedness
24. impleader
25. koradji
26. latinise
27. livebearer
28. mansuetude
29. medaling
30. microprint
31. oceloid
32. opacus
33. oxygen
34. petulance
35. pocketful
36. propenol
37. regrabbing
38. reimposed
39. retreative
40. scorify
41. snuggerie
42. splutterer
43. tensity
44. undersort
45. uninstalled
46. unipod
47. unmellowed
48. unpitied
49. unstraying
50. weakener

## Cook's Corner Carrot Pie

Makes 1 9-inch Pie



### BETTER THAN PUMPKIN PIE!

If you like pumpkin pie you're going to love this carrot pie. Sweet, creamy, perfectly-spiced, and it's easier to make!

### INGREDIENTS

- 2 C Carrots
- 1-12 oz. can Evaporated Milk
- 1/2 C Sugar
- 1/2 tsp Cinnamon
- 1/2 tsp Salt
- 1/4 tsp Nutmeg
- 1/4 tsp Ginger
- 2 Eggs
- 1 Pie Crust for 9-inch Pie

### DIRECTIONS

- 1) Cook carrots until soft
- 2) Puree carrots in blender until smooth.
- 3) Add evaporated milk, salt, and spice. Blend lightly.
- 4) Add eggs and blend until smooth.
- 5) Pour contents of blender into unbaked pie shell.
- 6) Bake at 400 degrees for 15 min
- 7) Turn oven down to 375 degrees and continue baking for one (1)

**Grayling Save a Lot**

Purchase of

**1/2 Gal. White Milk 99¢**

Skim, 1%, 2% or Whole

Limit 2 Please with coupon Valid Nov 1st, 2019 thru Nov 30th, 2019

2333 S. I-75 Business Loop 989-348-6690

Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

**MUNSON HEALTHCARE**  
Crawford Continuing Care Center

**your choice** for short & long term care

5-Star Rated



Call us today! 348-0317

[munsonhealthcare.org](http://munsonhealthcare.org)

1100 E. Michigan Ave · Grayling, MI 49738

**FREE**  
Classes offered  
at the COA!



Tuesdays @ 10am

Helping to make it possible, our Zumba Sponsor



**GRAYLING**

NURSING & REHABILITATION  
COMMUNITY

331 MEADOWS DRIVE, 989.348.2801

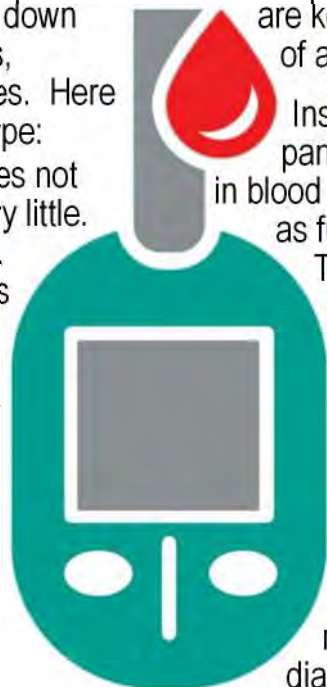


# National Diabetes Month

By Nicole Persing-Wethington, from Michigan State University Extension

November is National Diabetes Month. The Centers for Disease Control reports that more than 100 million adults have diabetes or prediabetes. We hear a lot about diabetes, but many people living with diabetes do not get a clear explanation of what is happening in their body. Diabetes can be broken down into type 1 diabetes, type 2 diabetes, gestational diabetes, and prediabetes. Here are the main components of each type:

- ⇒ **Type 1 Diabetes:** The body does not produce insulin or produces very little. This results in high blood sugar. Type 1 diabetes was sometimes referred to as juvenile diabetes.
- ⇒ **Type 2 Diabetes:** The body does not use insulin properly or does not produce enough. This also results in high blood sugar. Can affect youth and adults.
- ⇒ **Gestational Diabetes:** This type of diabetes is pregnancy specific.
- ⇒ **Prediabetes:** Blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. There may or may not be symptoms at this point. Prediabetes can progress into type 2 diabetes. The Mayo Clinic explains that



lifestyle changes can prevent people with prediabetes from progressing to type 2 diabetes. That is great news because we can alter the course of our health with our choices and habits! Nutrition, physical activity, and maintaining a healthy weight are key. Prediabetes can affect people of all ages.

Insulin is a hormone made by the pancreas that allows glucose (sugar) in blood to enter cells where it can be used as fuel. Think about how a car works. The sugar is the gasoline in the tank. The insulin is the key to the ignition. Without the key, the gasoline is not going to do its job and the car is not going anywhere. We need insulin to properly use the fuel from the food we eat.

To learn more about diabetes and managing your lifestyle, look for diabetes education programs like the National Diabetes Prevention Program and Diabetes PATH. District Health Department #10, MSU Extension, Munson Hospital Grayling, and the Crawford County Commission on Aging partner to bring these programs to our area throughout the year.

## Stress Less with Mindfulness

Help manage your stress as we go into the holiday and winter season! Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes.



Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. We cover mindful breathing, mindful movement, mindful eating, physical processes in the brain and body, and mindful laughter.

### DATE & TIME:

5 Week Series,  
Thursdays 10-11am  
Nov 7, 14, 21 & Dec 5, 12

### LOCATION:

MSU Extension Office  
501 Norway St., Grayling

### COST:

Free! Thanks to a grant through MSUE!

### REGISTER:

Call the Commission on Aging  
at (989) 348-7123.



## Christmas Concert Sing-Along

You are invited to attend a free Christmas Concert Sing-Along by Sara Smaling at the Crawford County Commission on Aging & Senior Center. The event will be held on **Tuesday, December 3rd at 5:45pm** at the Senior Center.

Join us as Sara Smaling shares her talent and entertains us with her voice to bring in the Christmas cheer. After all, remember "the best way to spread Christmas cheer is singing loud for all to hear" (Elf). Join us before the concert for dinner at 4:30pm. Suggested donation for 60+ \$3.50 and under 60 costs \$5.75. Everyone is welcome!



Come have a cup of hot chocolate and let's decorate for Christmas! Join us at the Crawford County Commission on Aging & Senior Center on **December 6th starting at 9:30am**. We need your help decorating to make the Senior Center look festive for the holiday season. After decorating, join us for lunch from 11:30am – 12:30pm. The cost of lunch is a \$3.50 suggested donation for those 60 and over and \$5.75 for those under 60.

It will be a merry good time. After all, it is the moose wonderful time of the year... Get it?

Everyone is welcome!



## MUNSON HEALTHCARE Grayling Community Health Center

### Rehabilitation Services

1250 E. Michigan Ave., Suite C  
Grayling, MI 49738

(989) 348-0314

[munsonhealthcare.org/graylinghospital](http://munsonhealthcare.org/graylinghospital)

## The Medicine Shoppe<sup>®</sup> PHARMACY

*Proudly Serving Our Community Since 1999*

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



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





Remembering and thanking the sacrifice & service of those men & women who have and continue to keep the United States free.

### VETERANS ONLY

- ♦ **Saturday, November 9th:** The American Legion will be hosting a dinner at the Legion Post, 106 S. James St., to honor Veterans. Dinner starts at 6pm.

### PUBLIC WELCOME

- ♦ **November 11th at 9:10am:** The Grayling High School will honor Veterans with an assembly from 9:10-10:05am at the High School Auditorium.
- ♦ **November 11th at 10am:** Honors will be conducted at the Elmwood Cemetery on W North Down River Rd.
- ♦ **November 11th at 11am:** The VFW will honor Veterans with a program and a luncheon at the American Legion Hall in Grayling.

Looking for a way to stay active this winter?

**FREE Indoor Walking**

Grayling Elementary School  
306 Plum Street  
Monday-Friday,  
4:00-6:00pm

*Please wear clean, dry shoes!*

**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.



## Merry Christmas Pallet Wood Sign

As the joy and spirit of the season is in the air, come design this Merry Christmas pallet wood sign with us! Join us along with Heather Bennett from *Creative by Nature* to enjoy an afternoon of fun and laughter.

Heather will lead you step-by-step to create this Merry Christmas décor that would be perfect to display inside your home for the holiday season!

This event will be held on **December 5<sup>th</sup> from 1 to 2:30pm** at the Nature Center in Grayling. This event is **\$25 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.

## NOVEMBER 2019 Webinar Schedule

Access our presentations from any computer with internet!  
All courses are free. Webinar Pre-Registration is required.

TITLE	DATE(S)	TIME	CONTACT
Holiday Budgeting	Nov 1	12-1pm	ortquisj@msu.edu
Retire on Track	Nov 4, 11, 18, 25	6-8pm	weberro2@msu.edu
Homebuyer Education	Nov 5, 12	3-5pm	leferete@msu.edu
Protecting Your Identity	Nov 6	12-1pm	lathamn@msu.edu
Who Gets Grandma's Yellow Pie Plate?	Nov 8	12-1pm	ortquisj@msu.edu

**MICHIGAN STATE UNIVERSITY** | Extension

Brought to you by the Financial and Homeownership Education Team through video meeting technology called Zoom.

**ADVANTAGE AUDIOLOGY & HEARING CENTER**

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

Gaylord Office: 321 E. Main Street, P: 989-448-2500  
Grayling Office: 2375 Bus. Loop 1-75, P: 989-745-6667

**GRAYLING**  
NURSING & REHABILITATION COMMUNITY

Overall Patient Satisfaction: 94%  
Post Acute Short Term Rehabilitation  
Long Term Living  
Physicians/NP Available 24/7

Five Star CMS Rating

331 MEADOWS DRIVE • GRAYLING, MI 49738 • 989.348.2801

**AuSable Family Dental, P.C.**

**Ralph Oppermann**  
D.D.S., F.A.G.D.

800 E. Michigan Ave., Grayling, MI 49738  
(989) 344-2525 • Fax: (989) 348-9629



## Breakfast Presentation Diabetes Education

**Tuesday, November 26th at 9am at the Crawford County  
Commission on Aging & Senior Center, 308 Lawndale St., Grayling**  
With Tina Fluegel, RN at Munson Medical Center in Grayling

With more than 29 million Americans affected by diabetes, there are many resources to combat the disease by teaching patients about the steps they can take to manage their symptoms. Though there is no cure for diabetes, research shows that it can be controlled by lifestyle changes – such as diet and exercise – and the correct use of medication. Proper control of blood glucose levels can also help prevent or delay the serious long-term complications of the disease.

A multi-disciplinary approach to addressing Diabetes includes:

- Individual Counseling
- Weight Control
- Diabetes Disease Process
- Support Group
- Blood Glucose Monitoring
- Nutrition/Carbohydrate Counting
- Medication Information
- Insulin Pump Assistance & Therapy
- Pre-diabetes Education
- Gestational Diabetes Program



- Continuous Glucose Monitoring (CGM) after insulin pump therapy

Tina Fluegel is an RN, BSN and Certified Diabetes Educator at Munson Medical Center in Grayling where she has worked for the last 10 years. Tina enjoys providing education, support, and encouragement to those that face the daily care/challenges of managing their diabetes.

Join us for valuable information and insight regarding diabetes for either yourself or for those you know that have been diagnosed with this complex chronic disease. This presentation will also introduce you to some of the Diabetes Education resources available through the Munson network. Donations are greatly appreciated.

### Breakfast Menu

**Omelette Station, Hashbrowns,  
Muffins, Mixed Fruit,  
Juice, & Coffee**



## PATH for Chronic Pain

MSU Extension and The Crawford County Commission on Aging & Senior Center invite you to participate in a **FREE** 6-week workshop called PATH (Personal Action Toward Health) for Chronic Pain.

This course is helpful for anyone who is managing long-term pain (chronic pain is defined as anything that a person has managed for over 6 months or beyond the usual time of healing). Learn more about using your mind to manage symptoms, fatigue management, getting a good night's sleep, healthy eating, weight management, medication options, depression management, working with your health care professional, and much more.

Participants will learn a series of 26 "Moving Easy" motions to help increase strength, flexibility, and balance. There will also be group brainstorming and discussion time.s

This is a evidence-based course designed to educate and empower individuals in management of chronic pain and maintaining active and fulfilling lives. Trained facilitators will guide you to making a personal and achievable plan of action to help reduce or eliminate your chronic pain.

Come join us Wednesdays starting **November 6th from 1 – 3:30pm** for 6 weeks at MSU Extension in Grayling.

For more information or if you are interested in **registering for the class please contact Kaitlyn Grieb at (989) 348 – 7123**. This class is completely free and open to the public, all ages welcome.

## You are invited to the 29<sup>th</sup> Annual Crawford AuSable Community Free Thanksgiving Dinner



**When:** Thanksgiving Day,  
November 28, 2019, Noon to 2pm

**Where:** Camp Grayling Army  
Airfield Mess Hall

**For a Free Ride:** call Dial-A-Ride at  
989-348-5409 no later than 5:00  
Tuesday, November 26.

**Home Delivered Meals are available:**  
call Sally at 348-9418 by noon  
November 27th. **Take out is available.**

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

## Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care services will have you feeling better faster than ever.

 **MUNSON HEALTHCARE**  
Grayling Physician Network

### Grayling

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

## DENHOLM FAMILY CHIROPRACTIC



*Better Health  
Better Vitality  
Better Way of Life*  
Craig B. Denholm, DC

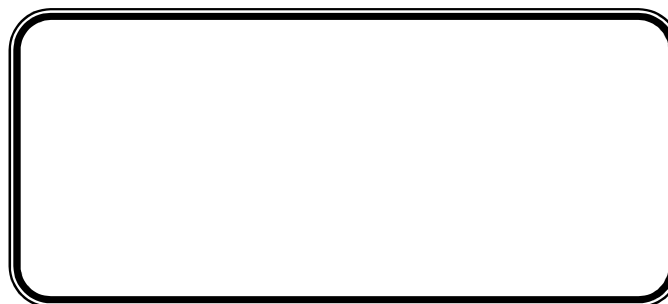
6838 M-93 Highway, Grayling, MI 49738  
Just South of M-72 West · 989-348-6600  
[www.denholmfamilychiropractic.com](http://www.denholmfamilychiropractic.com)





Smartphone Scan  
to our Website

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



## Food Assistance Programs

The Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP) are two food assistance programs made available in Crawford County by the Northeast Michigan Community Service Agency (NEMCSA). TEFAP is a quarterly distribution available to people of any age who meet income guidelines (currently \$2,082/month for individual or \$2,818/month for a couple). CSFP is monthly distribution available to Seniors 60 and above who meet income guidelines (currently \$313/week for individual or \$423/week for couple). Individuals self-certify their income based on household size—no documentation is required but it is necessary to fill out a form with their information and their monthly income.

### DISTRIBUTION SCHEDULES

**TEFAP**—Quarterly from 1:00pm-2:30pm at American Legion, Grayling, MI.

- November 18th
- February TBD
- May TBD
- August TBD

**CSFP**—Once monthly on Wednesdays from 9:30am-10:30am at St. Mary's Catholic Church, Grayling, MI in the Family Center.

- October 9th
- November 6th
- December 4th
- January 8th
- February 5th
- March 11th
- April 8th
- May 6th
- June 10th

- July 8th
- August 5th
- September 9th

### UPDATES TO FOOD PROGRAMS

The quarterly program (TEFAP) has been undergoing changes that began effective October 1st. The program goal is to provide a box of healthy food that households can utilize to make a complete meal. The new TEFAP expected food list includes applesauce, juice, apricot halves, garbanzo beans, corn flakes, crackers, egg noodles, all-purpose flour, macaroni & cheese, milk, potato flakes, roasted peanuts, pears, canned mixed vegetables, a variety of canned soups, canned pork, peanut butter, butter, pork loin roast, pork patties, taco filling, and fresh oranges. Products are subject to change based on availability.

Starting November, the monthly senior food package (CSFP) will be also be updated after many years of the same products. Changes to the food package will provide you with more food, more variety, and better align with current nutrition guidance. These changes include:

- Double the amount of vegetables
- More protein, including plant-based proteins (i.e. canned and dry beans)
- More options within each food category
- Smaller packages of rice, oatmeal, grits, dry beans, and non-fat dried milk that are more appropriate for small households and allow for more variety.

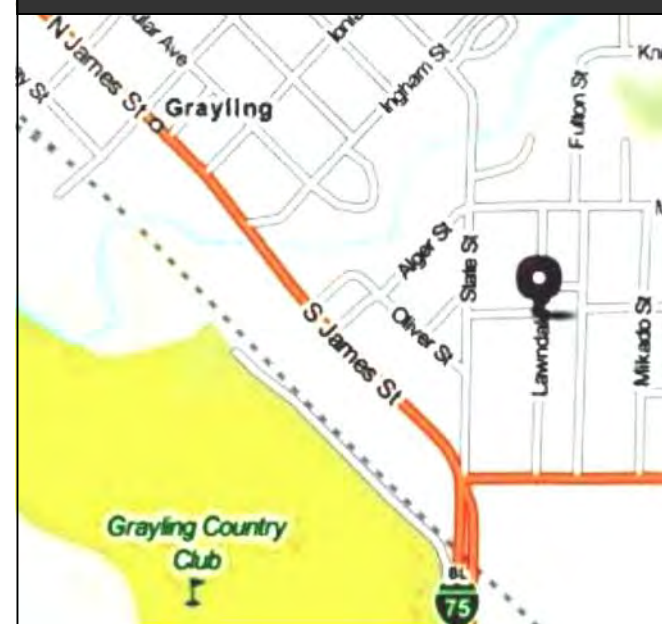
All of the canned vegetables seniors receive through CSFP are either low sodium or no salt added. This same low sodium standard will apply to the new vegetable soup option and the canned beans.

**If you are interested in learning more** about either of these food assistance programs call (989) 358-4700 or send an email to [foodprograms@nemcsa.org](mailto:foodprograms@nemcsa.org).

## 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.

**The Senior Center is located at 308 Lawndale St. behind Burger King in Grayling**



**Reaching Seniors and Beyond!**