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The Last 20 Years

By Toby Neal

During the 50 years of the history of the Crawford County Commission on Aging (COA) there would be many milestones. A milestone often marks the start of a new chapter; it indicates that something has reached a significant point or event in its development. If you have been following along with the Feature Articles in the Senior Gazette this year you have undoubtedly read about many of them. One meaningful new chapter in the COA's history happened on Memorial Day weekend, 2004. This new chapter would be marked by instrumental changes, improvements and growth that would propel the Commission on Aging here in Crawford County into a fruitful future. It was on Memorial Day weekend of 2004 that the COA received its new Director, Alice Snyder, who would bring with her a vision of innovation, communication, organization, advocacy, renovation and recognition. "I moved here Memorial Day weekend," Snyder reminisced. The Commission, and Alice, would never be the same.

Upon Alice's arrival she



Melanie Conway

Director Alice Snyder

immediately noted the innovations she would need to help implement. "From a bookkeeping standpoint, all of the (COA's) financial bookkeeping was being done on ledger paper," Snyder recalled. The COA had not caught up with the times as far as how it took in, processed and organized its information. "Our first step in changing this was partnering with the County," Alice explained, "all of our financial records got tied into the county system."

Innovation was one of the reason Snyder was chosen for the job. Spending 11 years working in social work administration in Oregon allowed Alice to gain helpful experience in computer usage and automation and organization of systems. "Change is hard, so we moved slowly" Alice confessed. "I tried to pick one thing at a time and try and improve that." In 2006 the COA received new computers and a new copier to help accompany the necessary advancements being made.

With the vision of innovation underway, the next thing was to improve the communication piece that is vital for the Commission on Aging. The COA's main piece of communication at the time (and mostly still is) was the

Continued on Page 4

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

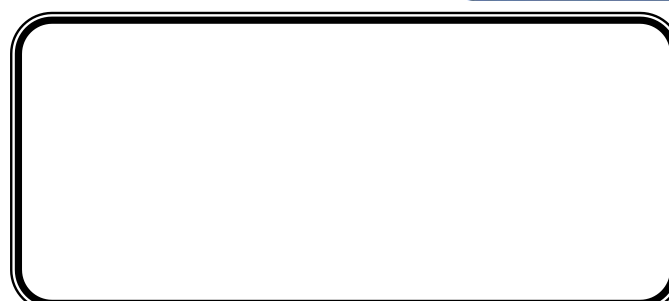
Hours of Operation

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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Smartphone Scan to our Website



Senior Gazette Staff

Editor — Alice Snyder

Contributing Writers

Toby Neal, Kate Moshier, Tammy Findlay, Bob Simpson

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308 Lawndale St., Grayling, MI 49738

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

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Karl Schreiner, Vice Chair
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Susan Hensler, Member
Jason Thompson, Member
Jeanne Weible, Member
Shannon Sorenson, Member

Commission on Aging Staff:

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

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

Sarah Pollock, In-Home Services Manager
Jan Williamson, RN
Kathy Meisner, Program Assistant
Homemakers: Kathy Jacobs,
Susan Randall, Courtney Watros
& Danette O'Hara

50th Anniversary Open House - November 7th



**1971 Groundbreaking - Grayling Housing Commission & Senior Center
308 Lawndale Avenue, Grayling, MI**

Schedule of Events

4-7pm Appetizers
4:30-5:30pm Dinner
6pm Panel Presentation

We'll have old photo albums to look at along with newspaper articles and other memorabilia. Leave with a little 50th Anniversary giveaway too!



**2023 Crawford County Commission on Aging and Senior Center
& Grayling Housing Commission - 308 Lawndale, Grayling MI**

Starting at 6pm there will be a panel of COA Historians who will talk about the first 50 years of history.

Panel Historians

Joe Wakeley, Retired County Treasurer
Sherry Haag, Retired COA Director
Barbara Selesky, Past COA Board Member
Eva Hulbert, Retired COA Employee
Ann Doty, Long-time COA Volunteer
Alice Snyder, Current COA Director

Appetizers served throughout the event!

Hors d'oeuvres

Deviled Eggs
Meatballs
And More!



New Senior Center to open early 2024 - 4388 M-72, Grayling



Veteran's Coffee Hour

Thursday, Nov 9th, — 10:00-11:00 AM
American Legion Post #106
info: (989) 344-3861

Tammy's Tips: Making Your Dollar Last Longer

- Buy Generic Products
- Comparison Shop for Items You Want to Buy
- Consider Kicking A Habit



Thank you to our COA Volunteers

Charlotte Bloomquist	David Markle
Kelly Canter	Bobbie Martinez
Debbie Carrigan	Sharleen & George
Mitchell Craw	Mascarello
Judy Crook	Daniel & Karen
Charles Curro	McCarthy
Faith Dandois	Barb McCray
Carolyn Diponio	Dean McCray
Diana Doremire	Tim Miller
Rich Ferrigan	Rosemary & Wayne
Linda Fielhauer	Nelson
Mary Garcia	Marlyn Neuberger
Janet Gildner	Bev O'Connor
Mary Jo Gingerick	Mark Ostahowski
Wendy Glanville	Sharen Perkins
Sherry Haag	Ruth Pilon
Sharron Hagerman	Lois Platt
Donn Handy	Keith Radwanski
Jonathan Haynes	Tad Randolph
Val Hendricks	Debra & Tom Rawlings
Sue Hensler	Orvetta Roggow
Cheryl Hopp	Karl Schreiner
Donna Hubbard	Gail Schultz
Cindy Johnson	Jon Schultz
Eileen & Ron Kemerer	Sally Slicker
Gene Kindler	Richard Smith
Glenn & Lorelei King	Judy Steffan
Linda LaBrie	Maze Stephan
Sandy Lakanen	Judy Sumner
Ron Larson	Sami Szydzil
Sarah & Jim Lawless	Farrell Thomas
Alice Lee	Ellen Thompson
Nancy Lemmen	Martha Trenkner
Cathy Lester	Becky Walrath
Kirsten Lietz	Carol Wilder
Christa Linderer	

November Birthdays

Denyce Krolczyk 11/1
Maureen Rysso 11/12
Thelma Stevens 11/12
Orvetta Roggow 11/21
Jack Campbell 11/26
Miriam (Kaye) Wisenbaugh 11/26
Noreen Bisel 11/28

Senior Center Birthday
 Lunch Tuesday, 11/28
 11:30 - 12:30p

Cupcakes with ice cream,
 and friends!

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

continued: Alice Snyder from page 1

Senior Gazette. While growing in usage and popularity, Snyder saw that the Gazette could become more like a newspaper, a vehicle for a variety of information going out to seniors in the County. Director Snyder also implemented the COA's website, MySeniorCenter registration system, email newsletters and their Facebook page as key instruments to get information into the hands of local seniors.

Alice was promoting all of these innovations and building the communication of the Commission while also diving headfirst into **community involvement**. "I love my community work," Alice said with a smile, "one of the favorite parts of the job is working with everybody in the community." Aside from answering the questions of how to get important information into the hands of seniors, Snyder partnered with these community groups to help figure out what they could do collectively for the community in relationship to health. She has been instrumental in the AuSable Free Clinic and in 2009 helped start the Grayling Community Garden, which was revived in 2018 with the installation of a water well. Alice also served on the Christian Help Center board for many years as well as sat on the Munson Board of Directors. She also was very involved in the Collaborative Body (a group of community and human service leaders) and the Crawford Health Improvement Committee. Learning how to effectively write and apply for grants, Snyder helped the COA increase funding for these projects, and other important projects like DEQ: Drug Disposal Boxes and the new Pet Assistance Program.

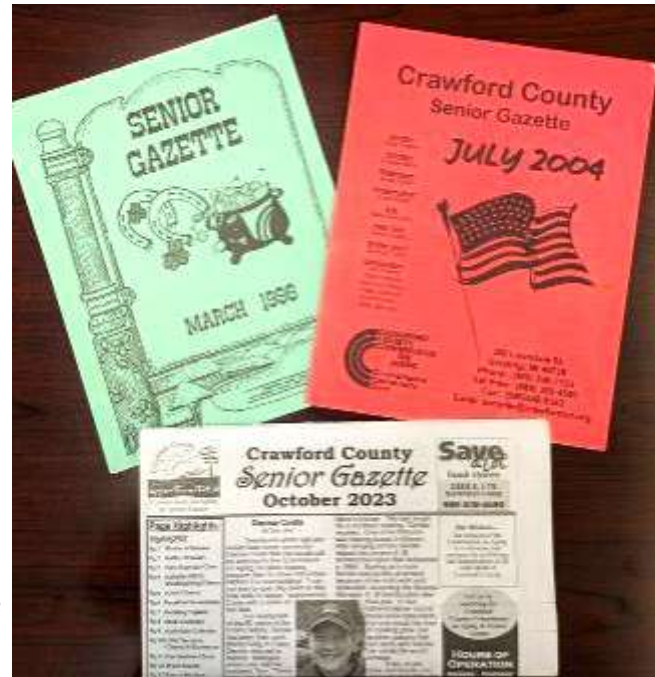
Another key innovation was the implementation of the MMAP program (Michigan Medicare/Medicaid Assistance Program) and what that eventually led to for the COA. "When I came here, we did not have MMAP," Alice shared. "In 2006, Medicare was adding prescription drug plans and there was so much confusion surrounding it. I had been a MMAP counselor in Oregon so I retrained in Michigan, and as the Director of the COA, I became a MMAP counselor as well. I was Volunteer of the Year for MMAP in 2007," Alice beamed. Doing the much needed MMAP counseling took its toll,

however, and Snyder soon realized she could not effectively be both the COA Director and it's MMAP counselor. "That is when the

Advocacy position was born here at the Commission on Aging," Snyder explained. Karl Schreiner (current COA Board Member) was the first Advocacy staff member, serving a total of six years. Tammy Findlay is the current Advocacy title holder, and has been with the COA now for over four years. "The MMAP program is just a piece of what the Advocacy person

is responsible for," Snyder explained. "If an older adult in Crawford County needs help with anything, they can call us and we will try and figure it out with them: help paying their heat bill, gas, or housing repairs, or even groceries. Applying for DHHS benefits. Anything. We can help!" Both Karl and Tammy have been instrumental in moving the program forward since its inception. "MMAP and Advocacy were two really important pieces that got added in the 20 years of my tenure," Alice noted. "We have always done Meals on Wheels and Congregate Meals, Homemaking, Personal Care and Respite care services, but Advocacy was the missing piece."

Innovation was not the sole thing that Snyder knew was missing when she arrived in 2004. Nor were improvements in communication and organization. Advocacy may have been a missing piece but Alice was also notified when she came that there were building renovations that also needed to be done. "When I came in 2004 the Board immediately said we needed to start looking at new space for the COA," Director Snyder recalled. Jack Mahank, who served a total of 20 years on the COA board, was the Board Chair at the time of Snyder's hiring, and was very influential for the first 12 years of her Directorship. "The first thing we did was try and figure out if we could renovate here at our Lawndale Street location, but we ultimately had to give up on that idea," Snyder remembered. Director Snyder and the board looked into several locations in the area. In August of 2009 a millage proposal was placed on the ballot to gain funding to renovate the Fish Hatchery building in Crawford County. The millage was voted down by 87 votes. "We figured there must be something better out there for us," Alice said as she smiled.



Snyder's vision would soon see that something better come to light.

In 2018, the COA and Board formed a Community Center Task Force including members from the community, tasked with finding out if there was any way to build a Community Center in Grayling, where the Senior Center could be housed as a part of it. The Task Force concluded after much research that the cost of such a joint effort in the community was too high for voters to approve. Shifting gears, again, Snyder and the Board moved right into the what she referred to as **"the existing building campaign,"** and in March of 2020 voters approved a 3 million dollar bond proposal for a new Senior Center. The next week everything shut down due to the rising COVID Pandemic.

Perplexed, Snyder and the board did not give up, but got right to work on the project. **"Come summer of 2020 we had contracts issued to the architect and the project manager and started moving forward," Alice detailed.** Due to the Pandemic, however, the cost of things were rising exponentially, while labor and supplies were in short supply. **"We were in trouble because the \$3 million that the voters passed was not going to be enough,"** grieved Alice. **"So, we went through the initial round of cuts, thinking we could just trim out things, but the cost of supplies just continued to rise."** The project was put on hold for nine months in hopes that the Pandemic would end and prices would lower. 'Of course, prices would not come down, **"Snyder lamented, and continued, "and that was when we decided that we needed to eliminate the gym from the plans and move forward."**

With revamped plans, the Senior Center building project went to bid again in January of 2023 and construction started this past May. **"We are now looking at hopefully being in the building in the early part of 2024," Alice said in a hopeful tone.** **"It really was Jack Mahank who was a driving force in bringing a new building to light. He was a retired engineer. I really wished he could have been apart of this project. He passed away while still serving on the Board. His passing was hard. He was a mentor to me,"** Alice recalled fondly.

Of all the things close to Director Alice Snyder's heart, recognition of staff and volunteers and community leaders is one of the more important things. **"Being here as long as I have, I have seen a lot of staff and volunteers come and go. I have had great employees and amazing volunteers. I have had a wonderful Board to support me in what we have been doing the last 20 years,"** Alice

shared, smiling. Although she was remiss to mention all the names, there were some that stood out through her tenure, for their tenure **and impact as a result.** **"I am not the easiest person to work for. I push hard for excellence. We work hard here, and I have always appreciated people who have stayed and stuck with me."** One of those fondly recognized



Jack Mahank

by Snyder is Melanie Conway, who was the Assistant Director for 15 years. **"Melanie was fabulous. Everybody loved Melanie. She was wonderful to work with here. The clients loved her, and she was a big part of this organization and helping us move forward over the years."** Another employee Snyder recognized in her tenure is Denise Conte.

"Denise is the only employee that is still here, who was here when I started," Alice shared. **"Denise has worked hard and**

we have a good work relationship, which includes some pranks," Snyder said with a wink. Feel free to ask Alice (or Denise) about these pranks! Helen Nolan is another long tenured employee who has been with Alice through many changes. **"Helen has been a volunteer. She's been on the board. She's been an employee, twice. She has been a vital support to me over the years"**

Besides these great employees Snyder has had the privilege of sharing her tenure with some great community partners. **"People like Cindy Pushman, who was the Director of MDHSH for a long time. Mary Hubbard, who led the Northern Lakes Community Mental Health for a long time as well. Stephanie Riemer and Cheryl Melroy at Munson and Linda Cronk and Nicole Wethington at Michigan State University Extension. There are more, which is why I do not want to name all the volunteers, because there are so any notable volunteers"** Snyder said.

Speaking of recognizing volunteers, Alice shared that **"we would not be able to do half as much as we do today without our volunteers. Volunteers lead in so many areas. Volunteers, but also community members from community business as well. They spend their time doing things for us as part of their business for free. That is greatly appreciated. The partnerships we've had with community organizations and business has been wonderful."** It has also been necessary. The

reason for the necessity of their partnerships with business and volunteers is simple: funding, or lack thereof. The Commission on Aging is primarily funded through the County's millage based on property taxes. **"70% of the land in Crawford County is state and federal land, and that means that 70% of it is not being taxed to gain millage funding from,"** Snyder expounded. This would explain why some surrounding counties' COA's receive double, if not more than double, the funding that the Crawford County Commission on Aging does. During Snyder's tenure as Director she was able to gain the support of the community to raise the millage amount two times, from .46 mills to .72 mills in 2011 and then to 1 full mill in 2016. It is clear the needs for local older adults is important, but now at a capped 1 mill, the only other way to increase revenue is to harness grant monies and donations.

"I have a passion for feeding people, a passion for helping those that are less fortunate than others and this has been a great place to live out my mission," Director Alice Snyder shared. That mission is also the mission of the COA. However, that mission needs the continued support and even new support from people who have not considered helping before. Funding is the main reason why the COA is not hiring more staff and that they are unable to do everything that they

could be doing for the older adults in Crawford County. **"We have a waiting list of 50 people for In-Home Services,"** Snyder said as an example. Another example is in the area of Meals on Wheels. Alice shared that the number of people they have been providing for has dramatically increased to an all-time high in 2023, putting a continued strain on the budget. This and other obstacles have not

prevented Director Alice Snyder, her staff, volunteers, the COA Board or their community partners, from doing all they can do to fulfill their mission to take care of the older adults of Crawford County. Maybe it is time for whomever is reading this to join them in that mission, too?



Alice Snyder getting rid of obsolete equipment



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

Upcoming Online Classes from the Area Agency on Aging

Caregiver Webinar Series

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:

Stock up on canned beans.

They're shelf stable, so you can keep them for long periods of time. Make beans the protein source one meal a week to save money in the long run. Use beans in stir-fries, soups, chili, salads or lasagnas.



New Building Update—November 2023

by Alice Snyder, Commission On Aging Director



New Siding, New Windows, New Sidewalks with Bollards, Paved Parking and Portico!

This month's building update should be one that everyone can see for themselves! Take a drive down M72 East and stop by the new Senior Center. Probably would be best to do it after normal business hours or on the weekend as construction crews are still there during the day, during the week.

The parking lot is done, lined and ready for us. Site work will continue with leveling off lawn areas and seeding for grass. Do you see the empty space in front of the north end of the building? That is for the new gymnasium. We are looking for \$3 million to get that started. It would be shovel ready for

construction in the spring if we could secure the money.

On the inside, work continues. The bathrooms are starting to be tiled. Ceilings are getting put in. We have all the walls primed with the first coat of paint. Flooring will begin at the end of the month starting with the kitchen. We are looking forward to the grand fireplace to be stoned in the next month too thanks to Grayling Township. Hopefully by next month's issue we will have pictures to share of some of the finished work inside.

We are hoping to now be in the building sometime in early 2024.

AuSable Family Dental, P.C.
Ralph Oppermann D.D.S.
Jennifer Malicowski, D.D.S.
 800 E. Michigan Ave., Grayling, MI
 (989) 344-2525 • Fax (989) 348-9629

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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.

Fall is in the air!

Here for your coughs, chills, and other ills.

Find award-winning care from anywhere
at munsonhealthcare.org/FindCare.





• 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.

The Commission on Aging is excited to be one of 62 nonprofits participating in Giving Tuesday Northeast Michigan this year through the Community Foundation for Northeast Michigan (CFNEM)! This year Giving Tuesday is November 28. Any donations made through CFNEM on our organization's behalf on that day will be used specifically to support Meals on Wheels which 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 37,985 home delivered meals, 4,161 more meals than our previous year! Your donation will help us and our amazing volunteers continue to deliver 870+ meals with smiles every week.

Giving Tuesday is a global day of giving back that falls on the Tuesday following Thanksgiving, and after the popular shopping days of Black Friday and Cyber Monday. Locally, the Community Foundation hosts Giving Tuesday Northeast Michigan to make giving back easy, and 100% of your donation goes to the organization you choose. So when you make a gift to COA on November 28 at cfnem.org/givingtuesday, we are sure to get ever last penny to use where we need it most.

Please mark your calendar for Tuesday, Nov. 28th, to visit cfnem.org/givingtuesday or scan the QR code, and make a gift to support the Crawford County Commission on Aging & Senior Center. We appreciate your kind support!



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

November 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Running Talley of Support: 19 days, \$5,750 Thank you!</p>		<p>1</p> <p>11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots</p> <p>4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</p>	<p>2</p> <p>11:30a-12:30pm Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes</p> <p>4:30-5:30pm Dinner Beef Stew, California Blend Vegetable, Apple </p>	<p>3</p> <p>11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries</p>
<p>6</p> <p>11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple</p> <p>4:30-5:30pm Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi</p>	<p>7</p> <p>11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple </p> <p>4:30-5:30pm Dinner Meatloaf, Mashed Potatoes & Beef Gravy, Broccoli, Strawberries, Wheat Bread</p>	<p>8</p> <p>11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots</p> <p>4:30-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange</p>	<p>9</p> <p>11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetables, Orange </p> <p>4:30-5:30pm Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast</p>	<p>10</p> <p>11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes</p>
<p>13</p> <p>11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple</p> <p>4:30-5:30pm Dinner Chicken Tacos, Refried Beans, Kiwi</p>	<p>14</p> <p>11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes</p> <p>4:30-5:30pm Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread</p>	<p>15</p> <p>11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</p> <p>4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread</p>	<p>16</p> <p>11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries</p> <p>4-6pm Thanksgiving Dinner Turkey, Mashed Potato & Gravy, Stuffing, Glazed Baby Carrots, Fruit Cup, Pumpkin Pie</p>	<p>17</p> <p>11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy Corn, Kiwi</p>
<p>20</p> <p>11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots</p> <p>4:30-5:30pm Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes</p>	<p>21</p> <p>11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear</p> <p>4:30-5:30pm Dinner Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange</p>	<p>22</p> <p>11:30a-12:30p Lunch Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi </p> <p>4:30-5:30pm Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple</p>	<p>Closed</p> <p>Happy Thanksgiving</p>	
<p>27</p> <p>11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange</p> <p>4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce</p>	<p>28 Cupcakes & Ice Cream</p> <p>11:30a-12:30p Birthday Lunch 😊</p> <p>Chicken and Dumplings, Harvest Blend Vegetables, Orange</p> <p>4:30-5:30pm Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear </p>	<p>29</p> <p>11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</p> <p>4:30-5:30pm Dinner Supreme Pizza, Broccoli, Apple</p>	<p>30</p> <p>11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes</p> <p>4:30-5:30pm Dinner Cod Nuggets, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Kiwi</p>	

November 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>November 28th</p>		1 (No Silver Sneakers) 9-11a Matter of Balance 9:30-10:30a – Food Commodities at St. Mary's Church 1p Mahjong	2 9am Breakfast Presentation – Winter Preparedness 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	3 9-11a Matter of Balance 10:30a Fit for the Aging @ Library 1p Pantry Bingo 3p Memorabilia & History Team
	<div> Eggs Made to Order, Hash Browns, Turkey Sausage, Wheat Toast, Yogurt, Juice, & Coffee </div>			
6 9:30a Deco-TLC Meeting 10a Silver Sneakers 1-4p Chess Club <div> Daylight Savings Time Clocks back 1 hour Sunday, Nov 5th @ 2am </div>	7 9am Friends of a Feather Quilting -Lawndale 10a Zumba Gold 10a Bible Study 4-7p 50 th Anniversary Open House 5:30p Diamond Dancers - Tinkers 6-7p 50 th Anniversary Presentation	8 10a Silver Sneakers 1p Mahjong 5p Nutrition Education with Kate Moshier	9 10-6p Moving Sale 10a Pokeno 10a Zumba Gold 1p Penny Bingo	10 9-4p Moving Sale 10:30a Fit for the Aging @ Library 11:30-12:30p Veterans Day Lunch – Afghan Gifts 1p Pantry Bingo
13 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club	14 10a Bible Study 5:30p Diamond Dancers – Tinkers (No Zumba Gold)	15 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 1p Mahjong	16 10a Pokeno 10a Zumba Gold 4p – 6p Thanksgiving Dinner	17 10:30a Fit for the Aging @ Library 1p Pantry Bingo 2:30-4:30pm Covid/Flu Shot Clinic 3p Memorabilia & History Team
20 10a Silver Sneakers 1-4p Chess Club	21 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers	22 10a Silver Sneakers 1p Mahjong	23 Closed Happy Thanksgiving	24 Closed Happy Thanksgiving
27 9:30a Hanging of the Greens 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club	28 * Giving Tuesday * 10a Zumba Gold 10a Bible Study 11:30 -12:30p Birthday Lunch Party 4:30p COA Board Meeting 5:30p Diamond Dancers - Tinkers	29 10a Silver Sneakers 1p Mahjong	30 10a Pokeno 10a Zumba Gold 1p Penny Bingo	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.

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.



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.

Fit for the Aging: 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. Led by Volunteer: Sami Szydzil.

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 September 2023!

At the Senior Center

- We served 773 Congregate Meals

In-Home Services

- Delivered 3,949 home delivered meals.
- Provided 96.75 hours of respite care.
- Provided 152.25 hours homemaker services.
- Provided 51.5 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



Time to Winterize Your Home

Winter storms can range from a brief period of extreme cold temperatures, to days of snow, blowing wind and white-out conditions. Preparing in advance helps you tackle winter weather before it even begins

Get Your Home Winter Ready

- Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment
- Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm
- Maintain heating equipment and chimneys by having them cleaned and inspected every year
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing; Running water, even at a trickle, helps prevent pipes from freezing
- All fuel-burning equipment should be vented to the outside and kept clear. Keep fire extinguishers on hand and make sure everyone in your house knows how to use them
- Learn how to shut off water valves (in case a pipe bursts)
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.

If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door. Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

SOCIAL SECURITY'S TOP 5 DATA PRIVACY RESOURCES

It is important that you stay safe online. When we collect your personal information, we are committed to protecting your privacy. Please review these data privacy resources:

A great online resource is www.ssa.gov/myaccount. You can visit this page to open a secure *my Social Security* account, keep track of your earnings record, and identify any suspicious activity.

Our Privacy Program page at www.ssa.gov/privacy is a central resource to learn about our Privacy Compliance Program, submit a Privacy Act request, and review our privacy policies and reports.

In our blog post, *10 Ways to Protect Your Personal Information*, we cover steps you and your loved

ones can take to protect personal data. You can check out this blog at blog.ssa.gov/10-ways-to-protect-your-personal-information.

Our fact sheet, *How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe*, provides details to safeguard your private information. You can access this fact sheet at www.ssa.gov/pubs/EN-05-10220.pdf.

Our *Guard Your Card* infographic at www.ssa.gov/ssnumber/assets/EN-05-10553.pdf helps you and your loved ones understand when you need to show your physical Social Security card – and when you do not.

We encourage you to help protect your vital information. Please share these resources with your loved ones.

Tammy's Tips:

Make your own broth.

Store carrot peels, celery tops, onion skins and bones from roasted chickens or turkeys in the freezer. Once you have enough, place the scraps in a large stockpot. Add herbs like bay leaves, thyme and parsley, then fill the pot 3/4 of the way with water. Bring to a boil over medium-high heat, then cover and lower heat. Simmer for at least an hour, strain it, and voila, you have a homemade, delicious broth. Use within one week, or store it in the freezer for up to six months.



COVID-19 VACCINE CLINIC



District Health Department #10
Healthy People, Healthy Communities

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

- **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.



Random Word Search Puzzle

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

tetrarchic	undeterminable	pneumectomy	hypermnesic	aggrandizing
umbrellaed	ripplingly	pudendum	disjudication	chyometer
tuberales	metallicity	tartarian	epispermic	meliorated
threatening	tarantas	insignment	orthotist	aftergame
subtarsal	inerrability	coendou	canonizes	illumines
babirusa	unconfined	hypertension	undemocratic	perforates
bitchery	teguments	unjoyous	subvertebral	phagedenous
deploringly	siberians	interceded	itemize	apemantus
iatrical	congesting	terreous	cystectomy	montaging
interaxal	alphabetizers	verderers	manganesian	coguardian

Tammy's Tips:

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



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

Black Bean Chili



Fair warning, this is a meatless chili. My husband is a dedicated carnivore and was shocked by how much he likes this dish, so I encourage you to try it as written, but I won't blame you if you don't. Beef, pork, turkey, or venison would make a nice addition, if you are so inclined.

1tbl Olive Oil
1 small to medium Red Onion
2 Roma Tomatoes
1 Red Bell Pepper
1 can Black Beans
8oz Tomato Sauce
½ tsp salt
1tsp. Chili Powder
1 ½ tsp Ground Cumin
Black Pepper to taste

-Cut onions, tomatoes, and red pepper into 1/4in dice.
Place a medium sized pot over medium-high heat and add 1tbl olive oil and let the oil heat in the pot.
-Add onions (reserve a pinch if you want some raw onion for a garnish), red pepper, 1/4tsp salt and pepper to hot oil.
-Saute until vegetables are softened, 3-5minutes.
-Stir in tomatoes (reserving some for garnish if desired), chili powder, and cumin.
-Add beans with their liquid, tomato sauce, and the remaining salt and pepper to taste.
-Bring to a boil then reduce to a simmer. Cook until liquid thickens slightly, and beans are tender, 15-20mins stirring occasionally.

**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
306 State Street
P: 989-745-6667

Grayling Save a lot

Half Gallon Milk - \$1.49
Whole, 2%, 1% or Skim

Good thru: 11/1/23 - 11/30/23

Limit 2 per coupon.

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

More coupons at: www.SaveALot.com

Spikes
THE MEETING PLACE OF THE NORTH
KEG O' NAILS

Redeem this card for a "Buy One Get One Free"

SPIKE BURGER SG

(DINE-IN ONLY)

Coupon Expires Nov. 30
Photo Copies Not Accepted

301 James Street, Grayling, MI 49738

989-348-7113

www.spikes-grayling.com

email: manager@spikes-grayling.com

Fall Menu Meals Survey

Thank you to everyone who participated in our Fall menu meals survey. We have tallied the votes and the meals that will be taken off the menu for Fall are, Cabbage Rolls, Goulash, Vegetable Lasagna, Parmesan Fish, and Salsa Chicken. I am so sorry if any of these are your favorites, but if so, you will have a chance to vote them back next year for our Spring menu. I hope you enjoy the new menu items we have rolling out this month, along with the return of some old favorites. Please try them and tell us what you think!



Be Prepared for Winter Weather

See below for tips on how to be prepared for the upcoming winter weather.



- Be sure that your house is well insulated.
- Cut away tree branches that have the possibility of falling on your house due to ice.
- Insulate pipes and faucets to prevent them from bursting or freezing.
- Be prepared to be stranded at home in the event of a winter storm. Have plenty of canned food and wood for your fireplace or wood burning stove. Have an emergency kit in your car during the winter season that includes: a shovel, a flashlight, an ice scraper, booster cables, extra clothes road salt, first aid kit, and a chain or rope. Preparing in advance helps you tackle winter weather before it even begins.

Afghans for Veterans



A big thank you goes again this year to Judy Marchlewicz for making beautiful afghans to hand out to our older adults. We are especially grateful that she chooses to make patriotic afghans for our veterans on Veteran's Day. If you are 60 or older, join us for Cheese Ravioli Lunch on Friday, November 10th from 11:30am-12:30pm. The first to arrive will receive a beautiful patriotic afghan.

Nutrition Education with Kate

November 8th at 5pm



In honor of November being National Diabetes month we will be reviewing the Diabetes Plate Method. The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate!

Free Well Water Testing Now Available for Michigan Residents



As part of [Public Act 166 of 2022](#), the Michigan Legislature appropriated \$5 million to provide free well water testing for

Michigan residents who rely on a household or private well for their drinking water.

The Department of Environment, Great Lakes, and Energy will work with local water departments across the state to test private wells for the most common water quality concerns. Some of the most common water quality concerns for private wells include bacteria, nitrates, and harmful metals like arsenic. Private well owners can contact their local health department or visit

Michigan.gov/EGLEPrivateWells to request a sample kit. The website also contains information including contact information for local health departments, well records, and an interactive [Water Well Viewer](#) that displays the locations of various water wells across Michigan.



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 November 27th 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 \$6.50 for those under 60. It will be a merry good time. Everyone is welcome!

Thanksgiving Dinner Thursday, November 16th Dinner 4:00 - 6:00pm

Turkey, Mashed Potatoes & Gravy, Stuffing, Glazed Baby Carrots, Fruit Cup, Pumpkin Pie



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



Tammy's Tips: Make meat the accent.



Often, meat is the highlight of American dinners, but it doesn't have to be. Making meat an accent rather than the main focus can help cut costs. Instead, highlight a variety of colorful vegetables and plant proteins, such as beans, tofu, quinoa and nuts. As an added bonus, research shows there are health benefits to eating a more plant-based diet.

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



1 in 3 US adults has prediabetes and is at a high risk for developing Type 2 Diabetes

ARE YOU?

Take the [Prediabetes Risk Test](https://www.cdc.gov/diabetes/takethetest/) to find out!
<https://www.cdc.gov/diabetes/takethetest/>

The sooner you know your risk for prediabetes, the sooner you can take action to reverse it by joining the National Diabetes Prevention Program (NDPP)

The NDPP is a yearlong, evidence-based, lifestyle change program for those who have been diagnosed with prediabetes or are at high risk of developing diabetes. Participants learn the skills and tools to change eating habits, be more active, and lose a modest amount of weight in order to prevent or delay Type 2 diabetes.

Topics Include:



FOR MORE INFORMATION:

Visit

www.livewell4health.org/diabetes-prevention

or contact Shaun O'Connor
989-688-8622 (OFFICE)

soconnor@dhd10.org (EMAIL)

— Food Resources —

Crawford County Residents

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

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!



6838 M 93 HWY S

Grayling, MI

P: (989) 348-6600

F: (989) 348-3537

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

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



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:

December 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.

SLEEP BASICS ONE TIME WORKSHOP
Nov 1, 2023 12:00PM – 1:00PM

PRESERVING MI HARVEST-SATISFYING SOUPS
Nov 2, 2023 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

ENJOY THE HOLIDAYS ON A BUDGET!
~ (WEBINAR) Nov 3, 2023

WHO GETS GRANDMA'S YELLOW PIE PLATE? - PASSING ON PERSONAL POSSESSIONS
Nov 3, 2023 12:00PM – 1:00PM Virtual

WITS WORKOUT - CHILD'S PLAY
Nov 6, 2023 10:00AM – 10:30AM Online
MINDFUL MONDAYS IMPORTANCE OF ADULT SIBLING RELATIONSHIPS
Nov 6, 2023 11:30AM – 12:30PM

FOOD SAFETY Q&A: SHIPPING GIFTS
Nov 6, 2023 1:00PM – 1:30PM

SLEEP: SLEEP EDUCATION FOR EVERYONE -- ONLINE
Nov 7, 2023 9:00AM – 12:30PM

WEALTH BUILDING ~ (WEBINAR) -
Nov 7, 2023 12:00PM – 1:00PM Zoom

WEDNESDAY LUNCH & LEARN - BEGIN WITH A BREATH
Nov 8, 2023 12:00PM – 1:00PM

MICHIGAN COTTAGE FOOD LAW
Nov 9, 10AM – 12PM Zoom Webinar

STRESS LESS WITH MINDFULNESS COFFEE HOUR ONLINE
8-9AM, Nov 13 – Nov 16, Zoom

WITS WORKOUT - GIDDY FOR GREEN
Nov 13, 2023 10:00AM – 10:30AM Online

SLEEP BASICS ONE TIME WORKSHOP
Nov 13, 2023 11:30AM – 12:30PM

FOOD SAFETY Q&A: BAKING AND COOKING AHEAD FOR THE HOLIDAYS
Nov 13, 2023 1:00PM – 1:30PM

WEDNESDAY LUNCH & LEARN - MINDFUL EATING
Nov 15, 2023 12:00PM – 1:00PM

PRESERVING MI HARVEST-THE GIFT OF PRESERVATION
Nov 16, 1-2 p.m. and 6-7 p.m. Zoom

CASH CRUNCH - NAVIGATING MONEY
Nov 16, 2023 4:00PM – 5:00PM Zoom

RELAX ALTERNATIVES TO ANGER DAILY SERIES ONLINE
8-9 AM, Nov 27 – Nov 30, Zoom

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

We've Heard You! Responses to the Senior Center Suggestion Box

Suggestion: Can you install a grab bar in the men's restroom?

Response: Thanks to Grayling Housing Commission (who own the building) for installing this grab bar. Looking forward to the restrooms in the new Senior Center to be fully ADA compliant and accessible.



Suggestion: Had the asparagus. Looked good and cooked, but could not ever cut it with my knife.

Response: We are aware that our vegetables are not up to even our standards. In the new Senior Center kitchen, we will have a commercial steamer which should do a much better job. Make sure when we get there we hear your compliments (or tell us they still need work 😊)!

Suggestion: The spaghetti sauce meals need help. Too bland and acidic.

Response: Thank you for that suggestion. Nutrition Manager, Kate Moshier has added that to her list of items/menus that need to be revamped and improved.

**Thank you for the suggestions.
Keep them coming!**
Alice Snyder, Director

988 SUICIDE & CRISIS LIFELINE

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.

COA Moving Sale

MOVING SALE

EVERYTHING MUST GO!



Join us at the current location of the Senior Center on 308 Lawndale St., Grayling for the first of our Moving Sales on Thursday, November 9th from 10am-6pm and on Friday, November 10th from 9am-4pm. We have a wide variety of items that will not be moving with us to the new Senior Center in early 2024. Lots of kitchen items, office



supplies and computer paraphernalia. Items will not be available until the morning of the sale. No phone calls, please. Items will be priced as marked. Remember, your purchase goes back into our budget to continue serving all of our clients so you can also think of it as a donation!





**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698

Drop Off Your Old,
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Medications, including Injectables, Patches,
Inhalers & Powders*

24 hours drop boxes:

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

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



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! 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 are available this month by ZOOM or phone. Some in-person appointments are available at your township hall. 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.

GPA FESTIVAL of TREES

NOV 10 - NOV 25, 2023

Drawing Sunday, Nov 26th
Winners will be announced on
Q100 starting at Noon



Visit us at the Grayling Mini-Mall

Santa will be there on
Sat, Nov 11th 2023,
12:00noon to 3:00pm



The Christmas
Store will be at
The Mini-Mall too!

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Breakfast Presentation Winter Weather Safety and Emergency Preparedness

Thursday, November 2nd at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Jim Keysor, Meteorologist in Charge at National Weather Service, Gaylord

With one of the most active winter weather seasons in the United States, residents of Northern Michigan have to be prepared for unpredictable and sometimes severe winter weather. Michigan is one of the few states in the country which experience lake effect snow. Lake effect snow occurs when cold air crosses the still relatively-warm waters of the Great Lakes, picking up moisture and depositing it over northern Michigan. With the lakes unfrozen for much of the winter, the lake effect snow machine creates staggering snowfall totals of more than 15 feet in some locations. This makes northern Michigan a unique and challenging location for winter weather for both residents and weather forecasters.

Join Jim Keysor, Meteorologist in Charge at the National Weather Service Office in Gaylord, Michigan. Jim has over 26 years of experience in the National Weather Service, working at offices in Paducah, Kentucky; Cheyenne, Wyoming; and Gaylord, Michigan. He was the Warning Coordination Meteorologist at the National Weather Service Office in Gaylord for more than 30 years before becoming the Meteorologist in Charge in 2018.

This presentation will explain how lake effect snow develops, as well as highlighting several

historic winter events such as the 1922 devastating ice storm, the crippling blizzard of 1978, the 60" snow in Sault Ste. Marie in 1995 and the 100" week of snow in Petoskey in 2001. It will also feature tips on winter weather safety and preparedness, as well as a winter outlook for this upcoming year. If you want to learn more about winter weather in northern Michigan including preparedness tips to keep you and your family safe this upcoming winter, you are encouraged to attend this presentation.

A few interesting Michigan winter records

- ♦ Most snow in one winter: 90 inches in Delaware (Keweenaw Peninsula), winter of 1978-1979
- ♦ Record low temperature: -51 degrees Fahrenheit in Vanderbilt, February 9, 1934
- ♦ Record snow depth—Lower Michigan: 68 inches in Kalkaska, February 15, 1985
- ♦ Record snow depth—Upper Michigan: 117 inches in Eagle Harbor, January 27-31, 1948

Breakfast Menu

Eggs to Order, Hash Browns,
Turkey Sausage, Wheat Toast,
Yogurt, Juice, & Coffee

Tammy's Tips:

Call COA for heating assistance



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.

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