

Crawford County *Senior Gazette* December 2019

**ADVANTAGE
 AUDIOLOGY
 & HEARING
 CENTER**

2375 Bus. Loop I-75
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Featured Article

Becky Walrath

"A Bright Light in Grayling"

Becky Walrath is not a center-stage kind of gal. She likes her quiet life with her husband in their place on the river.

Born and raised in the Flint area in 1952, Becky is the youngest of three children. The family regularly visited this area growing up as they had a place in Lewiston. As an adult, Becky worked for the City of Flint until she retired and moved to Grayling in 2001. "I met my husband up here," she said. "We thought it would be nice to have a place on the river, so we got one and moved in 2004. The canoe race comes right by our place and we have a big gathering every year to watch them go by. It's fun!"

Becky is also a golfer and met a gal in her golf league who invited her to join the Grayling Promotional Association (GPA), which she did. "As a member of the GPA, you decide how much you want to be involved with, and where. I am involved in a few things," she smiled in a way that implied that she's possibly involved in more than she intended to be at the outset. "I help with the arts and crafts show, Junque in the Trunk, am on the Beautification Committee that plants and maintains the flowers downtown in the summer, and for the past six years have been involved with the Festival of Trees. I'm the co-chair for that." Gail Swope is the other co-chair.

Becky uses the organizational skills and bookkeeping experience in her role as co-chair of the festival,



which takes place every year for two weeks in November, in the Grayling Mini-Mall, as a fundraiser for local charities. "It's so enjoyable. I get to meet and work with a lot of people from the business community."

The festival itself is a display within the Mini-Mall of around 60 trees and 30+ baskets that can be "won" by way of purchasing tickets for the random draws that take place the Sunday after Thanksgiving. "The trees are provided by the GPA, and area businesses decorate them, and do the gift baskets during the week prior to the festival's kick-off. It's turned into a bit of a competition between the businesses to see who can out-do the other guy. It's great! And it's so pretty to see them all lit up. We put a bucket in front of each (tree or basket), and you buy tickets to drop into the bucket that goes with what you want to win," she explained. "Tickets are \$2 or 3 for \$5."

From elegant to whimsical, to a tree festooned with gift cards from the Chamber of Commerce, the pre-lit trees are a sight to see, and the fundraiser generates a lot of revenue for charity. In 2018 the net amount totaled approximately \$13,000. "All of the money stays right here in Grayling," Becky said.

The GPA also sponsors the Barely Used Christmas Store, where people can donate gently used Christmas items that are then made available to others who might be struggling to afford decorations for their homes. "It's all about helping make the holidays brighter for everyone." The festival occurs in November so that the funds are available for the holiday season. Visiting the Festival of Trees

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2020 Trip Survey
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Escape Room Outing
 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 & Thursday
 8:30am to 6pm

308 Lawndale St
Grayling, MI 49738

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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.

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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.**

Drop Off Your Old, Unused & Expired Medications

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

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

Help Us Protect our Rivers & Lakes!

DEQ Department of Environmental Quality



Forest of Fear Donates \$14,000 to Community Organizations

This year's Forest of Fear was the biggest ever donating \$14,000 to community organizations. Tom Cojocar along with his family and all of his spooky volunteers have been putting on this event for 14 years. Every year the proceeds are donated back to the community.

This year the Crawford County Commission on Aging was the recipient of a \$2,000 donation towards the Meals on Wheels program. Thanks to everyone involved for thinking of us!

During the Holidays "Meals-on- Wheels" Delivery Schedule is as follows:

Mon Dec 16th,
Wed Dec 18th,
Thurs Dec 19th,
Fri Dec 20th

Mon Dec 23rd,
Fri Dec 27th

Mon Dec 30th,
Friday Jan 3rd

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

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

Funded by the Michigan Department of Community Health

Free!
Michigan
TOBACCO
QuitLine

Memorial Donations Made By:
Nancy Smitz
In Memory of
Darlene Bromley

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.



Our Sponsors

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

Donations

- Forest of Fear
- Norm Beach
- Shirley Bordeaux
- Pat & Bob Gallagher
- Gross Janet
- Kay Ellen King
- Sandy Lakanen
- Tommi Latoff
- Sarah Lawless
- Rita Lone
- Bill Nuckolls
- Dorothy & Don Peacor
- T.H. Randolph
- Joyce Sorenson
- Carol Wilder

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



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

Only Available in Black with Gold Lettering

1x5 Actual Size
\$25 Donation

2x4 Actual Size
\$50 Donation

2x5 Actual Size
\$100 Donation

Important Phone Numbers

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

Medicare
1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900

Senior Center Wish List...

- 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

Sponsoring Agencies



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

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

Crawford County Commission on Aging & Senior Center

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

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

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

Method of Payment: Cash Check Gift Amount \$ _____

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

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

Donations & Payments of \$25.00 or more...





Michele Arnholt
 Tiffany Bean
 Sheryl Biggs
 Nancy Billinghamurst
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 Pat Sanders
 Gail Schultz
 Jon Schultz
 Tom Seames
 Richard Smith
 Nancy Smitz
 Joyce Sorenson
 Dianne South
 Cheryl Starr
 Nicole Wethington



Chelsea Partello “A Volunteering Spirit” By Cheri Carpenter

Chelsea Partello was born and raised in Grayling. Her name may be familiar to you since she’s worked as a Realtor with Re/Max for the last 11 years. “Now that I have a family, there’s no other place I’d rather be,” Chelsea says of her hometown. She and her husband have two children, a teenage daughter and a 9-year-old son, who are both very active in sports. As a family, they enjoy camping, the Great Lakes, and traveling to the ocean as much as possible. “I would rather invest in experiences with them, rather than stuff,” Chelsea says. Her husband works on Alaska’s north slope part of the year, so during that time, all of the household responsibilities fall to Chelsea.



Despite being a busy wife, mother and Realtor, Chelsea still finds time to volunteer. She has been delivering Meals on Wheels for the Senior Center for the last 6 months, and says, “It’s something I really look forward to every Wednesday.” She started volunteering at the Senior Center at the suggestion of a friend, and she feels that the elderly community is underserved. “There’s a huge need here, and I wish more people knew about it.” Delivering

Meals on Wheels has allowed Chelsea to get to know people she otherwise may have never met and she is a bit surprised at the relationships she is building with them. “I am able to do something that’s not only positive for my community and these people, but it really does feel good,” Chelsea says. “I didn’t realize I could care so much.”

Chelsea also volunteers for the Grayling Youth Booster Club, which is very close to her heart, and she is currently serving as their president.

The mission of the Youth Boosters is to make sure all youth in Crawford County have the opportunity to participate in any activities offered. This includes sports, as well as robotics, theater, 4-H, scouting and countless other activities. The Youth Boosters have been around

since the 1970’s and have donated over 2 million dollars to ensure area youth have these opportunities. It’s a common misconception that the Youth Boosters are only there for kids who participate in sports, but that’s not the case. “We’ve shifted our gears in the last few years, trying to connect with kids who don’t know we’re out there.”


It’s obvious that Chelsea Partello finds joy in volunteering and serving her community, and she does it with grace and humility.

December Birthdays

Donna Burke 12/2
 Orthella Proctor 12/2
 Clara Gibbs 12/3
 Ann Dumas 12/6
 Helen Graf 12/6
 Roxie Chumack 12/9
 Lois Jean Miller 12/10
 Jackie Gerhardi 12/11
 Richard Persing 12/15
 Betty Hawley 12/16
 Loren Crampton 12/21
 Marilyn Hawkins 12/26

**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

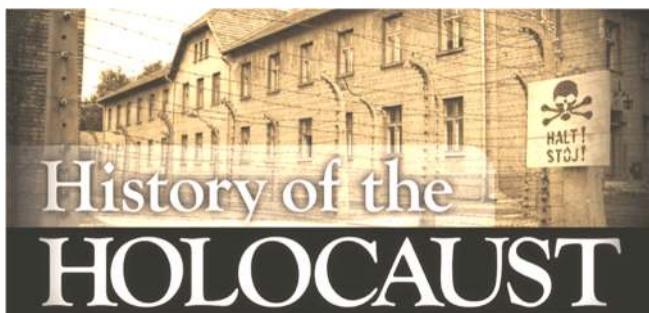
MIHumanities  Smithsonian



2020 MSUE Tai Chi Program Now Enrolling

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

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



Grow Your Knowledge Donuts & Discussion

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

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

Becky Walrath

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

also helps area residents to get into the spirit of the season; not only that of good cheer but of giving.

With all her involvement with the GPA, Becky doesn't know how she ever found time to work. She does, however, find time for the things she enjoys. Golf, jigsaw puzzles, playing cards with friends, and escaping the cold for 8 weeks every winter. "Every other



year I go west to see my sister in Las Vegas. The other years, we go south."

Becky Walrath doesn't feel the need to be front and center. She prefers her role behind the scenes, shining the light on her community.

Crawford County Commission on Aging Evidence-Based Classes 2020 Schedule

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

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

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

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

Tai Chi is practiced throughout the world as an effective exercise for health. It consists of gentle movements that are relaxed and slow in tempo. Tai Chi can be performed standing or seated. This is a free 8-week evidence-based

workshop that has been shown to improve balance, prevent falls, and increase flexibility. This program will be offered the following dates in 2020:

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

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

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

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

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



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NorthernPinesAssistedLiving.org
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p: (989)344-2010 • f: (989) 344-2011



Communication Corner... Notes from the Director

Suggestion Box

I apologize for getting behind in answering your Suggestion Box notes. Since there are quite a few, I'm going to group some of them together with a general answer. Keep them coming!

Q: Turn the air conditioning off; turn the heat on. A: This won't be my only answer but I'll say, "if we can move into our new building, this won't likely be a problem anymore." Believe it or not our current building has 2 boiler systems and 5 air conditioning systems. Other complicating factors include an open kitchen with venting that sucks air in from outside through the front door when opened. Especially in the spring and fall when the temperatures vary, it's very hard to regulate. My best suggestion is when you are at the Senior Center and are uncomfortable to come to the Reception window and ask if there is an adjustment that can be made. If I'm there, I'll do whatever I can to make it better.

Q: Please bring soup back. We really miss it. A: Unfortunately, the bowls of soup were not part of our grant funded program. Charging \$1.00 for a bowl did not make enough money to support the cost. I'd be glad to bring it back, but we would need to charge more. I called Grayling restaurants

and found that soup ranged from \$2.49-\$4.99. Are you willing to pay \$2.50 for a bowl? *Put your votes in the suggestion box!*

Q: Donations are welcome for coffee and tea. It all helps. A: Thanks, yes it does. If you'd like to donate toward our beverage service (hot chocolate is separate because it's not covered under our grant program), please put your donation in the box on the wall where your meal donation goes.

Q: I have seen participants use the exercise machine (NuStep) in the Recreation Room without cleaning it afterwards. A: We have a sign posted with sanitation wipes available next to the machine. I have discussed this with several users. If you are still concerned, I would suggest you wipe the machine down before you use it each time to ensure it's clean.

Q: We would really like to see some new games – Farkle, Bunco night, Karaoke night and Jeopardy Game night. A: Great ideas. If we move into our new building, we'll have more space for game activity happening at the same time. Right now, both the Recreation Room and Dining Room are used almost all of the time we are open which makes it difficult to have multiple games happening. In addition, we are closing at 6pm on both Tuesday and Thursday January thru March because of weather and driving in the dark. But we'll look for some open spaces and schedule some of these fun ideas.

Q: Let nursing homes give presentations of their services. A: This has been on our list as well. We will see if we can get it scheduled in 2020.

Q: Could we have a tossed salad option every meal in place of a hot vegetable? A: Great idea, we forwarded your idea and got approval to start this December 1st. You will start seeing tossed salad on the screen

when ordering your meal. Remember, this will be in place of the potato or vegetable.

Q: Post the meals where you can see so we can decide whether to get hot or cold meal. A: Done, we'll post something at the Reception window daily.

Q: Why can't you take the lunch/dinner menu and flop them. Then those who only eat lunch or dinner can enjoy both menus. A: We do try and flop the menus around from lunch to dinner and from day to day as much as we can. Lunch menus for Monday/Wednesday/Friday cannot always be changed because it's the same meal that is sent out for Meals on Wheels. Some items don't travel well and cannot be served those days. *If you have a particular meal you'd like to see moved, please make that suggestion and we'll see what we can do.*

Q: Why no more prayer before the meal? A: Not everyone eats at the same time now that we have a serving hour. This is why the announcements are on the screen vs. announced at meal time. Same for the prayer. In addition, it gives everyone an opportunity to say a prayer of their choosing (or not) at their table before eating.

Q: There were several comments about wanting specific menu items – bread options, chicken and dumplings, desserts, liver and onions, hard shell tacos, gravy. In addition, a couple about increasing portions sizes. A: This is a delicate balance. We have a Certified Dietician create and manage our meals so we are in compliance with the state guidelines we are required to follow. Unfortunately, it does not allow for us to serve everything you'd like or in larger portions. The Older Americans Act requires that meal components meet 33 1/3 percent of the Daily Recommended Intake. The target for carbohydrates per meal is 75 grams, calories 700 per meal, sodium 800mg per meal and less than 28 grams of fat per meal. We can certainly look at your suggestions one by one, but there usually is not much wiggle room.

Q: Food not hot. It has been coming out lukewarm. A: Your food should be hot – no excuses. If you receive your plate and it is not warm enough for you, please ask your server to take it back to the kitchen. We want you to be satisfied. You can always step back to the kitchen and ask to speak with Chef Dale to discuss anything you are not satisfied with. We aim to please!

Q: Why not get different color napkins bands every month? A: Good idea! Looks like they come in Red, Blue and Green. I just ordered red for Christmas!

-Alice Snyder, Director

**The Brook,
it's home.**

BrookRetirement.com

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& Memory Care Living

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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

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

Pet Assistance

Pet Assistance is currently available for Crawford County Seniors that meet income guidelines at the Commission on Aging & Senior Center in the form of free dry dog and cat food. Income guidelines are as follows:

By Household Size

1 Person: \$1,538 per month
2 People: \$2,078 per month

Food can be picked up once per quarter

(every 3 months). Amounts received will depend on the size and number of pets in the home. Participants will be able to choose from available food brands.

To sign up and receive free pet food call Tammy Findlay at the Commission on Aging & Senior Center at (989) 348-7123.

Winners of the Harvest Dinner were Dan Canfield who won the \$15 gift card to The Sweet Life of Grayling and Charly Mathews won the 50/50 of \$110.

Christmas Dinner
Thursday, December 12th, 4 - 6pm

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

At the Commission
on Aging & Senior
Center

308
Lawndale St.,
Grayling, MI


SLICED ROAST BEEF
AU GRATIN BACON POTATOES
GARLIC HERB BROCCOLI
MALIBU FRUIT SALAD
RED VELVET CAKE

No Reservations Required!

December 2019 - Meal Calendar

December 2019 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	3 11:30a-12:30p Lunch Taco Salad, Pinto Beans, Broccoli, Apricots 4:30-5:30pm Dinner Chicken Fettucine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	4 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	5 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	6 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
9 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	10 11:30-12:30 Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	11 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	12 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4-6pm Christmas Dinner Sliced Roast Beef, Au Gratin Bacon Potatoes, Garlic Herb Broccoli, Malibu Fruit Salad, Red Velvet Cake 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	13 11:30-12:30 Lunch Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
16 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	17 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Birthday Dinner Beef Tips, Brown Rice, Asparagus, Applesauce, Cake & Ice Cream 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	18 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	19 11:30a-12:30p Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	20 11:30-12:30 Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
23 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	24 <p style="text-align: center;">CLOSED FOR CHRISTMAS EVE</p>	25 <p style="text-align: center;">CLOSED FOR CHRISTMAS</p>	26 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	27 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
30 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	31 <p style="text-align: center;">CLOSED FOR NEW YEARS EVE</p>	1 <p style="text-align: center;">CLOSED FOR NEW YEARS DAY</p>	<p>Senior Center Meal Program</p> <p>Lunch Monday-Friday 11:30am - 12:30pm</p> <p>Dinner Tuesday-Thursday 4:30 - 5:30pm</p> <p>2nd Menu Option served both meals</p> <p>Over 60 suggested donation of \$3.50. Under 60 cost \$5.75.</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	3 9-4:30 Bronner's Trip 10am Bible Study 10am Zumba Gold NO Line Dancing 1pm Euchre 1pm Gentle Yoga 2:30-4pm Write Your Life Story 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8 5:45pm Christmas Sing-A-Long	4 9:30am Commodities @ St. Mary's 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	5 10am Stress Less w/ Mindfulness 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30a-6:30p Foot Clinic —Appt. Req. 1pm Penny Bingo 1pm Christmas Pallet Paint Party @ Nature Center	6 9:30am Hanging of the Greens 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
9 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	10 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8	11 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	12 10am Stress Less w/ Mindfulness 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo 4-6pm Christmas Dinner	13 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
16 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-4pm Hearing Clinic —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	17 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8 5:30pm B-Day Dinner 6:00pm COA Board Mtg	18 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	19 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 3pm Medicine Shoppe Bingo	20 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks NO Lovells Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
23 NO Aerobic Drumming NO Clogging 1pm Bridge Club	24 <p style="text-align: center;">CLOSED FOR CHRISTMAS EVE</p>	25 <p style="text-align: center;">CLOSED FOR CHRISTMAS</p>	26 10am Craft & Chat 10am Pokeno NO Stretch to Fitness 1pm Penny Bingo	27 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
30 NO Aerobic Drumming NO Clogging 1pm Bridge Club	31 <p style="text-align: center;">CLOSED FOR NEW YEARS EVE</p>	1 <p style="text-align: center;">CLOSED FOR NEW YEARS DAY</p>	 <p>The Commission on Aging & Senior Center will be closing on Thursdays at 6pm in December.</p>	

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

- Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

T.E.F.A.P. Food Distribution

Quarterly @ American Legion Hall 1-2:30pm
May, August, November, February

Resources

Computers

Internet, computers, and printers are available at

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

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

Free legal consultations available the 3rd Thursday of each month from 1-4pm

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered June 17th-18th, 2020.

Cooking for One

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

Matter of Balance Program

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

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down. Offered June-July 2020.

Walk with Ease

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

Cost for Services

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



How We Served You in October 2019!

At the Senior Center

- We served **1,052** Congregate Meals
- Activities/Events Attendance **1,351**
- Average # of Daily Visitors **72**

In-Home Services

- Delivered **2,920** home delivered meals.
- Provided **176.25** hours of respite care.
- We provided **471.75** hours of homemaker services.
- We provided **76.25** hours of bathing assistance services.



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



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Understanding Social Security Spouses' Benefits

Marriage is a tradition that exists on every continent and in nearly every country. Having a partner not only means creating a family unit, it means sharing things like a home and other property. Understanding how your future retirement might affect your spouse is important. When you're planning for your retirement, here are a few things to remember:

Your spouse's benefit amount could be up to 50 percent of your spouse's full retirement age amount, if you are full retirement age when you take it. If you qualify for a benefit from your own work history and a spouse's record, we always pay your own benefit first. You cannot receive spouse's benefits unless your spouse is receiving his or her retirement benefits (except for divorced spouses). If you took your reduced retirement first while waiting for your spouse to reach retirement age, when you add spouse's benefits later, your own retirement portion remains reduced, which causes the

total retirement and spouses benefit together to total less than 50 percent of the worker's amount. You can find out more about this at www.socialsecurity.gov/OACT/quickcalc/spouse.html.

On the other hand, if your spouse's retirement benefit is higher than your retirement benefit, and he or she chooses to take reduced benefits and dies first, your survivor benefit will be reduced, but may be higher than what your spouse received.

If the deceased worker started receiving reduced retirement benefits before their full retirement age, a special rule called the retirement insurance benefit limit may apply to the surviving spouse. The retirement insurance benefit limit is the maximum survivor benefit you may receive. Generally, the limit is the higher of:

The reduced monthly retirement benefit to which the deceased spouse would have been entitled if they had lived, or 82.5 percent of the unreduced deceased spouse's monthly benefit if they had started receiving benefits at their full retirement age (rather than choosing to receive a reduced retirement benefit early).

Knowing how your finances affect your spouse's benefit can help both of you avoid future impacts on your incomes. We have decades of experience, and the information to go with it. Access a wealth of useful information and use our benefits planners at www.socialsecurity.gov/planners.



had started receiving benefits at their full retirement age (rather than choosing to receive a reduced retirement benefit early).

Knowing how your finances affect your spouse's benefit can help both of you avoid future impacts on your incomes. We have decades of experience, and the information to go with it. Access a wealth of useful information and use our benefits planners at www.socialsecurity.gov/planners.



Munson Better Breathing Class Now Enrolling

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

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

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

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

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

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.



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!

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

Gift or Secret Santa Ideas

Call 989-348-7123 or stop by to purchase for an older adult in need or for that special Senior you LOVE!

60 & Older Hot Meal

Gift Coupons to be used at the Senior Center - \$3.50 for any lunch or dinner.

Dial-A-Ride Tickets

Call 348-8215 and ask for Jackie to order. Cost is 50 cents per ride for seniors age 60+.

Random Word Search Puzzle

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

No doubles this time!

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

1. beretta
2. bethlehem
3. boondoggle
4. boyishly
5. cingalese
6. cofferdam
7. coltishly
8. crispation
9. cyanide
10. cystolith
11. dirhinous
12. domineer
13. equity
14. fragmentised
15. gallowses
16. hamulus
17. heaviside
18. jerseyville
19. jointedly
20. ladyish
21. median
22. mesmerized
23. monoclova
24. mwalimu
25. nonsawing
26. ophthalmic
27. overstretch
28. paprika
29. personnel
30. pharmacist
31. postxiphoid
32. rabbinic
33. reequip
34. richthofen
35. roustabout
36. rudderhead
37. scabbily
38. scoleces
39. signally
40. tastelessly
41. trafficless
42. tugela
43. uncondemned
44. ungodlike
45. unmantled
46. unpatent
47. unpenning
48. unpinning
49. unripened
50. unyielded

Cook's Corner Monster Cookies

Makes approx. 3 dozen cookies



INGREDIENTS

- 3 eggs
- 1 1/4 c Light Brown Sugar (packed)
- 1 c Sugar
- 1/2 tsp Salt
- 1/2 tsp Vanilla
- 12 oz Peanut Butter
- 1 stick Butter (room temperature)
- 2 tsp Baking Soda
- 1/2 c M&Ms
- 1/2 c Chocolate Chips
- 1/4 c Raisins (optional)
- 4 1/2 c Quick Oatmeal

DIRECTIONS

- 1) Preheat oven to 350 degrees and spray cookie sheet with non-stick spray or line with parchment paper.
- 2) Combine the eggs, brown sugar, and sugar and mix well.
- 3) Mix salt, vanilla, peanut butter, and butter together and add to the sugar mixture.
- 4) Stir in M&Ms, chocolate chips, raisins, baking soda, and oatmeal.
- 5) Drop by tablespoons onto the prepared cookie sheets.
- 6) Bake for 8 to 10 minutes. Do not overbake as cookies will set up during cooling.

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

Grayling Save a Lot

Purchase of
Pepsi Products 2 Liters 79¢
Plus Deposit

Valid Dec 1, 2019 thru Dec 31, 2019 Limit 2 Please with coupon

2333 S. I-75 Business Loop 348-6690

Look for printable coupons at www.Save-A-Lot.com

MUNSON HEALTHCARE
Crawford Continuing Care Center

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5-Star Rated Call us today! 348-0317



munsonhealthcare.org

1100 E. Michigan Ave · Grayling, MI 49738

MUNSON HEALTHCARE
Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital

Avoiding Winter Dormancy

By Nicole Persing-Wethington, from Michigan State University Extension

December marks the official beginning of winter. For many of us, that also means entering a state of hibernation. To avoid dormancy, here are some tips for staying healthy this winter:

⇒ **Stay active**—This could mean walking in place in your living room, an exercise class, or any other way to move your body. Studies continuously show the benefits of physical activity and winter is often when we fall prey to the sedentary lifestyle.

⇒ **Keep a schedule**—Many of us limit trips in the winter, so keep a schedule of your daily activities to ensure movement, healthy foods, and that you are taking care of yourself. Schedule an activity or event you enjoy looking forward to.

⇒ **Get outside or open the curtains to embrace the beauty**—This means embracing the snow. There is a saying from an unknown author, “If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.” This could mean a short walk or



sitting on a brushed off bench. Besides the Vitamin D we get from the sun, research from the University of Rochester explains that being outside helps us to feel revitalized.

⇒ **Eat well**—Remember to include fruits and vegetables in your diet. Frozen and canned vegetables are great options when fresh veggies are less available. Soups and stews are hearty, warming foods for the winter months; they also provide great opportunities to sneak extra vegetables into the meal. Try blending them into soups with a blender or food processor if they are not your favorite foods.

⇒ **Check-in with your health care provider**— If the winter blues last for two weeks or more, call your health care provider. Seasonal Affective Disorder or Depression may require treatment.

⇒ **Get social**—When we hibernate, we lose connection with people. Social interactions can improve our mental health. Check in with friends who may need support in reaching out. Find an activity or come to a meal to connect with friends, old and new.



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 Chicken Fetticine Alfredo 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!



Trip Survey

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

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

The Medicine Shoppe
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Stay in the Know!



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

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!



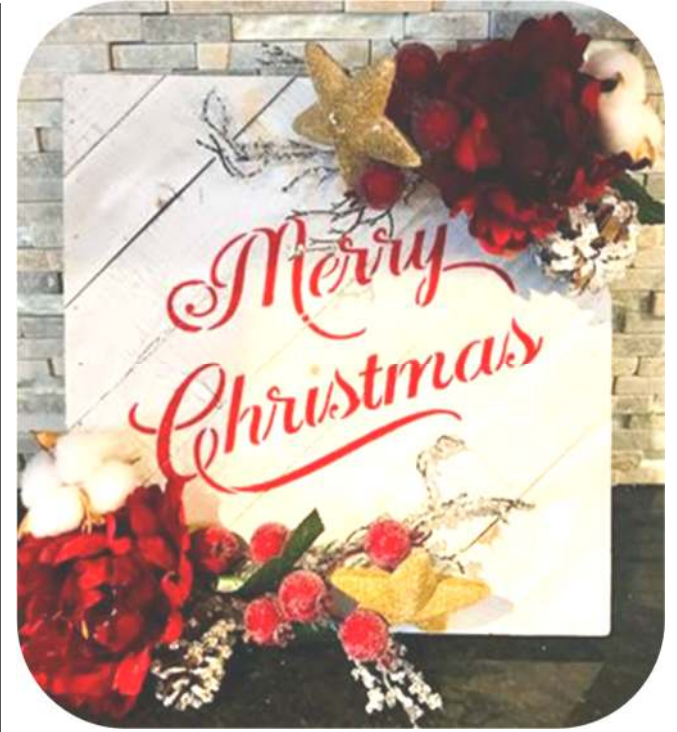
Like and follow us on Facebook to see information about new events and programs.

facebook.com/CrawfordCOA/

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

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 5th 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.

DECEMBER 2019 Webinar Schedule

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

TITLE	DATE(S)	COST	TIME	CONTACT
How Much Home Can You Afford?	Dec 4	Free	12-1pm	leferete@msu.edu
Retirement Myths and Facts	Dec 6	Free	12-1pm	ortquisj@msu.edu
Homebuyer Education	Dec 9 & 11	\$50	6-8pm	waitrovi@msu.edu
Disaster Preparedness & Recovery	Dec 11	Free	12-1pm	longbr@msu.edu

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

Located Behind Burger King

Must be a first time meal.

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 Phone: 989-348-2931

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REPAIR SHOP HOURS:
 Mon-Fri 8-5:30/Sat 8-5/Sun 10-3
 Phone: 989-348-1003

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 Audiologist & Director
 rhamiltonaud@gmail.com
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Gaylord Office: 321 E. Main Street, P: 989-448-2500
 Grayling Office: 2375 Bus. Loop 1-75, P: 989-745-6667

Breakfast Presentation: Fire Safety

Tuesday, December 17th at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling
With Russ Strohpaal, Fire Chief at Grayling Dept. of Public Safety

With dry Christmas trees, lights, candles, heaters, and fireplaces, winter brings many of its own fire safety challenges. Half of all home heating fires occur in the months of December, January, and February and heating equipment is involved in 1 in every 5 home fire deaths.

There are many small changes you can make to reduce the risk of fire and fire-related injuries in your home. It is important to stay smart as you try to stay warm and festive this holiday season!

Join Russ Strohpaal, Fire Chief with the Grayling Department of Public Safety, for a fire safety presentation. At the age of 6 Chief Strohpaal knew he wanted to be a firefighter when he grew up. Since joining the Grayling



Fire Department he has completed hundreds of hours of training and held several positions with the department including captain, assistant chief, and has been chief for 26 years.

Chief Strohpaal will discuss smoke detectors, structure safety, evacuation, and accountability along with other fire safety information. Fire safety saves lives so plan to be here at 9am December 17th for this important presentation!

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



Roaring Twenties Speakeasy Escape Room

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

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

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

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



Snowshoe Outing

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

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

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



Walking Group Walk your Way to Fitness!

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

Join us at Kirtland Community College starting in January to walk, learn warm-up stretches, walking tips, and cool-down stretches to help you reach your fitness goals.

Enjoy indoor walking during the snowy winter months, meet new friends, and get your exercise in all at the same time!

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

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

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.



Reaching Seniors and Beyond!

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Better Way of Life*

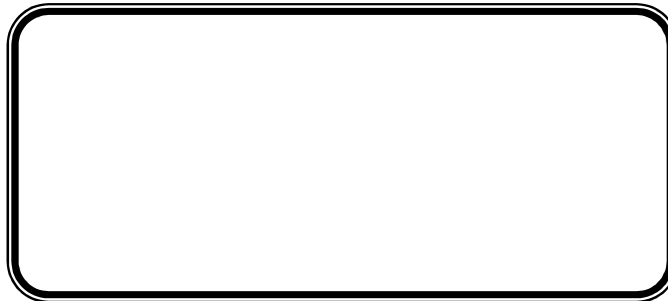
Craig B. Denholm, DC

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Smartphone Scan
to our Website

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



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**



**Aladdin
Magnifier**



**Locator Dots
Key Location
System**



**Shampoo
Cap**



**Seated Walker
with Wheels**



**Walker with 2
Front Wheels**



**Bedside
Commode**



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



Plus

- Miscellaneous
Crutches

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



Michigan Wood Paint Party

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

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

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

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