

Crawford County Senior Gazette July 2019



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Featured Article

Connie Novak

"My Whole Personhood Was Changed"

On the dining room table of her home overlooking the AuSable River, Connie Novak laid a heavy scrapbook. "It's all in here," she said, flipping open the cover to reveal page after page of newspaper clippings, old letters, photographs, flyers, and programs. All with dates from 1964 – 1968.

All about the Civil Rights movement. All relating to Dr. Martin Luther King Jr.

Connie Moss was born and raised in Flint. Her growing up years were much like anyone else's at the time. Her parents worked hard to raise their children right and give them opportunities; opportunities that Connie took for granted until the events which she said "changed my personhood forever." She had graduated from high school and was a student at Flint Jr. College when she met a boy named Jim.

"He was president of the Wesley Foundation," she said, explaining that the Wesley Foundation (WF) is the presence of the United Methodist church on college campuses. She and Jim fell in love, and it was his influence that caused her to be active in the WF... and become a Methodist, which is her church even now. And it was her involvement with WF that planted the seed of her passion for social justice.

Every four years," she said, "the United Methodist Church has a worldwide conference, and I had the opportunity to go. The World Wesley Foundation sponsored me; it cost me nothing. They paid for the bus trip there, they provided

our meals, and we stayed in dorms. It was a week long, beginning December 28, 1964, and took place in Lincoln, NE. The theme was The Church in the World. We were there to discuss racism in America and how a Christian is to respond." As she talked, she turned the pages of the scrapbook, pointing to the memorabilia assembled between its covers. Her finger rested on photo of MLK. "Dr King was the keynote speaker. That was the first time I saw him."



She explained that even though she'd grown up in Flint, she hadn't even seen a black person until she was in high school. "By the time we went to the conference, I was a serious student. I didn't watch TV or even read newspapers, so I was not, really, aware of the struggles of black

people. Racism wasn't a thing I had thought about before. But listening to Dr. King, I began to understand."

"One thing he said... it was in his I Have a Dream speech...he used part of that speech at the conference – but the phrase that stuck – he was looking at an all-white audience – and he said, 'All I want is for my children to have the same opportunities as you have. No more, I just want my children to be able to thrive.' That stuck with me. Inside, I was saying 'That makes sense.'"

Connie returned to Michigan with new things to consider, and so when, a couple of months later, the pastor of the WF, a man named David Kidd, sent out the word that 'Dr. King has requested help to fight racism.' It was a call to go to Alabama and join the march in Montgomery, which was the third march of its kind. She remembered what Dr. King had said. "I had been in the same

Cont. Pg. 5



Senior Project Fresh
See pg 6



Butterfly House & Bug Zoo Trip
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Find us by
searching for **Crawford County Commission on Aging & Senior Center**

HOURS OF OPERATION

Monday & Friday
8:30am to 4pm

Tuesday & Thursday
8:30am to 7pm

Wednesday
8:30am to 6pm

308 Lawndale St
Grayling, MI 49738

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Pictured left to right—TOP: Dean McCray, Barb McCray, Ron Gribb, Eva Hulbert, Harry Wojcik, and Cheryl Melroy. BOTTOM LEFT: Alice Snyder, Susan Hensler on behalf of Mary Parker. BOTTOM RIGHT: Harry Wojcik, Susan Hensler.

Commission on Aging Volunteers Celebrated

The Crawford County Commission on Aging and Senior Center celebrated their 100+ volunteers on Friday, May 31st with a wonderful dinner prepared by Chef Dale and his staff.

Cheryl Melroy, Community Outreach Coordinator at Munson Healthcare Grayling Hospital was on hand to present the Community Health Hero Award to the COA volunteers. The award recognizes individuals in the community who contribute significantly toward improving the health and well-being of our community. Long-term COA volunteers were on hand to accept this award.

Recognition was also given to two long-standing Meals on Wheels volunteers, Mary Parker and Harry Wojcik. Mary has delivered Meals on Wheels for 24 years and Harry delivered for 9 years. Thank you for your commitment to our program!

The evening ended with a small token of appreciation – a box of Junior Mints with the

sayings attached "Thank you for your commitment! Thank you for your invest-ment! Thank you for your encourage-ment! and Thank you for your involve-ment!"

The COA is very fortunate to have such a dedicated group of volunteers!



The Community Health Hero Award

Memorial Donations Made By:

Lenora Beckett

- and -

Lynn & Lanny
Hagon

**In Memory of
Arlene Halstead**

Donate in Memory or Honor of Someone Special

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

Thank You

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

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Zumba Sponsored by
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Community

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Mary Jo Gingerick
Peggy Hamrick
Fred Koci
Robert & Marcia Leland
Dean McCray
Carol Thomson
Roger Wilcox
Chemical Bank
St. Francis Episcopal Church

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

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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...

- Bags of Dog Food
- Bags of Cat Food
- 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



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

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 _____

★★★★★★★★★★★★★★★★★★★★
★ **Volunteers and** ★
★ **Contributions** ★
★ **received after** ★
★ **June 10th will** ★
★ **be acknowledged in** ★
★ **the next edition of** ★
★ **the Senior Gazette.** ★
★★★★★★★★★★★★★★★★★★★★

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





Michele Arnholt	Cathy Lester
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Cyndi King-Baldwin	Carol Wilder
Sandy Lakanen	Sandy Woods
Eileen Langhorn	Gary Worden
Alice Lee	Barb Wotring
Betty Leibler	



**Tuesday & Wednesday
July 9th & 10th
from 10am to 2:30pm**

Why Take a Driver Safety Course? **“Because driving has changed since you first got your license”**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll 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.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving

Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel. To locate other courses in your area, visit www.aarp.org/findacourse or call (877) 846-3299.

ability.

- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others. You may also be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.

The classroom course costs \$15 for AARP members and \$20 for non-members. You must attend both sessions of the course. Bring a valid Michigan Driver License and AARP card, if you have one.

Learn more by signing up to take the AARP Smart Driver Course.

To register for this upcoming class contact Alice Snyder at the Crawford County Commission on Aging and Senior Center at 989-348-7123. The class will be held at the Free Methodist Church in Grayling.

July Birthdays

Nancy MacDonald 7/2
Roy Wehnes 7/4
Dewey Corlew 7/5
Margaret Haynes 7/5
Ron Kemerer 7/5
Tommi Latoff 7/6
Ellen Helsel 7/9
Alice Burak 7/17
Delores Papendick

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

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Brain Health & Aging Presentation

Alzheimer's disease is the most common form of dementia, responsible for 60-80% of dementias.

Come join us at the Crawford County Commission on Aging & Senior Center for a Brain, Health, and Aging Presentation with Brooke Mainville, Special Projects Coordinator from Region 9 Area Agency on Aging. **The presentation will take place on July 18th at the Crawford County Commission on Aging at 5:45 pm.** Join us for a Beef Tip dinner prior to the presentation. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60.

This is a **free** informational workshop to provide you with current information about brain health, threats to your health, and tips on healthy aging. These tips may help you stay more active, involved, and healthy. We hope to see you there!

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Connie Novak

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

building with Dr. King... I thought OF COURSE! I never gave it a second thought. David had said 'We need help. We need as many people out to protest as we can get.' As a group, we (WF) said 'yes.' I was young; I was, I thought, invincible. If I had known how dangerous it would be to go to the march... When we left we weren't afraid, so off we went...9 of us...4 in a VW and 5 in a Ford. We were students on Spring Break... but we were going to Montgomery."

The group's first inkling of the true nature of their journey was when they stopped in a small town drugstore to buy snacks and some pop.

"We went in to get some things, and when we came out, we got followed by 2 men in a pick-up truck with an Easy Rider gun rack with a shot gun in it. They chased us for about 100 miles."

Connie said that when they were about half-way to Montgomery, the Ford broke down. "I can't believe we did this, but we just got out our tents and sleeping bags and camped out on the lawn of a car dealership until Monday morning when they opened and could fix the car. And then we went on."

"When we got there...and we arrived days early...we had to check in and we weren't allowed to enter the march until it got to the city limits. But we still didn't feel like there was any danger, even though the first two marches (from Selma) had not gone well. So, we were broken up and each was put with a different family and we stayed with them for the duration. I stayed with a black family with a daughter my age. They had dirt floors. They fed me. They housed me."

Connie paused for a long moment. "I had no idea. I had no idea."

"I was assigned to go house to house... a young white girl, by myself... to the homes of blacks to encourage them to register to vote. Still, I wasn't afraid... but many of them were afraid to open their doors to me, let alone talk to me or register. I was 'Whitey'. Who knew what I was coming to their door for?"

To say there is much more to the story would be the very definition of an understatement. But Connie was there, in Montgomery, Alabama when Dr. Martin Luther King Jr. delivered his famous speech. "The entire time, we sang. We sang We Shall Overcome, and This Little Light of Mine. I couldn't really hear what

he was saying, and I couldn't see... There were so many people (mostly white, protected by a line of mostly black young men). I was so far away, and I am so short. But two strong, young black men lifted me up onto their shoulders so I could see over the crowd. They could have been killed for that, you know. That night, a white woman from Detroit was gunned down by the KKK for giving a black man a ride in her car. The danger was so much greater than we knew."

"That night, we gassed up our cars and headed north, and we didn't stop until we got to Nashville and HAD to. We needed gas. Only then, as we were hearing reports on the radio, did we realize how dangerous the trip

had been."

In 1966, Connie and Jim were married. They were preparing to move to Japan for two years when, in 1968, Dr. King was killed.

The couple lived in Japan where Jim taught at the American School, and then toured the world for 7 weeks, flying country to country with the money they had saved. (The American School had paid all their moving expenses, so they took advantage of the opportunity!)

Once back in Michigan, Connie became pregnant with their first child. Jim got a job in Mt Clemens for a couple of years, then Hamtramck, and then Ann Arbor while Connie continued her own education. She and Jim were married for 13 years and had another child before they divorced. And Connie obtained a Bachelor's degree in World History specializing in Asian Studies, 95% of a degree in Japanese studies, and an MBA from U of M. She later met and married

John Novak, and the family lived in Ypsilanti for 25 years where Connie worked for Ford Motor, in a salaried staff position in a plant in Milan, and then Dearborn, in purchasing, sales, and supplier management. The couple bought their AuSable River home in 1999 and moved up full-time after retiring in '04.

Connie said that after the two years in Japan, she's never been happier than she is here in Grayling. She enjoys cardmaking, quilting group, has lots of friends, and is, of course, still active with the United Methodist Church; the church that led her all the way to Montgomery, Alabama and a series of history-making events that changed her forever.



UPCOMING TRIPS



Detroit Tigers Trip Sept 12, 2019
8am - 10pm



Cost is \$100.00

Price Includes:

- Ticket
- Transportation
- Hot Dog and (at the game)
- Water and snack (on the way down)
- Age 50 or older

Deadline September 1st. For more information & Reservations Contact: Beth Lacy at Antrim COA (231)-533-8703.



Pigeon Forge and Smoky Mountains Show Trip Sept 30-Oct 5, 2019

\$565 (\$75 Due Upon Signing)

Price Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Smokies
- 8 meals: 5 breakfasts & 3 dinners
- Admission to Titanic: The World's Largest Museum Attraction
- Three Dinner Shows, One Evening Show, and One Morning Show
- Free time in Historic Downtown Gatlinburg
- Guided Tour of the Great Smoky Mountains National Park

Final Payment due: 7/23/2019. For Information & Reservations Contact: Beth Lacy at Antrim COA at (231) 533-8703.



Senior Project Fresh Farmers Market Nutrition Program Call to Schedule your Appointment!

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. You must be a Crawford County resident and be age 60 or over with income below \$1,872 per month for a single household and \$2,538 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

The Friends

The Freedom

The Brook



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

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ONGOING ACTIVITIES

Aerobic Drumming

Golden Beats, Mondays, 10am

Bible Study

Tuesdays, 10am

Bingo

Medicine Shoppe Bingo
once a month on "Thurs"
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Bridge

Mondays, 1pm

Clogging

Will resume in the fall

Computer Club

Assistance by Appointment

Craft & Chat Club

Wednesdays & Thurs, 10am

Dinner

Tues.-Thurs., 4:30pm-5:30pm
\$3.50 age 60+ \$5.50 under 60
Birthday Dinner once a month

Euchre

Tuesdays, 1pm

Exercise

Stretch to Fitness, Thurs, 10am
Equipped to be Fit, Fridays, 10am

Legal Assistance

3rd Thursday, 1-4pm

Line Dancing

Mondays, 1:30pm

Lunch

Mon.-Fri., 11:30am-12:30pm
\$3.50 age 60+ \$5.50 under 60
Frederic Satellite 2nd Fri.
Lovells Satellite 3rd Fri.

Mahjong

Wednesdays, 1pm

Pinochle

Fridays, 10am

Pokeno

Thursdays, 10am

Pool

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

Walk in the Woods

Will resume in the fall

Water Aerobics

Must call to register
Tues 5:30pm & Weds 9am &
Weds 10am

@ Grayling Super 8

\$5.00 charge per class

Wii Bowling

Wednesdays, 1pm

Yoga

Chair Yoga, Will resume in fall
Gentle Yoga, Will resume in fall

Zumba

Zumba Gold Tuesdays, 10am

iCanConnect

Hearing & Vision Resource

Did you know? Adults of all ages with both hearing and vision disabilities can qualify for the iCanConnect program, an FCC initiative providing free equipment and training. People with

household incomes at or below 400% of the federal poverty level can qualify. For one person, this amount is \$47,520 in 2016, and a couple can have up to \$64,080. Services in Michigan are provided by the Perkins School for the Blind working with Deaf C.A.N.!

For more information, contact Marcia Brooks at Marcia.brooks@perkins.org or call 617-972-7724.

Chicken BBQ Dinner

Thursday, July 11th, 4 - 6pm

At the Commission on Aging
& Senior Center
308 Lawndale St., Grayling

BBQ Chicken
Baked Beans
Fresh Fruit
Ramen Noodle Salad
Assorted Desserts
with Ice Cream

Suggested
donation
for 60+
\$3.50.
Under 60
cost is
\$5.50

No Reservations Required!

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 348-7123

Choices (Anger Management)

Mondays, 2:30-4pm at **River House**

For more info call 348-3169

Diabetes Support Group

Last Tuesday 4:30pm, Milltown Rm

Munson Healthcare Grayling Hospital

For more info call 344-4826

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, 7pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more AA info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am

Women's meeting, Thursdays at Noon

St. Francis Episcopal Church, Grayling

For more info call Greg at 348-1382

Munson Hospice Grief Support Group

4th Monday, 11am

Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more info call Patsy 989-348-3073

Narcotics Anonymous

Tuesdays 6:30pm,

Houghton Lake **Alano Club, 2410 N. Markey Rd.**

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 348-1398


Senior Center Meal Program
Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Tues - Thurs.
Lunch & Dinner suggested donation
of \$3.50. Under 60 cost \$5.50.

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

2nd Menu Option Now Offered
This menu features a
wrap/pita with a fresh salad and a
piece of fruit. It also comes with
milk just like our hot meal. The
meal is \$3.50 suggested donation
for those 60+ and costs \$5.50 for
those under 60. . If you eat lunch
at the Senior Center, you can take
the wrap/salad meal home for
dinner. See the 2nd menu entrees
in the calendar at the top of each
day. The meal will be offered at
both lunch and dinner that day.

**Are You
Connected with
Us?**
Are you getting all the latest information
on Activities & Events at the Crawford
County Commission on Aging & Senior
Center? Find everything you need to
know in our monthly **Senior Gazette**,
weekly **E-mail Blasts**, and daily
Facebook Posts by:
Liking us on **FACEBOOK** & making
sure we have your **E-MAIL ADDRESS!**
We will do the **REST** and keep you
UPDATED!

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

Located
Behind
Burger
King
**Must be a
first time
meal.**


Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	1 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 1pm Bridge Club 1:30pm Line Dancing	2 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Alfredo Fettuccine, Sugar Snap Peas, Broccoli, Strawberries 5:30pm Water Aerobics Grayling Super8	3 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	 11:00am 4th of July Parade Office CLOSED	5 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo 1pm Pool – 9 Ball	6
7	8 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 1pm Bridge Club 1:30pm Line Dancing	9 <i>Roast Beef & Cheese Wrap</i> 10-2:30 Driver Safety @ Free Methodist 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajita, Green Beans, Tossed Salad, Apple 5:30pm Water Aerobics Grayling Super8	10 <i>Tuna Salad Wrap</i> 9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10-2:30 Driver Safety @ Free Methodist 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2pm Kayak Trip @Lake Margrethe 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries	11 <i>Chicken Salad Wrap</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Bowling at Kalkaska 4-6pm Chicken BBQ Dinner – BBQ Chicken, Baked Beans, Fresh Fruit, Ramen Noodle Salad, Assorted Desserts and Vanilla Ice Cream	12 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 12pm Frederic Satellite 1pm Pantry Bingo 1pm Pool – 9 Ball	13 10am Mt. Hope Food Truck
14	15 <i>Roast Beef Wrap</i> 10am Congregate Project Council Mtg. 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Line Dancing	16 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 5:30pm Water Aerobics Grayling Super8 6pm COA Board Meeting	17 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 1-3pm Smart 911 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries	18 <i>Roast Beef Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce 5:45pm Brain Health & Aging Pres.	19 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 12pm Lovells Satellite 1pm Pantry Bingo 1pm Pool – 9 Ball	20
21	22 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1pm Bridge Club 1:30pm Line Dancing	23 <i>Roast Beef & Cheese Wrap</i> 9am Breakfast Pres. – First Aid 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi	24 <i>Tuna Salad Wrap</i> 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1-4pm MDHHS Appointments 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear	25 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 1pm Penny Bingo 1pm Wii Bowling with Bellaire 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange	26 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo 1pm Pool – 9 Ball	27 Ausable Canoe Marathon
28	29 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm Bridge Club 1:30pm Line Dancing	30 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 2-7pm First Aid & CPR Course 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes, Cake & Ice Cream 5:30pm Water Aerobics Grayling Super8	31 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick			

Assistance to Help You Maintain Your Independence 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, \$5.50 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 are available at the Senior Center for your use, Mon 8:30-4, Tues & Thurs 8:30-7pm, Wed 8:30-6, and Fri 8:30-4pm

Information and Assistance

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

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

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

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 May 2019!

At the Senior Center

- We served **835** Congregate Meals
- We served **261** Soups
- Activities/Events Attendance **1054**
- Average # of Daily Visitors **68**

In-Home Services

- Delivered **2060** home delivered meals.
- Provided **139.5** hours of respite care.
- We provided **370.5** hours of homemaker services.
- We provided **77** hours of bathing assistance services.



**Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or
go to Q100-FM.COM or
email calendar@blarneystonebroadcasting.com**



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

BEWARE OF PEOPLE PRETENDING TO BE FROM SOCIAL SECURITY

Social Security is committed to protecting your personal information. We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number (SSN) or bank account information to unknown people over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have

come from people across the country. These calls are not from Social Security.

Callers sometimes state that your SSN is at risk of being deactivated or deleted. The caller then asks you to call a phone number to resolve the issue. People should be aware that the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a very few special situations, such as when you have business pending with us, will a Social Security employee request that the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a

Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

You can also share our new "SSA Phone Scam Alert" video at <http://bit.ly/2VKJ8SG>

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. Scammers try to stay a step ahead of us, but with an informed public and your help, we can stop these criminals before they cause serious financial damage.



**Wednesday, July 17th
from 1-3pm**

Smart911 is a system that allows you to provide 9-1-1 call takers and first responders with critical information that you want them to know in any kind of emergency. When you call 9-1-1, your profile will appear on the call-taker's screen. This person can then see your address(es), home information, medical information, description of your pets and vehicles, and emergency contacts. The amount of information you provide is up to you. You may update it or remove it at any time you wish. Smart911 is a national service so your profile will be available to any participating 9-1-1 call center in the United States. Your profile is secure so you do not need to be concerned about the wrong person seeing it. One thing to remember is that you should log in to the system every 6 months to make certain that your information is up-to-date.

Personnel from the Crawford County Central Dispatch office will be at the Commission on Aging & Senior Center, 308 Lawndale, on **Wednesday, July 17th from 1-3pm** to assist Crawford County residents in setting up their profile. No appointment is necessary. If you would like more information about the program, please call Tammy Findlay at (989) 348-7123.



Grayling Hospital for Animals

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

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



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\$10.00

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

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NorthernPinesAssistedLiving.org
130 Mary Ann Street · Grayling 49738
p: (989)344-2010 · f: (989) 344-2011

Random Word Search Puzzle

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

No doubles this time!

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

1. autobahn
2. ballinger
3. beginner
4. besiegement
5. bowdlerized
6. briolette
7. catnapping
8. cavity
9. confucius
10. cookery
11. cupreous
12. dalmatic
13. decurrence
14. deflexion
15. dextrally
16. diglottic
17. eglevsky
18. fissuring
19. fleetingly
20. gunnery
21. impactful
22. iracund
23. laxative
24. ligular
25. minuted
26. mrida
27. okapi
28. outporter
29. peruser
30. pluralise
31. propulsion
32. ringleted
33. saladin
34. saronic
35. semainier
36. skidbladnir
37. smeariness
38. strawflower
39. subtlety
40. tbilisi
41. unboasted
42. underjudged
43. undethroned
44. unenthused
45. unlonely
46. unrumored
47. veracruz
48. waskiing
49. weaponry
50. xerosere



Paddles Out. Life Vests Check. Kayaks Ready.

Are you ready to get those paddles wet while relishing in the sweet summer sun? The Crawford County Commission on Aging & Senior Center invites you to join us for a Kayak Trip on **Wednesday, July 10th to explore Lake Margrethe in Grayling.** Come join us as we paddle through the fresh water, enjoy the scenery, and have a good time in our small vessels. The group will meet at Lake Margrethe Public Launch Area off McIntyre Landing Rd at 2pm on July 10th. If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get in.

We will provide kayaks, life vests, and paddles at **no charge** but do not forget to bring sunscreen and water to stay hydrated during our venture. We expect the outing to last approximately 2 hours from start to finish. No experience is necessary but the ability to get up from the floor easily with little to no assistance is required along with lower body mobility.

For more information or to register for the Kayak Trip, please contact Kaitlyn Grieb at the Crawford County Commission on Aging (989) 348-7123. Space is limited; call to reserve your small vessel today! This is a free event unless you have to buy a Recreation Passport.

Join us back at the Senior Center for a Meatloaf dinner at 4:30pm. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60.

Grayling Save a Lot

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Effective Stretching

By Nicole Persing-Wethington, from Michigan State University Extension

We hear a lot about the importance of cardiovascular and strength exercise, but don't forget to stretch! Stretching helps to maintain range of motion. When we don't use it, we lose it. Stretching helps muscles to work more effectively and increases blood flow to those muscles. Muscles should be warm before stretching. You can warm up by walking in place or even taking a warm shower. Remember to stretch before and after an activity for the best outcomes. An activity does not have to be a traditional workout; it can be taking a walk, gardening, or shopping. Here are some tips for effective stretching:

- ♦ Aim to hold stretches for 30-60 seconds, you may need to start at just a few seconds and work up to the goal.
- ♦ Be consistent. It is important to stretch regularly to maintain the benefits. Try for at least twice per week.



- ♦ Be mindful of your limits. You should feel the muscles stretch, but back off the stretch if you notice pain. Check with your health care provider if you have any concerns.

- ♦ Stretch the whole body. Focus on major muscle groups like the calves, thighs, hips, back, neck and shoulders. You can also add smaller muscle groups and joints you regularly use, like wrists or hands.

- ♦ Find opportunities to add stretching to your day. Waiting in a doctor's office waiting room? Practice seated stretches. Going grocery shopping? Stretch those calves. Natural opportunities can sometimes be easier to add than specific times for physical activity.

Stretching can feel great and help to maintain joint and muscle function. Try adding a few to your daily routine.



Tai Chi for Arthritis & Fall Prevention

The Michigan State University Extension is hosting a free Tai Chi program to improve health and wellness. The course runs Tuesdays and Thursdays 12-1pm starting July 9, 2019 and running through September 5, 2019 (except for August 22nd) at the Nature Center at 100 S. James Street in Grayling, MI.

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. Tai Chi is recommended by the Centers for Disease Control and the Arthritis Foundation and can be done standing or seated.

To register contact Jamie or Nicole from the Michigan State University Extension at (989) 344-3264.

MICHIGAN STATE UNIVERSITY | Extension



I want to ride my bicycle; I want to ride my bike!

All skill levels welcome!

Dust off your bicycle, bring your pedaling feet, and don't forget your helmet! Come join Northbound Outfitters on **Wednesdays at 6 PM**, the group takes off around 6:15 PM in the Northbound Outfitters parking lot, and rides out to Hartwick Pines State Park and back.

This is a ride at your own risk and pace, you can turn around or go the entire way, whatever fits your comfort level. No sign up is required just show up ready to pedal. If you do not have a bike you are welcome to borrow one from the shop and take it out for a spin. Because of path and weather conditions check with Northbound Outfitters via phone 989-348-8558 or find them on Facebook for weekly updates. This program runs from May through August.



Tuesday Night Bowling

Let's strike up some fun!

Is bowling right up your alley? Every Tuesday through the end of July you can bowl at the American Legion in Grayling. Meet at 5pm to enjoy a friendly game, meet new friends, and pin down some bragging rights. The cost is \$10.50 for three games and \$1.50 for shoes.

You are welcome to come join us beforehand at 4:30 pm at the Crawford County Commission on Aging and Senior for dinner. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.



I would throw in another bowling pun but I'll spare you...

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Rehabilitation Services
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Grow Your Knowledge Come for Class, Conversations, and Coffee

Come expand your knowledge, meet people with similar interests, and discover something new. No Grades. No Tests. Just Learning at its Best!

The Crawford County Commission on Aging & Senior Center wants to know if you would be interested in continuing education sessions. These sessions would be held at the Senior Center on a monthly basis and be approximately an hour long. The sessions would provide learning opportunities for older adults with scientists, authors, historians, museums, and other professionals. We want to know what topics would spark your interest and if you would pay to attend.

Some topic options are listed below:

- ♦ Scientists in Action: Living with Penguins in Antarctica
- ♦ The Wonders of Yellowstone
- ♦ A Day in the Life of a Homesteader
- ♦ A Holocaust Overview
- ♦ Early Life of Walt Disney
- ♦ California Gold Rush
- ♦ Computer Education
- ♦ Photography & Photo Manipulations
- ♦ Bike Repair and Maintenance

Visit the Crawford County Commission on Aging & Senior Center Facebook page to **complete a poll on topic options**. If you have any questions or are not on Facebook, please contact Kaitlyn Grieb at the Commission on Aging (989) 348-7123.



The Butterfly House & Bug Zoo Trip

Do you want to experience the tranquil environment filled with plants, flowers, and over hundreds of butterflies flying around you?

Join the Crawford County Commission on Aging & Senior Center for a trip to The Butterfly House & Bug Zoo in Williamsburg. The trip will include transportation leaving from the Senior Center on **Thursday, August 29th at 10am**. We will travel over to Williamsburg and spend an hour on a guided tour through the Butterfly House & Bug Zoo. Afterwards, we will stop at McGee's 72 in Williamsburg for lunch. The trip will be approximately five hours from the time we leave the Senior Center at 10am and return around 3pm.

This event costs \$30, which includes transportation, lunch, and entrance into the Butterfly House & Bug Zoo. Registration and payment is required prior to the event and must be made on or before August 23rd. For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

This event is wheel chair accessible.



FREE Food Distribution
for residents of Crawford County
Sponsored by
Mount Hope Lutheran Church
905 N. I-75 Business Loop
Saturday, July 13th, beginning at 10am
Hot Dog Lunch following
Dress for outdoor distribution
Picture ID (Driver's License) Required
Bring bags & boxes for your food

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Sign up for
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activities

Receive the latest information about the Senior Center activities, 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 patrons e-mail list.



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Free Breakfast Presentation - Basic First Aid Tuesday, July 23rd at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Dana Swander, EMT and Captain of the Frederic Fire Department

Have you ever found yourself in a situation where a friend or family member has been injured and you didn't know what to do to help them? Would you know what to do if someone had a cut that was bleeding uncontrollably? What can you do if a friend is stung by a bee? What can you do if your friend began having chest pain or difficulty breathing? What can you do to help make things better? Here is your opportunity to learn what you can do in case of an emergency.

Captain Dana Swander is a Firefighter Paramedic with 30 years of experience on the Frederic Twp Fire Department. Captain Swander, who is also an EMT, will be presenting on

Basic First Aid on July 23rd at 9 am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale Street. Please come join us for this free breakfast presentation.

We will be making a basic first aid kit, for you to take home. You will gain the knowledge and skills of how you can use each item placed into the kit you make. The cost is free, and remember the knowledge you learn could be priceless especially if it comes to saving the life of a loved one.

Breakfast Menu

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

Congregate Project Council Meeting Monday, July 15th at 10am



In the 2018 updated version of the standards for Nutrition Service Programs, it states that each Commission on Aging shall have a Project Council comprised of program participants to advise program administrators about the services being provided. The Project Council shall meet at least once per year, in

person, and notes from the meetings shall be shared with the Area Agency on Aging which provides our funding for Congregate Meals. The purpose of the Project Council is to act as the liaison between the meal site participants and the Commission on Aging. The Project Council's role is to relay comments, complaints and suggestions as well as menu and program suggestions.

This year's Project Council meeting will be held on Wednesday, July 15th at 10am in the dining room at the Commission on Aging. Meal participant, Mary Garcia will lead the discussion with Sheryl Biggs acting as the note taker. If you are a Congregate Meal participant, please consider joining this meeting to discuss our meal program.

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.



Grayling

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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



BE A LIFE SAVER!

CPR & First Aid Certification Event

Are you ready to take action if a friend or loved one needs help? Have you ever wanted training for CPR or First Aid? Maybe even become certified?



The Crawford County Commission on Aging & Senior Center is hosting a class on **Tuesday, July 30th from 2-7pm** at the Senior Center. This class is open to the whole community. It will be taught by Captain Dana Swander of the Frederic Fire Department who is a Paramedic and trained instructor for American Heart Association.

The cost will be \$65 if you want the 2-year certification. If you'd like to just attend the class and learn the material, the cost is only \$50. Heartsaver First Aid CPR AED is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. It also includes education in the use of the Automated External Defibrillator (AED) machine.

If you'd like to attend the class, please call the Commission on Aging to register at (989) 348-7123.

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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



MDHHS Appointments

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center is partnering with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits.

Crawford County residents, age 60 and older, may get an appointment by calling 348-7123.

An MDHHS Eligibility Specialist will be available to meet with individuals to:

- ◆ Help set up a MiBridges account
- ◆ Apply for SNAP (Food Stamps) benefits
- ◆ Apply for State Emergency Relief (SER)
- ◆ Apply for Medical benefits
- ◆ Answer questions regarding benefits

This is a monthly opportunity, based on demand. Currently appointments are being made on the 4th Wednesday of each month (unless there is a holiday) from 1-4pm. Appointments are generally for ½ hour, but may be longer depending on the service(s) needed. If you are in need of assistance, please contact the COA.



Family & Friend Feud



Sponsored by

**Paddle Hard
Brewing**

It is time to play Family Feud! We surveyed 50 people and they all said to come join us at the Crawford County Commission on Aging & Senior Center for a game of Family & Friend Feud. Join us on August 1st at 5:45 pm to see if you can guess the most popular answers to the survey questions. However, be careful not to strike out! Sign up your teams of 5 players by calling Kaitlyn Grieb at the Crawford County Commission on Aging at (989) 348-7123. Don't forget to include your team names.

If your team moves onto the Fast Money round you will have a chance to win a \$75 gift certificate from Paddle Hard Brewing. We hope to see you there!

You can join us for dinner prior to the games. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60.

POSSIBLE NEW ACTIVITIES

We need to know if you're interested!

Northern Michigan Escape Rooms

Join the Crawford County Commission on Aging & Senior Center to solve a mystery against time at the Northern Michigan Escape Rooms in Grayling. Escape the Dragon's Lair, Roaring Twenties, or Virus Lab room by finding clues and solving mysteries as a team to unlock the door to freedom before time runs out. It is a \$20 charge per person unless our group is greater than 15 then it is a \$15 charge per person. The dates and times are to be determined based off our group size and the number of rooms we will need to reserve.



Parasailing in Mackinaw City

Come fly away with us in Mackinaw City! Join us at the Crawford County Commission on Aging and Senior Center for a Parasailing Trip in the Straits of Mackinac. Participants will be fastened to a parachute while attached to a motorboat and cruise in the air along the crystal blue waters while being 600 ft. above. Experience aerial views of a lifetime as you soar through the air and enjoy the ride!

We are planning our Parasailing Trip for July or August and would like to know if you would be interested. Prices vary based on the amount of flyers and the time we fly. The price per person ranges from \$50 - \$100. The flight time per person is approximately 10 to 12 minutes long. No experience is required and carpooling may be available to decrease the cost of travel.



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