

# Crawford County Senior Gazette September 2019

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## Featured Article

### Tom & Judy Steffen

#### "Retired, But Not Retiring"

Tom and Judy Steffen are relatively new to the Grayling area, having moved to town full-time from West Palm Beach, Florida in 2011. "We lived in West Palm for 30 years," Judy said. "I told him that when we retired, I did not want to live in Florida year-round. It's too hot in the summer!"

Tom was born in 1938 and raised in Chicago, the older of two brothers. Judy, the oldest of three children, grew up in Dearborn, where she was born in 1943. Their shared interest and occupation brought about their meeting in Detroit, when they were both working for the Economic Development Corporation of Greater Detroit, which was created after the 1960's downturn there.

The couple married in 1974 and moved to Lake Leelanau, where Tom had taken a job "building things." They were somewhat familiar with Grayling, but only on a drive-through basis during the seven years they spent on the west side of the state. After they moved to Florida, they didn't come north again for 20 years.

While in Florida, Tom, who holds a Masters Degree in Mechanical Engineering, a Masters degree in Industrial Administration, and a PhD in Organizational Management, spent 17 years as a college professor, teaching solar energy engineering, and he developed a course for new solar installers. During the Florida

years, Tom also wrote curriculum for aerospace technician training and certification at NASA. Judy worked for the power company and bore them a son.

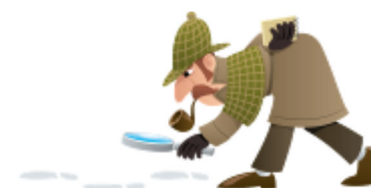
Through those years, Tom and Judy stayed in touch with the friends they'd made in Lake Leelanau and it was when one of them became gravely ill that the

Steffens made their way back to northern Michigan to visit with him. "It was our first time back north and we happened to come through Grayling," Tom said. "Somewhere along the line he had bought a couple of lots down in 'Skyline Heights,' thinking it would be developed and we'd have made a good investment. We still own them."

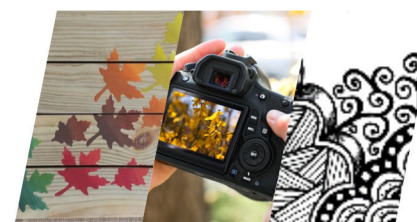
But Grayling had made an impression on the two and when talk turned to where they might retire Tom suggested to Judy that she "find a house" here.

Instead, in 2005 she bought an 11-acre parcel with a building site already cleared, and they began to build. "By the time we retired in 2011," Judy said, "the basement was finished. We moved up as soon as the weather broke and lived in the basement while we built the house. It was supposed to take three months." She rolled her eyes and gave Tom a playful jab in the arm. "It was seven."

Normally, at this part of the story, the couple takes up golf and volunteering—which they did. Judy golfs on Monday nights "We're the 'Chicks With Sticks'," she laughed. "We don't take it seriously at all." Tom has taken up his musical hobbies again, most recently the banjo. But in truth, there is little time for either.



## Murder Mystery Dinner See pg 15



## The Creative Series See pg 14



## 2019 Raffle See pg 16

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

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

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

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

**308 Lawndale St  
Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)  
Director  
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308 Lawndale St.  
Grayling, MI 49738

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## **Elder Abuse Prevention Conference** **Friday, September 13th, 2019**

**9:00 AM–3:45 PM**

Michelson Memorial United Methodist Church,  
400 Michigan Avenue, Grayling, MI 49738



Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year.

This event is free of charge and open to anyone in the community that is interested in learning more about the many forms and faces of elder abuse and how it can be detected and prevented. Free continental breakfast and lunch are provided for all attendees.

**Join us for a full day of information and resources!**

- Special showing of Edith and Eddie, and award winning documentary
- Specialized presentations specific to issues surrounding elder abuse and exploitation
- Community and State agencies and resources available for individualized information, referrals, questions, access, and discussion
- Valuable learning and connections for your self, loved ones, family, friends, community, and future!

**Program includes representatives from several state and county agencies:**

- Monte J. Burmeister, Chief Probate and District Judge, 46th Circuit Family Division Presiding Judge
- State of MI Adult Protective Services
- Representative of Michigan Attorney General

**Who Should Attend?**

- Elder Care Professionals
- Emergency Response Staff
- Families
- Community Members
- Clergy
- Elder Adults
- Legal Guardians and Conservators
- Medical Professionals
- Community Leaders

**Register today by phone, fax, or email:**

Phone: (989) 358-4600

Email: mcquarrie@nemcsa.org

Fax: (989) 358-6604

*This conference is provided by the Region 9 Area Agency on Aging in collaboration with the Crawford County Commission on Aging with funds through the Older Americans Act, Michigan Department of Health and Human Services, and the Michigan Aging and Adult Services Agency.*



### **Chair Yoga is Back!**

Chair Yoga is back in action at the Crawford County Commission on Aging & Senior Center!

**Come sit to get fit on Thursday evenings at 6:00pm starting in September.**

Chair yoga aims to give you the experience of classical yoga, even if you have mobility issues or find regular yoga too challenging. Chair yoga will help improve flexibility, strength, balance, and focus.

Join Certified Yoga Instructors Nicole Wethington and Dianne South and enjoy the many benefits of yoga. This class is free and open to the public. Please check the Gazette calendar for dates.



### **Gentle Yoga is back!**

Alignment-focused and instructive, you will realize the benefits of your practice through improved flexibility and strength. Through a combination of movement, breath work and quieting of the mind, yoga provides a gateway to improve physical and emotional health.

Yoga meets you where you are and allows you to participate at your individual level of capability, requiring only the ability to get up and down from the floor without assistance.

Come join us on **Tuesdays starting September 10<sup>th</sup> at 1pm** with Certified Yoga Instructor, Dianne South, and enjoy the many benefits! The cost of each class is \$5.00.



**Memorial Donations Made By:**

**Rae Ann & Don Schanz**

**In Memory of Art Vogel**

**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 The Brook of Grayling
- Stretch to Fitness & Equipped to be Fit Sponsored by Munson Rehabilitation Services
- Zumba Sponsored by Grayling Nursing & Rehabilitation Community

**Donations**

- April Ashton
- Charlotte Bloomquist
- Phyllis Bradley
- Carol Brand
- Alice Burak
- Mary Campbell
- Jane Conklin
- Bob & Pat Gallagher
- Kirsten Lietz
- Dorothy Peacor
- Karl Schriener
- Dave Svensen
- Carol Thomson
- Richard Thompson
- Norma Werda
- Roger Wilcox
- Nancy & Roger Wilcox

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

**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**



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.

**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

\*\*\*\*\*  
★ *Volunteers and Contributions received after August 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      | Karen Leslie        |
| Tiffany Bean         | Cathy Lester        |
| Sheryl Biggs         | Kirsten Lietz       |
| Nancy Billingham     | Rita Lone           |
| Carol Brand          | Susan Lynch         |
| Sandy Brody Sparks   | George Mascarello   |
| Shawano Center       | Sharlene Mascarello |
| Wendy Clarkson       | Barb McCray         |
| Jane Conklin         | Dean McCray         |
| Marc Dedenbach       | Abby Moore          |
| Dick & Lyn Dodge     | Judy Morford        |
| Diana Doremire       | Greg Nelson         |
| Greg Dulkowski       | Dee Niedzielski     |
| Kathy Ellison        | Marcus Niedzielski  |
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| Mary Garcia          | Sharen Perkins      |
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| Sharron Hagerman     | Carol Peterson      |
| Stephanie Hagle      | Nancy Pletzke       |
| MaryLou Hanks        | Pat Potter          |
| Susan Hensler        | Tom Rawlings        |
| Karen & Bill         | Deb Rawlings        |
| Hollenbeck           | Jack Richards       |
| Donna Hubbard        | Dave Ridal          |
| Eva Hulbert          | Samantha Rogers     |
| Tom Jarosz           | Pat Sanders         |
| Linda Jensen         | Kathy Shepherd      |
| Joyce Sorenson       | Nancy Smitz         |
| Dennis Kemerer       | Cheryl Starr        |
| Kay Ellen King       | Judy Steffen        |
| Glenn & Lorelei King | Vera Trimble        |
| Cyndi King-Baldwin   | Katrina Verlac      |
| Sandy Lakanen        | Zoella Wethington   |
| Dick Lee             | John Wilcox         |
| Alice Lee            | Sandy Woods         |
| Betty Leibler        | Barb Wotring        |

**September Birthdays**

Barbara Bunker 9/6  
 Shirley Matthews 9/7  
 Crista Luella 9/9  
 Eileen Kemerer 9/10  
 Emadelle Weiman 9/10  
 John Rosloniec 9/11  
 Dean McCray 9/12  
 Fay Bovee 9/15  
 Robert Soltman 9/19  
 Ruth Derry 9/26  
 Ida Mae Walters 9/30

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



**Michele Arnholt**  
**“I Feel At Home”**  
 By Cheri Carpenter

Michele Arnholt and her family have been coming to the Grayling area for almost 25 years to kayak, canoe, hike, snowshoe, and enjoy the beauty this area has to offer. Michele was born in California and moved to Michigan at around ten years old when her father took a job here—and she never left. She married, raised two children, and now has three beautiful grandchildren. A little over two years ago, Michele, her husband of 20 years, and their Australian cattle dog made Grayling their full-time home, moving from Portage Michigan where Michele was a property manager for 25 years. “My husband got a good job, so I decided to retire,” Michele says. “We thought we were going to come up here when we were ready to retire but we had the opportunity to come up sooner so we just kind of gave everything away—downsized.” Michele and her husband had started watching videos about the tiny house movement and minimalism and this way of life seemed to make sense to her. “I have a lot less personal items than I had before I moved up here, but I feel fulfilled. I don’t need all that stuff,” Michele says.



When Michele first moved to the area, she worked at *Thanks a Latte* on Main Street for a few months. “I kind of decided that I didn’t want to be committed to a full-time job. A few people suggested I volunteer, so I came here.” Michele now volunteers at the Senior Center on Fridays serving lunch with a smile, and she helps out at the food pantry. Michele says, “I decided to volunteer as a way to meet people and kind of give back to the community.” In high school she worked at a local community center answering phones in the office and delivering Meals on Wheels. “It was really good for me to do that when I was young, to appreciate what I have.” Michele says she loves meeting new people and putting a smile on their face.

When she isn’t volunteering or enjoying the great outdoors, you can find Michele gardening at her home where she’s been busy planting flowers and landscaping. She grows tomatoes, cucumbers, squash, hot peppers and many other vegetables—all in straw bales. “Our ground is so sandy, and someone suggested it, and I started googling it. I was pretty successful at it last year. It’s bigger this year.” It’s obvious that Michele loves the Grayling area. “I feel at home,” she says.



**Walk in the Woods**  
**Fall Colors**  
**Walk your Way to Fitness!**

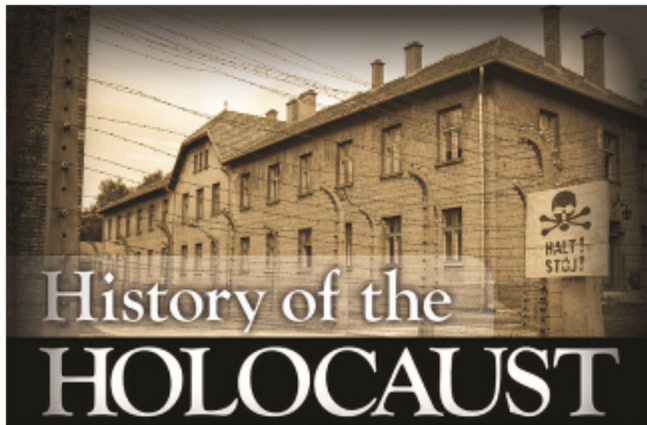
The Walk in the Woods program is back! Come explore the beautiful fall colors while adventuring on trails around Crawford County. Join us on **Fridays starting September 6<sup>th</sup> at 10am** to explore the trails we ventured on during the summer. We will walk as a group throughout the woods and experience the same trails but in a different season! Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled. Do not forget to bring water to stay hydrated during our trail adventures. Come join the fun and experience the great outdoors as the fall colors come to life! This program will run from September until the end of October. The dates along with the trail locations are listed below.

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 into the state parks. We will try to carpool depending on your location to decrease the cost. If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123. You can join at any time!

**Check out our Walking Schedule!**

- September 6** - Hartwick Pines  
Old Growth Trail
- September 13** - Mason Tract
- September 20** - Rayburn Trail
- September 27** - Wakeley Lake
- October 4** - Gahagan Nature Preserve
- October 11** - Hanson Hills
- October 18** - Marl Lake
- October 25** - Wellington Farms





## History of the HOLOCAUST

### Grow Your Knowledge Dessert & Discussion

Come join us at the Crawford County Commission on Aging & Senior Center on **September 26<sup>th</sup>** for a continuing education session to expand your knowledge, meet people with similar interests, and discover something new.

The session will start at **5:30pm** 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) dessert.

The session 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.** You are welcome to come join us beforehand at 4:30pm for a Sweet & Sour Meatball Dinner. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. If you have any questions please call the Senior Center at 989-348-7123.

## Dial-A-Ride Change of Hours

Starting Monday,  
August 12th, Dial-A-  
Ride is no longer open  
until 7:00pm during the week.

**Current hours are now as follows:**

M-F: 6am-6pm  
Sat: 9am-4pm

**If you have any questions or need  
a ride, call 989-348-5409.**



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**Tom & Judy Steffen**  
Written by *Ann Rowland*, Photos by *Ken Wright*, Main Branch Gallery

Although Judy was happy for a while with going to lunch and socializing, Tom was restless and eager to jump into something. So, he did. Tom is the President of the Grayling DDA and it is the couple's shared vision for an ever-increasingly vibrant, growing downtown that has kept them "in business" as well. They recently constructed the Duck Pond Condominiums and have gone into the modular home business as well. "General Housing Corp." had its first model home delivered just a few weeks ago. Their excitement about Grayling is palpable.

Judy is excited about taking on the aesthetic side of new construction. "I get to help people choose what finishes and décor will best make their new home 'theirs.' I love decorating.

"Things are happening in Grayling,"

said Tom. "I don't see any of the things we do as work. It's fun!"

They have lots of ideas, and it's just a matter of timing for their dreams to come to fruition. One of them is a "long vacation." Tom likes to joke that when they moved to Grayling, Judy told him to go back to work so they could take a very expensive vacation. They laugh about it, but Tom said "We'll take that expensive vacation. It just might take us a lo-o-o-o-ong time!" Meantime, they are busy with their work-fun. Judy loves to sing (though she says she's not especially good at it) cook (she has hundreds of cookbooks)

and knit. Tom likes ships, playing bluegrass music, and perusing used book stores with Judy.

Most importantly, they both love Grayling and are committed to doing all they can to ensure that it remains a great place to live.



## Clogging



Clogging has returned at the Senior Center! Clogging is an American folk dance that is similar to tap dancing. However, it is more fun and easier to learn.

Come clog with us at the Crawford County Commission on Aging & Senior Center with instructor Judy Morford.

**No sign up is necessary. This is a free class** and is open to both men and women. **No dance experience or tap shoes are required.** Just come as you are!

**Beginners Clogging starts Monday, September 9<sup>th</sup> at 12:30pm** followed by **Regular Clogging at 1:30pm** and every Monday thereafter.



## PATH for Chronic Pain Free Workshop starting October 10th

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

Chronic Pain PATH is helpful for anyone who is managing long-term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing.

Chronic Pain PATH is a **FREE 6-week workshop** designed to educate and empower individuals in management of chronic pain and maintaining active and fulfilling lives.

Come join us starting **October 10<sup>th</sup> from 1 – 3:30 pm** and continuing thereafter every Thursday (excluding October 31<sup>st</sup>) for 6-weeks at MSU Extension in Grayling. For more information or **to register for the class please contact Kaitlyn Grieb at (989) 348 – 7123.**



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





## Paint Party & Pumpkin Brownies

Come join us along with Cathy Spencer from *Art with Heart Painting Parties* to paint this Dancing Witch. **No experience is required;** Cathy will walk you through step-by-step to paint this witch! Even if you have never held a paintbrush before, you will be able to create a painting that you will be proud to display in your home.

This event will be held on **October 15<sup>th</sup> from 4:30 to 6:30pm** at the Crawford County Commission on Aging & Senior Center. Come make this design your own by using a variety of colors and bringing out your inner artist! **This event is \$25 per person and includes all the supplies/materials you will need to paint your work of art.** We will have pumpkin brownies and apple cider at the event.

Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date.

For more information or to register for this event please contact Kaitlyn Grieb at 989-348-7123. **Space is limited; call to reserve your spot today.**



## Volunteer with the RSVP Packing Pals!

Are you looking for a unique volunteer opportunity? Do you have some time on a Tuesday? Please join the Retired and Senior Volunteer Program (RSVP) of Northeast Michigan to complete some special packing projects!

Each month, volunteers are invited to spend a Tuesday morning packing food for commodity food assistance boxes at NEMCSA's warehouse in Ossineke. These boxes will travel to the senior commodity distributions in all eleven of NEMCSA's service counties. This is an awesome behind-the-scenes opportunity to serve at the warehouse, assemble commodity boxes that will travel across the region, and get to meet and work with volunteers from all over Northeast Michigan.

All volunteers are invited to attend! RSVP enrollment is not required.

**When:** September 24, October 29, November 26, January 28  
from 10 AM – 12 PM.

**Where:** NEMCSA Ossineke Office,  
11765 US-23 S, Ossineke, MI 49766

Please contact Persis at 989-202-4450 or [rsvp@nemcsa.org](mailto:rsvp@nemcsa.org) if you have any questions. We hope you can join us!



## Chasing Dreams: River House Resale

The official opening day for Grayling's newest thrift store was June 11th, 2019. The official name of the store, located at 6375 M-72 West in Grayling, is Chasing Dreams: River House Resale. All sales proceeds go to the clients of River House Shelter. River House Shelter is a domestic abuse shelter that serves women, children and men who are victims of domestic abuse and violence. The shelter serves the counties of Crawford, Roscommon, Ogemaw and Oscoda counties.

Debit and credit cards are accepted and the store carries an assortment of items and strives to have a good selection for both women and men. Clothing, kitchenware, pots and pans, and furniture are some of the major sellers. The Crawford County Commission on Aging & Senior Center card sales have also been moved to this location. The only items that are not accepted for donation are box springs and mattresses, pillows, cribs, and car seats.

Donations can be dropped off during normal business hours which are Tuesday - Saturday 10am-6pm. If someone desperately needs to drop off their donation while the thrift store is closed, they request that individuals call and make arrangements the day prior so that they know where to put their donation in this situation.

The River House Thrift Store depends heavily on volunteers. If anyone is interested in volunteering or getting more information about Chasing Dreams: River House Resale they are asked to call Marty, the Thrift Store Manager, at 989-745-6677.

## The Friends

## The Freedom

## The Brook



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

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

[Brookretirement.com](http://Brookretirement.com)

**989-745-6500**



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



Add Years to Your Life & Life to Your Years

# ONGOING SENIOR CENTER ACTIVITIES

Activities	Fitness	Yoga
<b>Bible Study</b> Tuesdays, 10am	<b>Aerobic Drumming</b> Golden Beats, Mondays, 10am	Chair Yoga, 1st, 3rd, and 4th Thursdays, 6pm Gentle Yoga, Tuesdays, 1pm
<b>Bingo</b> Medicine Shoppe Bingo one Thurs per month 3pm Penny Bingo, Thurs 1pm Pantry Bingo, Fridays 1pm	<b>Clogging</b> Beginning, Mondays, 12:30pm Regular, Mondays, 1:30pm	<b>Zumba</b> Zumba Gold Tuesdays, 10am
<b>Birthday Dinner</b> Tuesdays, once per month	<b>Exercise Classes</b> Stretch to Fitness, Thurs, 10am Equipped to be Fit, Fridays, 10am	<b>Table Games</b>
<b>Craft &amp; Chat Club</b> Wednesdays & Thurs, 10am	<b>Line Dancing</b> Tuesdays, 2:30pm	<b>Bridge</b> Mondays, 1pm
<b>Pool</b> Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	<b>Water Aerobics</b> Must call to register Tues 5:30pm & Weds 9am & Weds 10am @ Grayling Super 8 \$5.00 charge per class	<b>Euchre</b> Tuesdays, 1pm
<b>Wii Bowling</b> Wednesdays, 1pm		<b>Mahjong</b> Wednesdays, 1pm
		<b>Pinochle</b> Fridays, 10am
		<b>Pokeno</b> Thursdays, 10am

## Free Legal Assistance

The Crawford County Commission on Aging & Senior Center, in partnership with the *Jason R. Thompson Law Office PLC* offer free, basic legal advice to Crawford County Seniors age 60 and over. On the **third Thursday of each month** an attorney will be available from **1-4pm for consultation**. Consultations are by appointment only and last about 20-30 min.

These consultations are designed to see:

- 1) if your issue really needs an attorney
- 2) to what extent you need legal services
- 3) when retaining an attorney might be advisable.

Appointments may be made by calling the Commission on Aging & Senior Center at 989-348-7123. **Appointments must be made in advance.**

Winners of the Chicken BBQ Dinner were Dennis Kemerer who won the grill utensil set and Audrey Williams who won the 50/50 in the amount of \$80.00.

Thursday, September 12th from 4-6 pm

Grandparents Day

& COA Raffle Drawing

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



No Reservations Required!  
At the Commission on Aging & Senior  
Center, 308 Lawndale St., Grayling

## Support Groups

- 11th Step Meeting - Open Meeting**  
Mondays, 7pm  
*St. Francis Episcopal Church, Grayling*
- Alzheimer's Support Group**  
3rd Wednesday, 11am  
*The Brook of Grayling, 503 Rose St.*  
For more info call the COA 989-348-7123
- Choices (Anger Management)**  
Mondays, 4:30-6pm at *River House*  
For more info or to register call 989-348-3169
- Healthy Relationships & Empowerment for Women**  
Thursdays, 4pm-5:30pm, at *River House*  
For more info call 348-3169
- Grayling Alcoholics Anonymous**  
Monday, Wednesday, Friday at Noon  
Sunday, Tuesday, Friday at 8pm  
Women's Meeting, Thursdays at Noon  
*At St. Francis Episcopal Church, Grayling*
- Saturdays - Noon  
*At Grayling Township Hall*
- Thursdays, 8pm in the Crawford Rm,  
*Munson Healthcare Grayling Hospital*
- For more AA info call 888-596-0699  
or visit [www.area34district12.org](http://www.area34district12.org)
- Grayling Al-Anon**  
Tuesdays 11am  
Women's Meeting, Thursdays at Noon  
*St. Francis Episcopal Church, Grayling*  
For more info call Greg at 989-348-1382
- Munson Hospice Grief Support Group**  
3rd Friday, 11am  
*Munson Home Health, 324 Meadows Dr.*
- ACA (Adult Children of Alcoholics)**  
Wednesdays, 7pm  
*St. Francis Episcopal Church, Grayling*
- Overeaters Anonymous**  
Call Patsy 989-348-3073
- Narcotics Anonymous**  
Wednesdays, 8pm,  
*St. Francis Episcopal Church, Grayling*  
For more info call Ted 989-429-8100
- TOPS Weight Loss Class**  
Thursdays 4:30-6pm  
*St. John Lutheran Church, Grayling*  
More info, call Mary Kay at 989-348-1398




**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	2 <div>We will be <b>CLOSED</b> TO OBSERVE <b>Labor DAY</b></div>	3 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 5pm Autumn Leaves Painting 5:30pm Water Aerobics Grayling Super8	4 <i>Mediterranean Chicken Wrap</i> 9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 1-3pm A Matter of Balance @ MI Works 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	5 <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 – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 1-3pm A Matter of Balance @ MI Works 1pm Penny Bingo 4:30-5:30pm Dinner – Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes	6 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Hartwick 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by The Brook of Grayling 1pm Pool – 9 Ball	7
8	9 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	10 <i>Roast Beef &amp; Cheese Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5pm Photography Workshop	11 <i>Tuna Salad Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1-3pm A Matter of Balance @ MI Works 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	12 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1-3pm A Matter of Balance @ MI Works 1pm Penny Bingo 4-6pm Grandparents Day Dinner – BBQ Spare Ribs, Rainbow Vegetables, Yukon Roasted Potatoes, Zesty Bow Tie Pasta, Caramel Apple Bar	13 <i>Roast Beef Wrap</i> 9am-3:45p Elder Abuse Conf. @ Michelson 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @Mason Tract 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by The Brook of Grayling 1pm Pool – 9 Ball	14 10am Mt Hope Food Truck
15	16 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	17 <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 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Shepherds Pie, Carrots, Grapes 5pm Zendoodle Illustration 5:30pm Water Aerobics Grayling Super8 6pm COA Board Meeting	18 <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 – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 1-3pm A Matter of Balance @ MI Works 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear	19 <i>Roast Beef Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 1-3pm A Matter of Balance @ MI Works 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 6pm Chair Yoga with Dianne	20 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Rayburn Trl 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by The Brook of Grayling 1pm Pool – 9 Ball	21
22	23 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Pork Roast, Baked Potatoes, Green Beans, Pear 12:30 Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1-4pm DHHS Asst. Appointments 1pm Bridge Club 1:30 Clogging	24 <i>Roast Beef &amp; Cheese Wrap</i> 9am Munson Breakfast Pres. 9:30am Mushroom House Trip 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange Cake & Ice Cream 5:30pm Water Aerobics Grayling Super8	25 <i>Tuna Salad Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1-3pm A Matter of Balance @ MI Works 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear	26 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 1-3pm A Matter of Balance @ MI Works 1pm Penny Bingo 1pm Wii Bowling w/ St. Helen 4:30-5:30pm Dinner – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 5:30pm History of the Holocaust 6pm Chair Yoga with Nicole	27 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Wakeley Lk 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by The Brook of Grayling 1pm Pool – 9 Ball 5pm Murder Mystery Dinner	28
29	30 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers. 	<div><div>Crawford County Commission on Aging &amp; Senior Center September 2019 At-A-Glance Meal &amp; Activities Calendar</div></div>			<div>Our Mission...</div> <div>The mission of the Commission on Aging is to advocate and promote the well-being and independence of all older adults of Crawford County.</div>



# 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, \$5.50 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, and printers are available at the Senior Center for your use, Mon 8:30-4, Tues & Thurs 8:30-7pm, Wed 8:30-6, and Fri 8:30-4pm

#### **Information and Assistance**

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

#### **Legal Assistance**

by Jason R. Thompson, Law Office PLC

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

#### **Medicaid/Medicare Assistance Program (MMAP)**

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

#### **Medical Transportation**

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

#### **Resource Center**

Bookcase of loan materials, both videos and books.

#### **Senior Gazette**

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

### In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

### Classes

#### **AARP Driver Refresher Course**

Offered once each year.

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

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

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

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

#### **Powerful Tools for Caregivers**

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

#### **Stress Less with Mindfulness**

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

### 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 July 2019!

### **At the Senior Center**

- We served **898** Congregate Meals
- Activities/Events Attendance **1,113**
- Average # of Daily Visitors **67**

### **In-Home Services**

- Delivered **2,357** home delivered meals.
- Provided **166.5** hours of respite care.
- We provided **393.25** hours of homemaker services.
- We provided **89** 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](http://Q100-FM.COM) or  
email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)



### Grayling Hospital for Animals

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

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





# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## Social Security Is Here For You

The Social Security program turns 84 this year. With more than eight decades of service, we've provided benefits to one of the most diverse populations in history. Regardless of background, we cover retirees, wounded warriors, chronically ill children, and people who have lost loved ones.

Knowing that we cover so many different people, we've created People Like Me webpages that speak to specific audiences. Sharing these pages could make a positive impact on someone's life. Here are a few that might speak to you.

Do you know someone who needs to start saving for retirement? No matter where they are in their careers, Social Security can help. It's never too late to start planning. We offer two pages, one for people early in their career at [www.socialsecurity.gov/people/earlycareer](http://www.socialsecurity.gov/people/earlycareer) and one for people who have been working for a while,

[www.socialsecurity.gov/people/midcareer](http://www.socialsecurity.gov/people/midcareer).

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. Women face greater economic challenges in retirement. First, women tend to live longer than men do so they are more likely to exhaust their retirement savings. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men, which usually means they receive lower benefits. And, third, women may reach



retirement with smaller pensions and other assets than men. Share this page with someone who needs this information and may need help planning. [www.socialsecurity.gov/people/women](http://www.socialsecurity.gov/people/women).

We proudly serve wounded warriors and veterans. They endure sacrifices to preserve the freedoms Americans treasure. Many of them do not know they might be entitled to benefits. Share our resources with them to make sure they are getting the benefits they deserve. [www.socialsecurity.gov/people/veterans](http://www.socialsecurity.gov/people/veterans).

If you didn't see a page that is important to you here, check out our general People Like Me page at [www.socialsecurity.gov/people](http://www.socialsecurity.gov/people).



## Write Your Life Story

Everyone has a story to tell

Has anyone ever told you, "You should write your life story"? How about getting a start on it now with an expert and sympathetic teacher?

Come Write Your Life Story by sharing fond memories of your childhood, adult life, and other events that have shaped your life. Join us as Cathy Lester, writer, blogger, and writer of letters to the editor leads a four-week series, each week diving deeper into your story. Each week she will guide you step-by-step through the writing and organizing process. Write about YOUR family, friends, education, career, passion, hobbies and opportunities presented in your life.

The classes will take place **every Tuesday starting October 1<sup>st</sup> through October 22<sup>nd</sup> from 5 – 6:30pm** at the Crawford County Commission on Aging & Senior Center. **The cost for this event is \$20, which includes all four sessions.** Be sure to bring a notebook or pad of paper.

For more information or to register please contact Kaitlyn Grieb at 989-348-7123. Come have some fun, share your stories, and leave something for your grandkids to appreciate!

## Winter Bowling League

*Is bowling right up your alley?*

Join the Winter Bowling League every Tuesday starting September 10<sup>th</sup> at the American Legion in Grayling. The league is looking for two more teams of four players each to play high over average, mystery game, and strike ball. The winter league is for adults 50+ and runs from September through early April.

League games will be Tuesdays from 1pm-4pm. The cost is \$10.00 for three games and \$1.50 for shoes.



On September 10<sup>th</sup> the bowling season will kick off with a meeting from 12pm-1pm to discuss new updates and bring the league up to date.

You are welcome to come join us at the Crawford County Commission on Aging and Senior Center for dinner after the games at 4:30pm. Dinner is \$3.50 suggested donation for those age 60 and over and costs \$5.50 for those under 60.

If you have any questions regarding the bowling league or need more information please contact Marlyn Neuberger at 989-390-5846.

**DENHOLM FAMILY CHIROPRACTIC**

**DFO**

*Better Health  
Better Vitality  
Better Way of Life*

Craig B. Denholm, DC

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Just South of M-72 West • 989-348-6600  
[www.denholfamilychiropractic.com](http://www.denholfamilychiropractic.com)

**\$10.00**

Senior Discount on Septic Tank Cleaning

**Jack Millikin, Inc.**

4680 North Down River Rd.  
Grayling, MI 49738

**Jack Millikin Inc.**

**M**

Excavating

Est. 1941

Call us today at  
**989-348-8411**  
to make an Appointment!

**\$10.00**

Senior Discount on Septic Tank Cleaning

Coupon cannot be used with any other offer or discount.

1941 **78 years** 2019

Expires 12/31/19

**Come visit us!**

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

A Non-Profit Faith-Based Organization

**NorthernPinesAssistedLiving.org**

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



# Random Word Search Puzzle

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

No doubles this time!

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

1. amidah
2. bankruptcy
3. benares
4. bombastic
5. brokership
6. bunchflower
7. candlepins
8. cantina
9. carsickness
10. chattable
11. christening
12. cigarless
13. cleanthes
14. cleverish
15. distantly
16. drenmatt
17. dunnaging
18. eiderdown
19. exsolving
20. fornical
21. griffinesque
22. heavenward
23. hyoidal
24. kookiest
25. maudlinly
26. numeric
27. oracle
28. paolo
29. phalanger
30. platonise
31. poachable
32. rebeldom
33. ridiculed
34. runcinate
35. salaamlike
36. saprolite
37. slangier
38. sleepily
39. specialize
40. spumone
41. strobiloid
42. stumpiness
43. successful
44. synsacral
45. tetramer
46. toponym
47. tympany
48. unbarring
49. undulant
50. untempled



## Earl Young Architecture Trip Explore Gnome Homes, Mushroom Houses, & Hobbit Houses

Come join the Crawford County Commission on Aging & Senior Center for a trip to **Charlevoix** to explore the architectural collection of self-taught builder Earl Young. Earl Young designed over two dozen creations using indigenous materials he collected throughout Northern Michigan such as stone, limestone, fieldstone, and boulder. His creations feature his signature design and are collectively known as Gnome Homes, Mushroom Houses, or Hobbit Houses.

Join us on a guided tour as we **visit all 28 "Mushroom Houses"** designed by Earl Young. The trip will include transportation leaving from the Senior Center on **Tuesday, September 24<sup>th</sup> at 9:30am**. We will travel to Charlevoix and spend an hour on a guided tour. Afterwards, we will stop at Scovie's Gourmet in Charlevoix for lunch. The trip will be approximately six hours from the time we leave the Senior Center at 9:30am and return around 3:30pm. **This event costs \$55 per person**, which includes transportation, lunch, and a guided tour of Earl Young's "Mushroom Houses." **Registration and payment is required prior to the event** and must be made on or before September 17<sup>th</sup>.

For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

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# 6 Steps to Fall Prevention

By Nicole Persing-Wethington, from Michigan State University Extension

Every 11 seconds, an older adult is treated in the emergency room for a fall (Centers for Disease Control and Prevention). According to the National Council on Aging, falls are the most common cause of injuries for older adults. Knowing that falls are a danger can help prevent them, which is what Fall Prevention Awareness Day on September 23rd is all about.

The National Council on Aging recommends six steps to reduce the risk of falling.

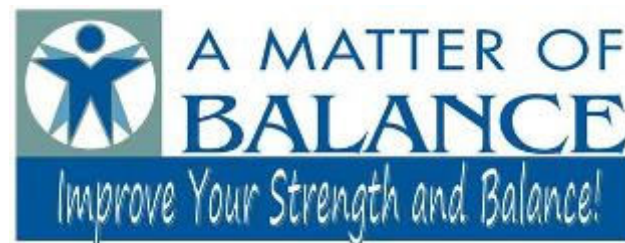
1. Find a good balance and physical activity program: *Matter of Balance* and *Tai Chi for Arthritis and Fall Prevention* are both evidence-based programs that can help improve balance, strength, and flexibility.
2. Check with your health care provider: they can help determine your risk of falling.
3. Review your medications with your health care provider and pharmacist regularly: side effects from medications can increase the risk of falling. Make sure to follow the



4. Check your vision and hearing: Both are important factors to keep you safe. In addition to eyes and ears, maintaining a healthy body weight can improve your ability to stay upright. Walking and standing with good posture can also help.
5. Keep your home safe: rugs, foot stools, tables, and any item in the walk way can be a hazard. More lights and modifications can make your home safer.
6. Talk to family members: Support is crucial for success. Other people can sometimes see obstacles that we do not.

Bonus step: Stay active! The Commission on Aging has great exercise classes, check the calendar and try something new!

Take a look at your home and normal routine with fresh eyes. Making these changes can help keep you safe and out of the emergency room.



## Do you have concerns about falling?

**A Matter of Balance** is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by trained facilitators.

### YOU WILL LEARN TO:

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

### WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

**September 4, 5, 11, 12, 18, 19, 25, 26**

1:00pm to 3:00pm

Michigan Works Office

4595 Salling St., Grayling

For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.



## Tai Chi for Arthritis & Fall Prevention

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.

Tai Chi Has Been Shown To:

- Improve Balance
- Increase Muscular Strength
- Improve Mobility
- Increase Flexibility
- Decrease Pain
- Prevent Falls

Come join us at the Crawford County Commission on Aging & Senior Center for an 8-week evidence-based Tai Chi program. These eight, one-hour sessions are led by a trained facilitator. Each session includes a warm-up, followed by one or two movements per lesson, and completing each class with a cool-down. The class meets **Tuesdays and Thursdays starting October 1<sup>st</sup> through November 21<sup>st</sup> from 9-10am** at the Senior Center, 308 Lawndale Street in Grayling.

**October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 November 5, 7, 12, 14, 19, 21 9:00am to 10:00am**

For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.



## Canning Jars Needed

**In November, we are planning an Apple Event.** We will be offering a class on canning or freezing apples which can be used for apple pie filling, apple crisp or applesauce.

In order to make this project economical we are asking for donations of **canning QUART size mason jars along with quart size rings.** If you haven't canned in years and aren't planning to do any canning, please share your jars with us and we'll put them to good use.



**MUNSON HEALTHCARE**  
Grayling Community Health Center

Rehabilitation Services

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

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The **ARTISAN VILLAGE** and the Crawford County Commission on Aging present...

## The Creative Series

Unleash Your Creative Side

Join us at the Commission on Aging & Senior Center **every Tuesday from September 3<sup>rd</sup> until September 17<sup>th</sup> at 5pm** in the Rec Room to bring out your creative side.

You are welcome to come join us beforehand at 4:30 pm at the Crawford County Commission on Aging & Senior Center for dinner. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. Register for one, two, or all three classes! Registration and payment is required prior to the event. For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.



### Autumn Leaves Painting September 3<sup>rd</sup> from 5-6:30pm

Chris Sheldon will be conducting a step-by-step class through using acrylic paint on pallet wood to create this beautiful fall-themed painting called "Autumn Leaves." This project would look great on your porch or wall! Cost is \$35 and includes everything you need – pallet wood, paints, and brushes.



### Photography Workshop September 10<sup>th</sup> from 5-6:30pm

Nancy Hatfield will discuss how to make your photos more interesting. Participants must bring their own camera (or phone). Class will begin at the Senior Center and travel to the City Park. Cost is \$15 and includes one printed photograph and a mat that can be picked up at the AuSable Artisan Village.



### Zendoodle Illustration September 17<sup>th</sup> from 5-6:30pm

Jeri Selthoffer be teaching a class in Zendoodle illustration. It is the art of repeating designs to decorate objects. Participants will get the chance to decorate at least one greeting card of your choosing. Cost for the course is \$12 which includes a pen to take home along with two cards with envelopes.



## Line Dancing Everyone is invited!

*We're a little bit Country, a little bit Rock N Roll and maybe even a little bit Disco.*

The Crawford County Commission on Aging & Senior Center's Line Dancing class is returning to Tuesdays.

Line Dancing is a low-impact cardiovascular exercise with

choreographed steps that improve balance, flexibility, and motor coordination.

Come join us **every Tuesday at 2:30 pm starting September 3<sup>rd</sup>** for some fun and exercise with instructor Susan Lynch. Bring your cowboy boots or any hard soled shoes and let's dance!



## Haunted Halloween Family & Friend Feud

Sponsored by  
**The Grayling Restaurant**

It is time to play Spooktacular 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 Halloween Edition. Goblins, Ghosts, Witches, and Ghouls, you are all invited on **October 17<sup>th</sup> at 5:45pm** to see if you can guess the most popular answers to the survey questions. However, be careful not to strike out! If your team moves onto the Fast Money round you will have a chance to win a **\$75 gift certificate from Grayling Restaurant**. We hope to see you at this haunted event; it will be a howling good time!

**Sign up your teams of 5 players or register as a single player by calling Kaitlyn Grieb** at the Crawford County Commission on Aging at 989-348-7123. Don't forget to include your team names.

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.

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## Breakfast Presentation

### Taking Charge of Your Hospital Stay

**Tuesday, September 24th at 9am** at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Michelle Barber, Director of Care Coordination at Munson Healthcare Grayling Hospital

Thinking about having to stay in the hospital can make people feel a little worried but knowing what to expect before you get there can make things a little easier.

Munson Healthcare Grayling Hospital is dedicated to providing relationship-based care: involving our patients in their healthcare decisions and treating both the patient and their families with respect, courtesy, and compassion while providing the very best care. Patients are encouraged to ask questions and voice concerns.

Hand washing; asking your name and birthdate before all procedures, medication treatments, and tests; and assessing risk of falling are some of the many steps that the hospital takes to make sure you are safe. By making sure that all of your healthcare providers know what medications you have been taking, including prescription drugs, over-the-counter medications, herbal and vitamin supplements, natural remedies and recreational drugs, you can help avoid medication errors. Making sure that all of your

healthcare providers are aware of any allergies you have is also very important.

Remember you are the center of your health care team, and we look forward to partnering with you! At Munson Healthcare Grayling Hospital it is our goal to improve lives! Every day, our collaborative team works together to provide superior quality care and promote community health.

To learn more about Munson Healthcare Grayling Hospital's Care Coordination Team and what to expect during a hospital stay please join Michelle Barber, RN, BSN, Director of Care Coordination, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center at **9 a.m. on Tuesday September 24, 2019**. Hope to see you there!

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



## Pet Assistance Program

The Crawford County Commission on Aging, thanks to the generous support of Fick & Sons, has remaining funds to assist low-income, older adults in Crawford County with spay/neuter services and vet bill assistance.

To be eligible for this assistance, a person must be a resident of Crawford County, age 60 or older, and have income at or below \$1,518 per month for an individual (\$2,058 for two people). In addition, a person will also qualify if they are on Food Stamps, SSI, or Medicaid.

People who believe they may qualify for this assistance should call the Commission on Aging at (989) 348-7123 to be screened for eligibility. Proof of income is required.

**Sponsored By:**



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

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



**MUNSON HEALTHCARE**  
 Grayling Physician Network

### Grayling

Open Monday - Friday, 10 am - 6 pm, Saturday, 9 am - 3 pm  
 1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

### Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon  
 234 Lake Street, Roscommon, MI 48653 | 989-275-1200

### Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturday, 9 am - 3 pm  
 2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900



## Stanley's Lost Treasure

**Be a detective for a night & help solve the mystery!**

## Dinner, Dessert & Interactive Show

Sixteen years ago, Stanley Watermaker, while canoeing down the AuSable River near Wakeley Bridge, stopped his canoe and stumbled upon an old whiskey bottle. Hidden within this bottle was a map claiming it lead to a wondrous treasure. Now, sixteen years later, Stan has returned to Grayling with an expedition made up of family and friends to search for the treasure. Unfortunately, Stan met with a tragic accident before he was able to find the treasure. Or, *was* it an accident?

The Crawford County Commission on Aging & Senior Center in partnership with Deadwood Productions invites you to solve the mystery behind Stanley Watermaker and the wondrous treasure! Come join Detective Lance Hamilton on **Friday, September 27<sup>th</sup> at 5:00pm** as he attempts to unravel the events which took place the day of the incident and solve the mystery of ... "Stanley's Lost Treasure".

Interact with Detective Lance Hamilton, question the suspects, and discover the clues to help solve the mystery! Dinner will be served at 5:00pm followed by the show & dessert.

**This event is open to the public** so feel free to invite your family and friends! **Admission to the event costs \$25. Registration and payment is required prior to the event and must be made on or before September 20<sup>th</sup>** by calling the Senior Center at 989-348-7123. Please include your menu choice for the event when calling.

### MENU

Aloha Chicken with Confetti Rice & Zucchini with Parmesan

—or—

Cod with Tomato Herb Butter with Confetti Rice & Zucchini with Parmesan

### DESSERT

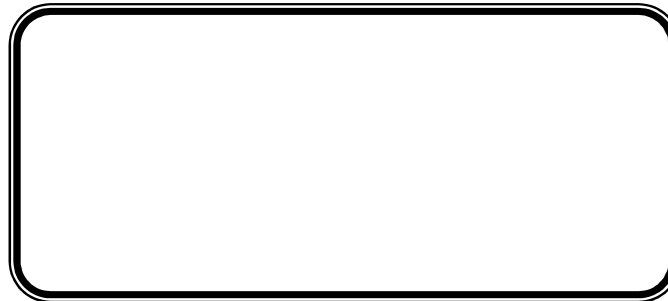
Vanilla Cream Crunch Cake





Smartphone Scan  
to our Website

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



## Food Assistance Programs

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

### DISTRIBUTION SCHEDULES

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

- November

- February
- May
- August

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

- September 4<sup>th</sup>
- October 9<sup>th</sup>
- November 6<sup>th</sup>
- December 4<sup>th</sup>
- January 8<sup>th</sup>
- February 5<sup>th</sup>
- March 11<sup>th</sup>
- April 8<sup>th</sup>
- May 6<sup>th</sup>
- June 10<sup>th</sup>
- July 8<sup>th</sup>
- August 5<sup>th</sup>
- September 9<sup>th</sup>

### UPDATES TO FOOD PROGRAMS

Effective October 1st, 2019, the quarterly program (TEFAP) will be undergoing changes. It is anticipated that residents will see more frozen foods available and the ability to create a well-rounded, healthy box. The program goal is to provide a box of healthy food that households can utilize to make a complete meal. This program will also begin to utilize

the Robo Call system that currently exists for the monthly program to remind individuals of distribution dates.

In November, the monthly senior food package (CSFP) will be updated after many years of the same products. The packages will now offer items such as raisins, brown rice, vegetable soup and grits. Quantities of some items will also change to provide a wider variety of contents. To see more detail about the upcoming changes to the CSFP boxes see below:

- An additional unit of Meat, Poultry, or Fish will be offered which increases the quantity and variety of shelf-stable meat, poultry, and fish offerings.
- Canned beans and dried lentils will be added as options and the package sizes of dried beans and peanut butter will be reduced to increase food package variety.

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

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



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\$75 Cash**

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## Crawford County Commission on Aging & Senior Center Raffle

### DRAWING...

**Thursday, September 12th  
at the Grandparent's Day Dinner 4-6pm**



Drawing immediately following the dinner at 6pm.  
Need not be present to win.



## 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.