

# Crawford County Senior Gazette September 2020

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## Featured Article

**Bob King**

### "I've Been Everywhere"

There's an old Johnny Cash song with these lines as the chorus:

"I've been everywhere, man  
I've been everywhere,  
man. Across the deserts  
bare, man. I've breathed  
that mountain air, man. Of  
travel I've done my share,  
man. I've been  
everywhere"

Maybe if Johnny cash  
hadn't written that song,  
Bob King would have. He  
certainly has the  
credentials needed to do so with  
certain authority. But let's back up a  
little bit.

Bob's great Grandfather was a  
little boy in England who ran away  
from his school. Twice. The third time,  
he was "sent away" to live in Canada  
to what was then known as Little  
Britain, a town in Ontario. As an adult,  
he immigrated to the United States,  
settling in Wellington, MI, which is  
now Beaver Creek. He became the  
first Postmaster there.



Bob's grandfather served in the  
US Navy, and for a time was the  
personal pilot for FDR. He later  
established the first feed and grain in  
Grayling, of which one building  
remains on Fern Street.

Bob now lives in the family home,  
passed down to him from his father.

Born in 1951, the youngest  
son in a family of six  
children, he cared for his  
mother after his father  
passed, and it was to him  
that their estate was  
passed; the house and its  
contents along with  
responsibility of taking care  
of his mom. He said, "Dad  
got two pension checks  
every month. He gave one to mom to  
run the house with, and the other one  
he kept. All he bought from it, that us  
kids knew, was cigarettes and a case  
of beer. Well, he didn't trust banks,  
and when he passed, I knew the  
money had to be hidden somewhere  
in the house because we couldn't see  
where he had spent it. I had no idea  
where he would have put it, but when  
I went into his bedroom, I found it. He  
had tucked all that money between

Continued on Page 5



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

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

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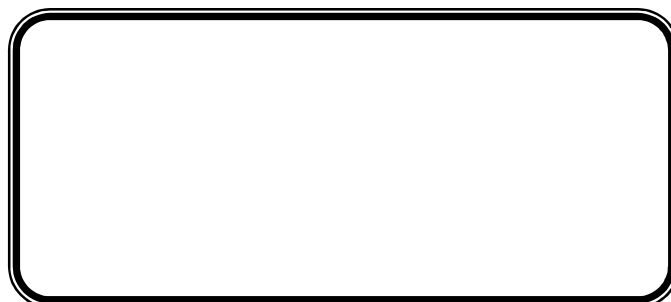
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Grayling, MI 49738

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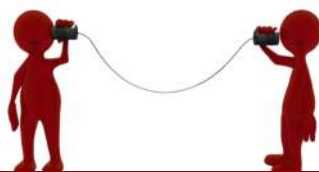
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## **Communication Corner... Notes from the Director**

The Crawford County Commission on Aging & Senior Center continues to remain closed to the general public as are many Senior Centers in northern Michigan. We are carefully evaluating various programs to try and determine when it is safe to bring them back.

The Foot Care Clinic will be opening back up – this time at the new building where there is ample space and outside air flow through the large garage doors. If you'd like to schedule an appointment, please contact the Senior Center.

Staff at the Commission on Aging continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.

Congregate Meals will continue to be offered Monday thru Friday on a curbside take-out basis from 11:30am – 12:30pm. Meals can be picked up at that time for both lunch and dinner as well as meals for the weekend. Please call the COA at (989) 348-7123 between 9-11:30am to order your meal for take-out.

As I write, the bids are out for the local design firm which will be approved at our next board meeting on August 31st. After this, things will start to move fast. We have a short final design window before we'd like construction to start. During this time, the COA will be meeting virtually or talking with Senior Center individuals and groups. We will also try to set up a virtual community meeting to review the designs. We will do all we can to gather input from you. Below you will see an estimated building schedule:

- **Aug 31:** Crawford County Board Meeting & Approval of Design Firm
- **Sept 2-Nov 13:** Final Design Window
- **Oct 5:** Bid Excavation-Foundation
- **Oct 19-Dec 2:** Construction Window for Excavation-Foundation
- **Mid-Nov:** General Contractor Bids Opened
- **Dec 2:** General Contractor Bids Due
- **Dec 14-June 30:** Construction Window

If you'd like to have input on the new Senior Center design, please call or email me at [director@crawfordcoa.org](mailto:director@crawfordcoa.org) We will be looking at ways to get participant and community input for this project even as we are staying safe.

Be Well!  
Alice Snyder, Director



## **Unwind Outside**

The Crawford County Commission on Aging in partnership with Huron Pines invite you to participate in Unwind Outside. Unwind Outside is a 2-hour program that focuses on low-impact activities that can contribute to health and wellness like stretching, walking, and journaling. Those activities will tie-in to conservation through observation and listening exercises via guided nature journaling. During each program, the stretching and walking portions will highlight human health connections; the walking portion will also highlight care of natural resources while recreating and providing ideas of more places to recreate. The guided nature journaling will highlight techniques for using a nature journal as both a mindfulness practice and a data collection tool to contribute to conservation.

The group will meet on **Thursdays at 11:30am** starting **September 3<sup>rd</sup> through October 8<sup>th</sup>**. Each week we will meet at a different trail location to practice mindfulness, nature journaling, and connect outdoors. Please wear shoes with good support, bring lots of water, a writing utensil and a journal (loose-leaf paper, pocket size notebook, or whatever you are comfortable with) to write in.

Due to the current pandemic, physical distancing will be enforced. You will be required to fill out a health questionnaire before each meeting, which I will provide you. If you are feeling sick, have a fever, or cough please stay home. Cloth masks are encouraged but not required, as we will be outdoors. Class format could change depending on the pandemic.

If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123 or [kgrieb@crawfordcoa.org](mailto:kgrieb@crawfordcoa.org). **This series is open to all ages. Registration is required.**

- September 3: Marl Lake  
—Roscommon County
- September 10: Rayburn Trail  
—Crawford County
- September 17: Wakeley Lake  
—Crawford County
- September 24: Gahagan Nature Preserve—Roscommon County
- October 1: Hanson Hills  
—Crawford County
- October 8: Hartwick Pines  
—Crawford County



## Memorial Donations Made By:

Scott Foster  
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Mary Parker

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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  
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1x5 Actual Size  
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2x4 Actual Size

2x5 Actual Size  
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## Senior Center Wish List...

- Jugs of Cat Litter
- Reams of Copy Paper
- 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
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call COA for details

## 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 17th will be acknowledged in the next edition of the Senior Gazette.* ★  
\*\*\*\*\*

Crawford County  
Commission on Aging  
& Senior Center

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Grayling, MI 49738

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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\*\*\*

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## “A Meditative Life” Kaye Thomas-Hogan

Although Kaye Thomas-Hogan describes herself as a simple homebody who, “doesn’t like to socialize a lot or travel,” you may know her from yoga, tai chi/qigong and Reiki classes or from her massage therapy. Here at the Senior Center she is known best as an enthusiastic member of the weekly clogging class and as a volunteer facilitator for the Matter of Balance course.



Kaye’s favorite part about working and volunteering is helping people to improve themselves physically and spiritually. When her friend told her about the Matter of Balance program she immediately signed up for the training and continues to be honored to be a part of the successes of the course. “People continue to stop me at the store or gas station and tell me they are still doing the exercises and that it has helped them so much.”

Kaye hasn’t always lived in Crawford County, she grew up downstate just south of Detroit. It wasn’t until 1994 after a divorce that Kaye moved north. She joined the staff at Song of the Morning yoga retreat center in Vanderbilt. Having attended there for years it felt like the fulfillment of a dream. It was there that Kaye met her current husband, Ray.

Together the two moved to Frederic and 7 acres of “wooded bliss.” Now they live in town, out of the woods but she says, “Grayling is so quaint, quiet, friendly, everything is so convenient. We are very happy here.” Kaye still works as a yoga teacher trainer at Song of the Morning in addition to teaching at The Gift: A Wellness Community and St. Frances.

When she’s not teaching Kaye likes to research and develop new classes and workshops. “I have been at it a while and never tire of it, there is always more to learn.” She meditates with her husband twice a day and likes to walk in the woods at least a few times a week. “I plan on teaching yoga, tai chi, qigong, meditation, and Reiki until I am 100 yrs. old, then I will reevaluate. Age is just a number.” Her motto for the past 35 years: “Live in the what IS, not in the what IFs. NOW is the only time you have control over.”



## Stretch via Zoom

The Crawford County Commission on Aging & Senior Center invites you to join us **Fridays at 10am** for a full-body stretching class **via Zoom or in person**.

The class will combine stretching moves from our Stretch to Fitness and Equipped to be Fit classes that were previously offered at the Senior Center. See improvement in balance, reduction in falls, increased flexibility and muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level.

In person classes will be held outside under a covered pavilion at **Finley’s Riverside Cabins** in Grayling located between Kodiak Group and Northbound Outfitters on W M-72. **Registration is required for in person classes** and can be made via MyActiveCenter or over the phone.

All classes are **free** of charge. If you are interested in attending or have questions, please call the Commission on Aging at (989) 348-7123. To join in on the live classes visit <https://tinyurl.com/coa-stretching/>.



## Conservators Wanted

Crawford County Probate Court is seeking individuals interested in serving as Public Guardians and/or Conservators for minors and individuals who are legally incapacitated or developmentally disabled. Public Guardians and Conservators are independent contractors who are assigned by the Probate Judge as needed.

Please contact the Probate Register at 989-344-3237 for more information. Interested parties should send a resume and letter of interest to Crawford County Probate Court, 200 W Michigan Ave, Grayling, MI 49738. Crawford County is an equal opportunity employer.



Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, September 23rd at 10:30am** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay, and MMAP Volunteer counselors will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information or to get the Zoom link email Tammy at [tfindlay@crawfordcoa.org](mailto:tfindlay@crawfordcoa.org) or call (989) 348-7123.



## Bob King

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

the pages of his Zane Grey books!"

Bob graduated from Grayling high school in 1969, and then served 8 ½ years in the Navy. "I went through two training programs: one as an aviation mechanic, and one as a cook. I ended up being the personal chef for Admiral Isaac Kidd Jr for 6 years. When you're in the military, you do what you're told, and you do it to the best of your ability. I didn't mind." He said he spent 93 days in 1970-71 in the War Zone, where the ship he was on would fire support for the troops in Vietnam.

When he returned to Grayling, he spent two years looking for a job. Finding nothing, he decided to move to Pensacola, Florida where he found work as the warehouse manager for United Van Lines. "I was named Employee of the Year after a couple of years. After a while I got interested in driving and went over the road for the next 32 years. I've driven the 48 states, plus Alaska, and every province in Canada. I loved it. In my career, I logged 2.75 million miles in a commercial vehicle."

If you do the math, that seems an impossible number unless you factor in the years he traveled between Pensacola and the Middle East, working as a trouble-shooter for supply containers from the States to Kuwait. "I'd be in Kuwait for 60 days, then back state-side for 90. I did that for three years. Kuwait is beautiful. Of course, a lot of places were in ruins after the invasion, but it's a beautiful

place."

"I remember an over-the-road trip that I turned down one time. It was on September 10, 2001. The day before 9-11. I was offered two loads of mail to go up north, and something in my gut told me not to go. So, I took a different offer out of Georgia and took a load to Texas. Then 9-11 happened and what was supposed to have been a two-day trip turned into a ten-day. You couldn't go anywhere. I tell my daughters, 'sometimes you just have to listen to your gut'".

He spoke with pride about his daughters, all grown and living the lives they want. "They all went to college and are doing their own things." He has seven grandchildren and 3 great-grandchildren as well.

These days, Bob, a third-generation Grayling native is back home. He still likes to be in the driver's seat, but now it's the one on his lawn tractor. "I just kind of keep up the house here and take care of the yard. I do yardwork for a few people I know who can't do it for themselves anymore, too. I like riding the mower." Bob's laugh attests to the truth in his words.

"I spend two or three months a year in Pensacola. I like to go deep-sea fishing in the gulf, listen to country music, and just relax. I've pretty much seen everything I care to see and been everywhere I care to go. I just enjoy staying home."



## Zoom Zumba

Let's spice it up! The Crawford County Commission on Aging & Senior Center will be offering Zumba **via Zoom and in person**.

Zoom is a FREE easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet.

In person classes will be held outside under a covered pavilion at **Finley's Riverside Cabins** in Grayling located between Kodiak Group and Northbound Outfitters on W M-72. Classes will be offered on **Wednesdays and Thursdays at 10 am**.

Zumba is a dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. It also combines muscle conditioning and cardiovascular exercise. Modifications will be given to accommodate all skill levels.

All classes are **free** of charge but **registration is required for in-person classes**. Registration can be made online via MyActiveCenter (see pg. 16 for details) or over the phone. If you are interested in attending or have questions, please call the Commission on Aging (989) 348-7123. Registration is not required if you are joining via Zoom. To join in on the live classes visit the following links:

- Wed: <https://tinyurl.com/coa-zumba-wed>
- Thurs: <https://tinyurl.com/coa-zumba-thurs>



## Quarantine Boxes Still Available

There are "Quarantine Boxes" of food available for adults over 60 years of age who are not currently on any food assistance programs (Home Delivered Meals, SNAP, TEFAP, or Commodities).

One box is filled with recipes and 33 food items that provide for 22 well-balanced, nutritious meals. If you are interested in receiving a box visit [www.nemcsa.org/news-events/food-boxes-available-for-seniors](http://www.nemcsa.org/news-events/food-boxes-available-for-seniors) to fill out the questionnaire or call Tammy at (989) 348-7123 for help.

If you'd like to donate to help provide these boxes to seniors visit the Food Bank Council of Michigan website: [www.fbcmich.org/virtualfooddrive](http://www.fbcmich.org/virtualfooddrive).



## DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered 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, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.



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**Grayling Community Health Center**

Rehabilitation Services

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Grayling, MI 49738

(989) 348-0314

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





## Photo Scavenger Hunt Contest

In a galaxy far far away... oh wait wrong story... let's try that again...

In a small town in Northern Michigan lived an ambitious feared Viking on a quest to find his partner in crime, Smokey, who was being held captive by an unknown organization. The Viking, who we will call Mr. Viking, was sent a quest journal by the hostage takers to complete in order to free Smokey. Mr. Viking was up for the challenge to save his beloved partner until he had a bad experience online dating that left him in shambles. He was maliciously scammed by a perpetrator who stole his wallet, identity, and his most prized possession...a Volkswagen Beetle Bug Convertible... Leaving him even more broken hearted, Mr. Viking had no other option but to ask for assistance. He has requested the help of the community in completing his quest journal and locating Smokey. He is offering a reward for Smokey's safe return and evidence of the completed tasks by taking pictures of yourself at each location site. Are you up for the challenge?

**Complete the following eight quests by unraveling the riddles and submitting pictures of yourself at the exact location sites.** These riddles will send you on a goose chase throughout Crawford County to locate Smokey and save the day!

- **Quest #1:** Visit me for sugary goodness, I promise never to disappoint, I was once the old Ford dealership but now am home to ring-shaped delights.
- **Quest #2:** I am named after a lumber baron's wife and formerly known as Portage Lake. You may visit me during the hot summer months to soak up some rays or during the frigid winter to catch some fish filets.
- **Quest #3:** I was built in 1882 in a thriving lumber community. You may visit me at my new home as I am now fully restored

and on Sundays serve as a house of the Lord.

- **Quest #4:** In a place that is crowded and dark, you will see stars fall in love and eat popcorn with sweet tarts. Come one, come all, to view the big screen as I have been around since 1915.
- **Quest #5:** Back in the day, I use to be a track for a steam locomotive by the name of Little Smokey Railroad. Visit the pond that runs near my path, you are one-step closer and don't look back.
- **Quest #6:** Tour me for a look into Grayling's past. I was formerly a railroad depot and now hold information on the rich history of Crawford. Come see what I have to offer!
- **Quest #7:** I was originally built in 1906 and was known as the Kellogg School. Come check out some interesting facts and don't forget to bring your friends back.

**If you have made it this far, you are only one quest away from locating Smokey:**

**Final Quest:** You pass me on your way out of Grayling on M-72 West. Haven't you had fun solving these quests? I am an organization that provides innovative solutions. Let's be honest it is all about the execution. Smokey is furry, fierce, and one of our best! That is why we stole him back – to greet our guests! You can find him in front of our brown log building. Hopefully these quests weren't too chilling.

Send your completed quest journal pictures and any questions to [kgrieb@clawfordcoa.org](mailto:kgrieb@clawfordcoa.org) by midnight on September 30th. All locations must be correct when submitting in order to be entered to win a Spike's gift card provided by Mr. Viking. The winners along with the correct locations will be revealed in the upcoming Gazettes.

**DENHOLM FAMILY CHIROPRACTIC**

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Better Vitality  
Better Way of Life*

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[www.denholmfamilychiropractic.com](http://www.denholmfamilychiropractic.com)

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Fall is just around the corner. It will be here before we know it and the warm summer months will be a thing of the past... unfortunately. As we make our way into fall, it is important to stay on top of our health and wellbeing. Here is a list of activities to make your fall enjoyable for you and your family!

- Take a fall color drive and enjoy the brisk weather and scenery. Visit the following website to view the best color tours in Michigan: <https://tinyurl.com/fallcolordrives>
- Grab a nice flannel and make your way to the pumpkin patch! Participate in haunted corn mazes, pumpkin picking, hayrides, and cider! Visit the following site to find one near you: <https://tinyurl.com/MichiganPumpkinPatches>
- Visit a local apple orchard to pick some apples and bring some home for homemade apple pie. Apple picking is also good exercise to keep you moving while enjoying the outdoor colors. Check out the Charlevoix Apple Festival that has more than 30 types of apples along with fall items and baked goods. Visit the following site for details on the Apple Festival: <https://tinyurl.com/CharlevoixAppleFest>
- Enjoy a nature hike with your family. Visit Hartwick Pines, Wellington Farms, or the Mason Tract for family friendly trails. Pack a picnic lunch to have outside – soak up some extra Vitamin D before winter!
- Carve a pumpkin and find healthy recipes to use the seeds and pulp. Pumpkin seeds are high in protein and can be used to top your yogurt, incorporate in granola, or in a salad. Pumpkin pulp can be used for butters, soups, and a variety of baked goods (find low carbohydrate alternatives for even healthier options).

There are so many great ways to enjoy what is arguably the most beautiful season in Michigan. Be sure to take advantage of the weather, get outside, and spend quality time with your loved ones.



# Add Years to Your Life & Life to Your Years

## ONGOING SENIOR CENTER ACTIVITIES

<u>Activities</u>	<u>Fitness</u>	<u>Table Games</u>
<b>Bible Study</b> Tuesdays, 10am	<b>Aerobic Drumming</b> Golden Beats, Mondays, 10am	<b>Zumba</b> Zumba Gold Tuesdays, 10am
<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>Bridge</b> Mondays, 1pm
<b>Birthday Dinner</b> Tuesdays, once per month	<b>Exercise Classes</b> Stretch Fitness, Thurs 10am Equipped, Tuesdays, 10am	<b>European Euchre</b> Tuesdays, 1pm
<b>Craft &amp; Chat Club</b> Wednesdays & Thursdays 10am	<b>Line Dancing</b> Tuesdays, 11am	<b>Manjong</b> Wednesdays, 1pm
<b>Pool</b> Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	<b>Water Aerobics</b> Must call to register Tues 5pm & Weds 10am @ Grayling Super 8 \$5.00 charge per class	<b>Mexican Train Dominos</b> Fridays, 10am (starts Apr 17)
<b>Wii Bowling</b> Wednesdays, 1pm	<b>Yoga</b> Chair Yoga, Thursdays, 6pm Gentle Yoga, Tuesdays, 1pm	<b>Pinochle</b> Fridays, 10am
		<b>Pokeno</b> Thursdays, 10am
		<b>Scrabblers</b> Thursdays, 10am

## Medical Equipment Available

The Crawford County Commission on Aging has many medical items available for older adults 60 and over for free. If you are interested in any of these items, please give Kathy a call at (989) 348-7123. All supplies are first come, first served.

**Seated Walker with Wheels**



**Walker with 2 Front Wheels**



**Walker without Wheels**



**Side Step Walker**



**Bedside Commode**



**Adjustable Bed Rail for under mattress**



**Foldable Cane for the Blind**



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



**Support Stockings**



**Mirafone for the hearing-impaired**



Also available are **Ensure** and **Boost** available for those with a prescription and, for your personal needs, **Depends** and **Pads** are ready for your pick up. Give the office a call for sizes we have on hand.



## Support Groups

**11th Step Meeting - Open Meeting**  
Mondays, 7pm

**St. Francis Episcopal Church, Grayling**

**ACA (Adult Children of Alcoholics)**

Wednesdays, 7pm

**St. Francis Episcopal Church, Grayling**

**Addition Support Group**

Thursdays & Saturdays, 6:30pm

**Grayling Baptist Church**

**Adjustment to Vision Loss Support Group**

2nd Monday, 9:30am to 10:30am

**The Commission on Aging & Senior Center**

**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

**Cancer Support Group**

Every other Tuesday, 6pm

at **Grayling Baptist Church**

For anyone touched by cancer

Call Cathy at 989-348-8684 for more info.

**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

**Healthy Relationships & Empowerment for Women**

Thursdays, 4pm-5:30pm, at **River House**

For more info call 348-3169

**Munson Hospice Grief Support Group**

3rd Friday, 11am

**Munson Home Health**, 324 Meadows Dr.

**Narcotics Anonymous**

Wednesdays, 8pm,

**St. Francis Episcopal Church**, Grayling

For more info call Ted 989-429-8100

**Overeaters Anonymous**

Call Patsy 989-348-3073

**Personal Triumphs for S.E.L.F. Discovery**

Thursdays, 5-6:30pm, at **River House**

For women suffering PTSD Symptoms

Call Barbara at 989-348-3169 to register

**TOPS Weight Loss Class**

Thursdays 4:30-6pm

**St. John Lutheran Church, Grayling**

More info, call Mary Kay at 989-348-1398



September 2020 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>11:30-12:30 Lunch</b> Swiss Steak, Mashed Potatoes, Corn, Grapes <b>4:30-5:30pm Dinner</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	<b>2</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear <b>4:30-5:30pm Dinner</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Kiwi	<b>3</b> <b>11:30a-12:30p Lunch</b> Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	<b>4</b> <b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>7</b>  <b>CLOSED FOR LABOR DAY</b>	<b>8</b> <b>11:30a-12:30p Lunch</b> Pork with Kraut, Green Beans, Banana <b>4:30-5:30pm Dinner</b> Breaded Fish Sandwich, Asparagus, Pear	<b>9</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	<b>10</b> <b>11:30a-12:30p Lunch</b> Hamburger, Green Beans, Corn, Grapes <b>4:30-5:30pm Dinner</b> Shepard's Pie, Carrots, Pear	<b>11</b> <b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
<b>14</b> <b>11:30-12:30 Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	<b>15</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange <b>4:30-5:30pm Dinner</b> Beef Tips, Brown Rice, Corn, Apple	<b>16</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes <b>4:30-5:30pm Dinner</b> Lemon Baked Fish, Redskin Potatoes, Mixed Vegetables, Pear	<b>17</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Peas, Apple, Breadstick <b>4:30-5:30pm Dinner</b> French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	<b>18</b> <b>11:30-12:30 Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear
<b>21</b> <b>11:30-12:30 Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Orange	<b>22</b> <b>11:30-12:30 Lunch</b> Stuffed Peppers, Broccoli, Grapes <b>4:30-5:30p Dinner</b> Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	<b>23</b> <b>11:30a-12:30p Lunch</b> Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes <b>4:30-5:30pm Dinner</b> Beef Enchilada, Brown Rice, Corn, Pear	<b>24</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange <b>4:30-5:30pm Dinner</b> Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	<b>25</b> <b>11:30-12:30 Lunch</b> Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
<b>28</b> <b>11:30-12:30 Lunch</b> Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple	<b>29</b> <b>11:30-12:30 Lunch</b> Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange <b>4:30-5:30p Dinner</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	<b>30</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi <b>4:30-5:30pm Dinner</b> Lasagna, Mixed Vegetables, Apple, Breadstick	<b>Curbside Pickup Available!</b> Call in lunch and dinner orders between 9-11:30am. Pickup is available between 11:30-12:30pm. Upon arrival remain in your vehicle and call (989) 348-7123 to have meal(s) brought out to you. Weekend meals are available to congregate meal participants if they get a hot meal during the week. You may receive up to 4 frozen meals for the weekend. Donations are still being accepted but the correct change will be required.	

September 2020 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10am Aerobic Drumming	<b>2</b> 10am Zoom Zumba	<b>3</b> 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Marl Lake 1-3pm Powerful Tools for Caregivers	<b>4</b> 10am Stretch via Zoom
<b>7</b>  <b>CLOSED FOR LABOR DAY</b>	<b>8</b> 10am Aerobic Drumming	<b>9</b> <b>9:30am Commodities @ St. Mary's</b> 10am Zoom Zumba	<b>10</b> 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Rayburn Trail 1-3pm Powerful Tools for Caregivers	<b>11</b> 10am Stretch via Zoom
<b>14</b> 10am Aerobic Drumming <b>2pm Fall Harvest Bingo</b>	<b>15</b> 10am Aerobic Drumming	<b>16</b> 10am Zoom Zumba	<b>17</b> 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Wakeley Lake	<b>18</b> 10am Stretch via Zoom <b>10am-2pm Foot Care Clinic —Appt. Required</b> <b>1pm Intro to Zoom Workshop</b>
<b>21</b> 10am Aerobic Drumming	<b>22</b> 10am Aerobic Drumming	<b>23</b> 10am Zoom Zumba <b>10:30am New to Medicare</b>	<b>24</b> 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30am Unwind Outside @ Gahagan	<b>25</b> 10am Stretch via Zoom
<b>28</b> 10am Aerobic Drumming	<b>29</b> 10am Aerobic Drumming <b>1pm Fall Colors Painting</b>	<b>30</b> 10am Zoom Zumba <b>11:59pm Scavenger Hunt Entries Due</b>	<b>Guest Under Age 60 Welcome!</b> Participants under the age of 60 are welcome at any of our fitness classes, regular activities, or special events. However, in the event that registration at an event or activity becomes overly full, we are required to give preference to Crawford County Residents ages 60 and over. If you have any questions call (989) 348-7123.	



# 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 10-11:30am  
by InTeliCare - Friday, 11:30am-12:30pm

**Foot Care Clinic - by appointment**

**\$25 per visit** with punch card (6 visits—\$150)

or **\$30 per visit** - by Comfort Keepers

1st Thursday, 11:30-6pm

**Hearing Clinic - by appointment**

by Advantage Audiology

3rd Monday, 1-4pm, no charge

**Incontinence Supplies**

Supplies are available for a donation of \$5.00

**Medical Equipment Loan Closet**

Items are available for a donation of \$5.00

## Nutrition Services

**Boost Plus**

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

**Commodities Food Distribution**

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

**Congregate Meal Program**

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

**Home Delivered Meals**

(Meals on Wheels)

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

**Senior Project Fresh**

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

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

## Resources

**Computers**

Internet, computers, and printers are available at the Senior Center. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

**Information and Assistance**

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

**Legal Assistance**

by Jason R. Thompson Law Office PLC  
Free legal consultations available the 3rd Thursday of each month from 1-4pm

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

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

**Medical Transportation**

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

**Resource Center**

Bookcase of loan materials, both videos and books.

**Senior Gazette**

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

## In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

## Classes

**AARP Driver Refresher Course**

Offered once each year.

**Cooking for One**

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

**Matter of Balance Program**

This program offers practical strategies to reduce falls.

**PATH (Personal Action Toward Health)**

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

**Powerful Tools for Caregivers**

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

**Stress Less with Mindfulness**

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

**Tai Chi**

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

**Walk with Ease**

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

**Wellness Initiative for Senior Education**

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

## 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 2020!**

## At the Senior Center

- We served **573** Congregate Meals

## In-Home Services

- Delivered **3,422** home delivered meals.
- Provided **117.50** hours of respite care.
- We provided **360.75** hours of homemaker services.
- We provided **105.50** hours of bathing assistance services.



**Tune into the Community Calendar for our Calendar of Events**  
**aired daily on all the Blarney Stone Broadcasting Stations or go to [q100-fm.com](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com), or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**





# SOCIAL SECURITY TIPS

*From Bob Simpson, District Manager Traverse City Social Security Office*

## Changing Your Direct Deposit Information with Social Security

Change happens. We get it. The most convenient way to change your direct deposit information with us is by creating a my Social Security account online at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Once you create your account, you can update your bank information without leaving the comfort of your home.

Because we are committed to protecting your personal information, we need some form of identification to verify who you are. If you already have an account, we verified your identity when you initially created your



personal my Social Security account. All you need to do is log in at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access or change your information.

We highly recommend that you do not close your old bank account until you have seen your Social Security deposit show up in the new bank account.

We always strive to put you in control by providing the best experience and

service no matter where or how you decide to do business with us. Remember, you can do much of your business with us online at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices).

## The Medicare Wellness Visit

The Medicare annual wellness visit is a yearly preventative screening that allows your provider and healthcare team to better help you manage your health. The goal of the Annual Wellness Visit is to create or update a personalized prevention plan. This plan may help prevent illness based on your current health status, injury risks, behavioral risks and urgent health needs. During the wellness visit, important health needs can often be identified that may not always be evident during a routine follow-up appointment focused on disease management with your primary care provider.

All patients with Medicare part B are eligible for an annual wellness visit every year (wellness visits must be 366 days apart). You may call your insurance if you would like to verify eligibility. Annual Wellness visits are a valuable Medicare benefit, whether you are concerned about your health risks OR you feel fit-as-a-fiddle!

At the Annual Wellness Visit, your primary provider's specially trained registered nurse care manager will conduct health screenings, review your health risk factors, discuss advance directives, update your medical history, and create a personalized prevention plan to keep you healthy. The Wellness Visit results will be reviewed by your provider so that any concerns can be addressed at your next scheduled visit.

To prepare for the visit you should make sure to bring the following things with you:

- A completed Annual Wellness Visit

Health Risk Assessment Questionnaire (mailed to you or available at check in)

- A copy of your Medical Advance Directive or Living Will, if not already on file in your medical chart. If you don't have one, the wellness nurse can assist you in completing an advance directive.
- Medication bottles & inhalers (or an accurate list of all medications and supplements)
- Names of your current dental, vision, specialist health care providers and medical equipment suppliers
- A list of questions, health concerns, or health goals

If you qualify, Medicare covers the Annual Wellness Visit at 100%. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover Adult Wellness Visits without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Contact your Munson health care primary provider's office to schedule a Medical Wellness Visit appointment:

- Grayling Community Health Clinic  
Michigan Ave 989-348-0550
- Grayling Milltown Clinic  
N. Down River Rd 989-344-5910
- Roscommon Community Health Clinic  
989-275-1200
- Prudenville Community Health Clinic  
989-366-2900

# zoom

## Introduction to Zoom Workshop

The Crawford County Commission on Aging and MSU Extension will offer another online Introduction to Zoom Workshop on **Friday, September 18th from 1:00-2:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

As we continue to have more activities offered online including Zumba, Aerobic Drumming, and online games, as we want everyone to be able to take full advantage of the opportunities. **This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.**

You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call.

Classes currently being offered online include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. More classes will be available online soon. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! **Registration is required.** Please call (989) 348-7123 to register or you can register through MyActiveCenter (see pg. 16 for details). The Zoom link will be sent via email after registration.



## Mobile Pantry Distribution

**at the Grayling Baptist Church**  
705 Madsen St., Grayling, MI 49738

**Distributions start at 11am**

Thursday, September 3, 2020  
Thursday, September 10, 2020  
Thursday, September 17, 2020  
Thursday, September 24, 2020

**Food Pantry distributions are open to everyone regardless of income levels.**



# Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.  
We may resume when the Senior Center reopens for activities.

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

1. abbot
2. abetting
3. adverbial
4. anenst
5. antinaturalistic
6. armguard
7. astrict
8. baser
9. biomedicine
10. blackheart
11. brig
12. cantling
13. cloddiness
14. collaborated
15. deluding
16. dogless
17. elsewhither
18. eskimoan
19. evener
20. fluffiness
21. gleesome
22. gonococcoid
23. grantee
24. grouchy
25. hasp
26. highland
27. ignace
28. indwelling
29. inflexion
30. koumiss
31. lapstreak
32. lisboa
33. megalocardia
34. nabonidus
35. narraganset
36. northwest
37. odometer
38. orphism
39. planimetry
40. pushiest
41. reportion
42. salina
43. tharm
44. treason
45. undrawing
46. ungarbed
47. unorderedly
48. unrifled
49. venesection
50. yakutsk

## Cook's Corner City Chicken Make approx. 20-25



### INGREDIENTS

- 3 sliced veal steaks or 3lbs veal cubed
- 1 (3lb) pork butt roast
- Approx 25 skewers or city chicken sticks
- 3 eggs
- 1 1/2 cups bread crumbs
- 1 cup flour
- Salt and pepper to taste

### DIRECTIONS

- 1) Cut meat into 1—1 1/2 inch cubes and place in separate dishes.
- 2) Beat egg in a dish with salt and pepper.
- 3) Slip meat onto stick from the pointed end alternating between veal and pork until the stick is covered except for approx 1/2 to 1/4 in at both ends of stick (for handling).
- 4) Roll the skewered meat in the egg mix, then in the flour, then in bread crumbs. Press lightly and set aside.
- 5) Heat oil in a frying pan and fry skewers in oil until browned lightly on all sides. Remove and drain.
- 6) Put oil in the bottom of a large casserole dish and place the city chicken in layers.
- 7) Cover and bake for 2-3 hours at 300 degrees or until cooked through.

*Submitted by Jeanette Kelts*

To submit your recipe for the Cook's Corner please email [svanduser@crawfordcoa.org](mailto:svanduser@crawfordcoa.org) or mail a copy to our offices!

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# Social & Emotional Learning Courses

By Nicole Persing-Wethington, from Michigan State University Extension

Social and emotional learning is important across the lifespan. Stress Less with Mindfulness and RELAX: Alternatives to Anger are two social-emotional programs offered on a rotating basis online through MSU Extension. These programs can help to expand or deepen skills that can improve quality of life.

Many people may not think an anger class would benefit them personally. However, many participants come back to say they never realized how impactful anger, frustration, and stress were on their mental and physical health. RELAX: Alternatives to Anger focuses on identifying signals, calming down methods, problem solving, communication,



forgiveness, and letting go. The next RELAX: Alternatives to Anger course is scheduled for September 14-17. To learn more visit <https://events.anr.msu.edu/relaxsept14to172020/>

Stress Less with Mindfulness has been shown to help participants reduce stress symptoms. Participants learn mindfulness techniques to use in their daily lives and why they work. Research tells us that stress can wreak havoc on us physically, emotionally, and mentally. Managing stress is important to our overall health. Stress less is scheduled for September 21-25. You can register or learn more by visiting <https://events.anr.msu.edu/slmsept21to252020/>



## Foot Care Clinic

The Foot Care Clinic provided by Comfort Keepers will be returning this month. As usual, clients are to bring two towels and their own basin to soak their feet. You will receive the nail clippers and tools to take home with you. All of these items are to be brought back each time you come in for an appointment.

Because of the continuing coronavirus outbreak, all clients must wear a facemask. Temperature checks and a health screening will be done upon arrival. Clients will be asked to sign a COVID-19 liability waiver. We ask that participants do not arrive early and that they stay in your car until being notified to enter. Only the client will be allowed into the facility and will be asked to use hand sanitizer as they enter.

The cost of the foot care is **\$30 per visit** or \$150 to purchase a non-refundable, non-transferrable punch card redeemable for 6 visits. Payment can be made upon arrival via check (made payable to Comfort Keepers) or cash (only exact change will be accepted)—no credit cards will be accepted.

Appointments will take place at the new Commission on Aging building located at **4388 M-72 West** (approx. 1/2 mile east from Lawndale street on M-72 (Huron Street)—next door to the Grayling Car Care).

Appointments are now being made for **Friday, September 18th** from 10am to 2pm. Call the Commission on Aging & Senior Center at (989) 348-7123 to make your appointment today.



## Fall Harvest Bingo

The Crawford County Commission on Aging & Senior Center invites you to play bingo with us on **Monday, September 14 at 2pm!** Grab a cup of your favorite fall drink and join us via Zoom for a fall themed bingo!

The event will take place online using **Zoom**, a **FREE** easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate in the activities.

Join the fun, see your friends, and enjoy some bragging rights... if you're lucky! If you have questions or are interested in participating, please email Kaitlyn at [kgrieb@crawfordcoa.org](mailto:kgrieb@crawfordcoa.org). The Zoom link for the game along with your bingo cards will be provided to you! Bingo cards can be printed or used on the computer.



**Reaching Seniors and Beyond!**



## Aerobic Drumming

The Crawford County Commission on Aging will continue to offer Aerobic Drumming via **Zoom and in person on Mondays and Tuesdays at 10am.**

Join us for a class that incorporates dynamic movements of aerobic dance to the rhythms of the drum. This class can be done seated or standing and **there are modifications given to make this workout match any skill level.**

You will need an exercise ball, a bucket, and some type of drumsticks to participate in this class. **You can borrow the equipment from our lending library** at the Commission on Aging. Please call when you arrive at the COA and we will bring the equipment out to your car: (989) 348-7123.

In person classes will be held outside under a covered pavilion at Finley's **Riverside Cabins** in Grayling located between Kodiak Group and Northbound Outfitters on W M-72. **Registration is required for in-person classes.** Registration can be made online via MyActiveCenter (see pg. 16 for details) or over the phone.

All classes are **free** of charge. If you are interested in attending or have questions, please call the Commission on Aging (989) 348-7123. Registration is not required if you are joining via Zoom. To join in on the live classes visit <https://tinyurl.com/coa-drumming/>.

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# How to Make Cloth Face Coverings

## CDC Guidance on Homemade Cloth Face Coverings (Updated July 6, 2020):

- Children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance should NOT wear face coverings
- Cloth face coverings are NOT surgical masks or N95 respirators.** Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- CDC recommends that you wear cloth face coverings in public settings when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Make sure your cloth face covering fits snugly but comfortably against the side of the face, completely covers the nose and mouth, is secured with ties or ear loops, includes multiple layers of fabric, allows for breathing without restriction, can be laundered and machine dried without damage or change to shape.

Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19. See below for some simple instructions for a sewn OR non-sewn face covering.

### Sewn Cloth Face Covering

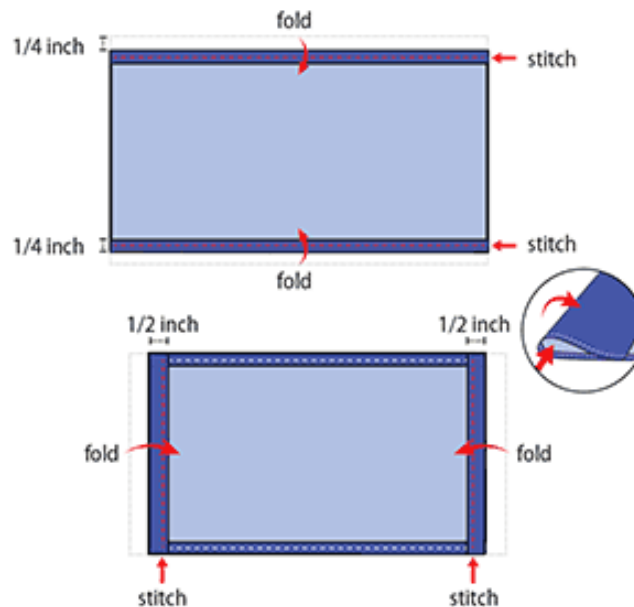
Materials needed include the following:

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)

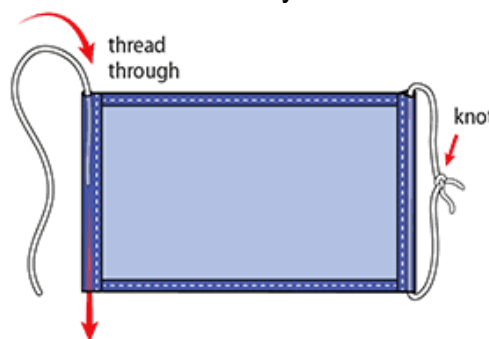
- Scissors
- Sewing machine

### Tutorial

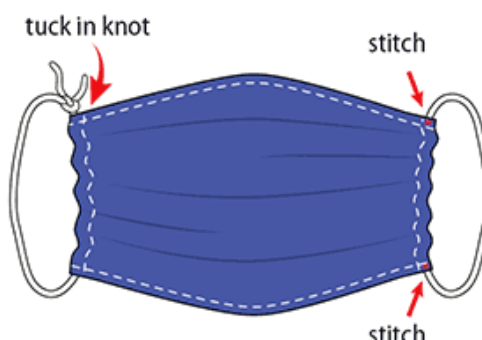
- 1) Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
- 2) Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.



- 3) Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



- 4) Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



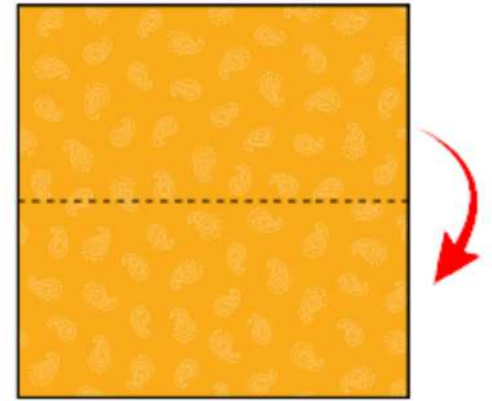
### Non-sewn Face Covering

Materials needed include the following:

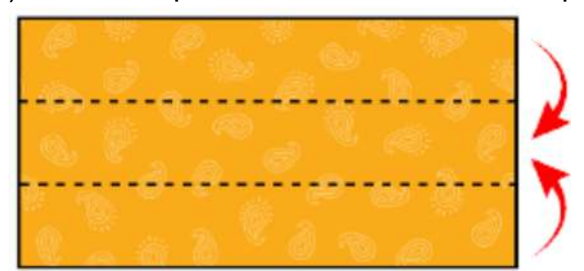
- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

### Tutorial

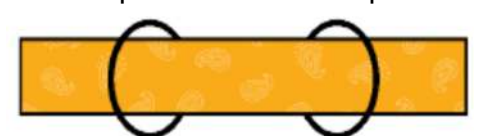
- 1) Fold a bandana or cloth square in half



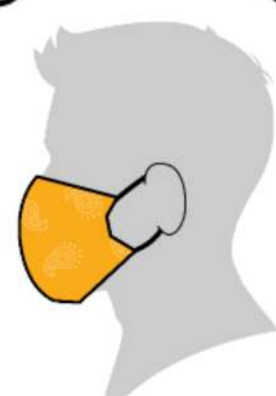
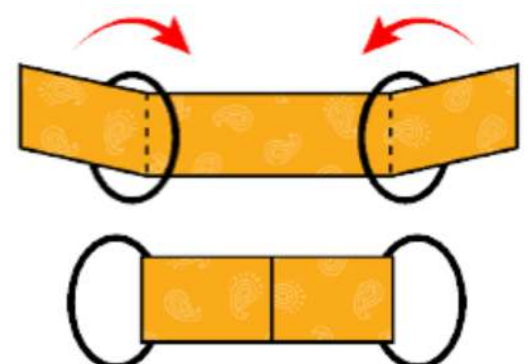
- 2) Fold the top  $\frac{1}{3}$  down and bottom  $\frac{1}{3}$  up



- 3) Place rubber bands or hair ties around fabric strip about 6 inches apart



- 4) Fold sides into the middle and tuck



The Commission on Aging also currently has masks available to any older adult who needs one. Stop by the Commission on Aging office at 308 Lawndale, call (989) 348-7123 and one will be brought out to you.

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## Emergency House Number Signs Available

During an emergency, are the first responders going to be able to locate your house quickly?

There are still homes in Crawford County which do not have good house number signs. Thanks to a grant by the Crawford County Emergency Management Department, the Crawford County Commission on Aging & Senior Center has emergency house number signs available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home (pictured above).

The Commission on Aging and Senior Center will assist Crawford County residents age 60 and older in obtaining a sign if you do not already have one. If you are interested contact Tammy Findlay, Advocacy and Resource Coordinator at the Commission on Aging at (989) 348-7123.



***VOLUNTEERS we need you!***  
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### Drivers

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



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

***If you are interested in volunteering contact Melanie Conway at 989-348-7123.***

## Notes of Encouragement

Many of you have sent us notes of encouragement during this tough time. We appreciate all the support of this community so much! Below are just a few of the comments we'd like to share with you.

Take pride in what you've done and celebrate. You deserve it!  
 Very excited for you.



Thinking of you and how much more special my world is when you're around. Missing everyone. I hope you are well.



I miss you guys so much. I hope all is well and good!



Miss you guys. Hope to see everyone soon.



"Hello" to all – and so glad you will be able to move into your new facility. You are such an important part of the community.



Thanks for doing such a great job for all the Seniors.



Thanks you and all who helped me sort things out! Much appreciated. Stay well!



Thank you for all you do for Seniors!



Just wanted to let you know that I love the Hearing Clinic. Was told \$7,000 for my needs but with your clinic everything is covered and my life is going to change.



A Big Thank You To Everyone for ALL you do especially for HDM Program.



We are very fortunate to have the people that are working for the COA so involved and passionate about what they are doing, what they are offering to our aging population.



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## my active center Registration

The Crawford County Commission on Aging & Senior Center will start using MyActiveCenter for activity registration and activity payment. If an activity requires registration or payment, it will be available to be completed through MyActiveCenter. MyActiveCenter is a website that allows you to join and enroll in activities online, pay for classes, and browse activities happening at a senior center in your area!

A member who wishes to sign up on MyActiveCenter will need to be in our Senior Center database. The member will need a Senior Center member number that is on the back of each individual key tag. The member will also need the phone number associated with your account when you signed up at the Senior Center. If you need your key tag number or are unsure of the phone number associated with your account, please contact the Senior Center at (989) 348-7123.

### How to Signup/Register Online:

- 1) To register for a class online using MyActiveCenter visit [www.myactivecenter.com](http://www.myactivecenter.com)
- 2) Click "New Users" on the top right hand side of the screen
- 3) This will prompt you to "Choose a Center"
- 4) Be sure your location says "Currently showing Senior Centers near Grayling, MI 49738"
- 5) If not, click "Change Location" and type "Grayling" or use our zip code which is "49738" then click "Change"
- 6) "Crawford County COA" should be the first choice on the list
- 7) Select "Crawford County COA"
- 8) This will take you to a screen that says "Activate Account" you will need your key tag number along with your phone number for this step
- 9) Type in your key tag number (ex. "X1745167") and enter your phone number (ex. "989-348-7123")
- 10) Type in your email which will serve as your username and create a password for your login to register for classes using MyActiveCenter
- 11) Click "Continue" – You now have an account on MyActiveCenter!

### Registering for a Class:

- 1) Click the event you are interested in attending - this will bring up a big calendar of dates that the class is offered on
- 2) Choose the date(s) you are interested in attending. When a class time is selected, the box will become darker.
- 3) After you are done choosing the dates you would like to attend, click "Register" on the right hand side above the calendar.
- 4) A summary of the dates and times you choose will appear. To confirm press "Register" again.
- 5) To ensure you are signed up click "Hi [Your Name]" on the top right hand side of the screen
- 6) Click "My Activities" and it will bring up a calendar that shows you what events you have registered to attend.
- 7) If you ever need to cancel, click the red "X" on the right hand side that will remove you from that event.
- 8) You are now registered for classes!

### How to Pay for a Class:

- 1) Follow steps 1 – 4 under registering for a class
- 2) After you press "Register" a screen will pop up prompting you to checkout click the green "Checkout" button.
- 3) A summary of the class will appear prompting you to enter your card number, expiration date, and CCV.
- 4) Once the information is entered, click the green "Pay Now" button.
- 5) A receipt will be available for you to print and one will be sent to your email from MyActiveCenter.
- 6) Click "Continue" to be redirected back to the home screen

For assistance using MyActiveCenter, you can view the following "how to" video on creating an account and registering for a class online: <https://tinyurl.com/MyActiveCenter>

Visit <https://www.crawfordcoa.org/resources/myactivecenter-registration> to view instructions with example graphics. If you need further assistance, please call or email Kaitlyn (kgrieb@crawfordcoa.org) at (989) 348-7123.



## Paint the Colors of Fall

The Crawford County Commission on Aging & Senior Center invites you to join us for a Fall Trees painting workshop. The workshop will take place on **Tuesday, September 29<sup>th</sup> at 1pm via Zoom**. Zoom is a free easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet.

Kiel Stevens from the Houghton Lake Library will walk you through step by step to paint these beautiful fall trees. Even if you have never held a paintbrush before, you will be able to create a painting you are proud of.

This event is **\$20 per person**, which includes the kit with all the supplies/materials you will need to paint. Your box of materials can be picked up on a weekday by calling ahead at the Commission on Aging located at 308 Lawndale Street in Grayling.

Registration and payment is required by September 22nd and can be made online via MyActiveCenter (see pg. 16 for details) or by mailing a check or over the phone via credit card. For more information or to register for this event please contact the Crawford County Commission on Aging at (989) 348-7123. The Zoom link will be sent via email after payment is made. Space is limited; call to reserve your spot today! No experience is required.

## Stroke Awareness: Know the Symptoms and BE FAST



- B** Balance: Sudden loss of balance  
**E** Eyes: Vision loss in one or both eyes  
**F** Face: Look for uneven smile  
**A** Arms: Weakness in one or both arms  
**S** Speech: Listen for slurred speech  
**T** Time: Call **911** now

Minutes matter. If you see any of these signs of stroke, call **911** immediately. Learn more at [munsonhealthcare.org/stroke](http://munsonhealthcare.org/stroke).



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