

2017-2018



ANNUAL REPORT TO THE COMMUNITY

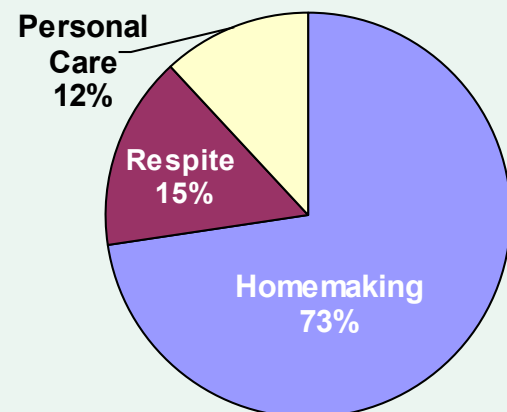
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Creating Golden Opportunities for Older Adults of Today & Tomorrow

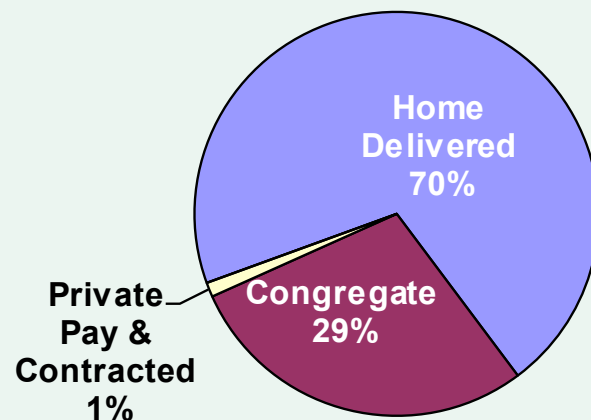
Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 35% (1,390) of Crawford County seniors age 60 and above.*



In-Home Services
6,482 Hours ~ \$31.13 per Hour
143 Individuals



Meal Program
40,100 Meals ~ \$7.08 per Meal
1,117 Individuals
On average 148 people attended the monthly Community Dinners.



*Based on 2010 Census

Senior Center Activities

- 46 activities offered & attended by 810 unduplicated people.
- Average monthly attendance = 886
- Average daily visitors = 64
- Most people reached = Concerts with 177
- Most popular weekly activity was Bingo with 127 participants.

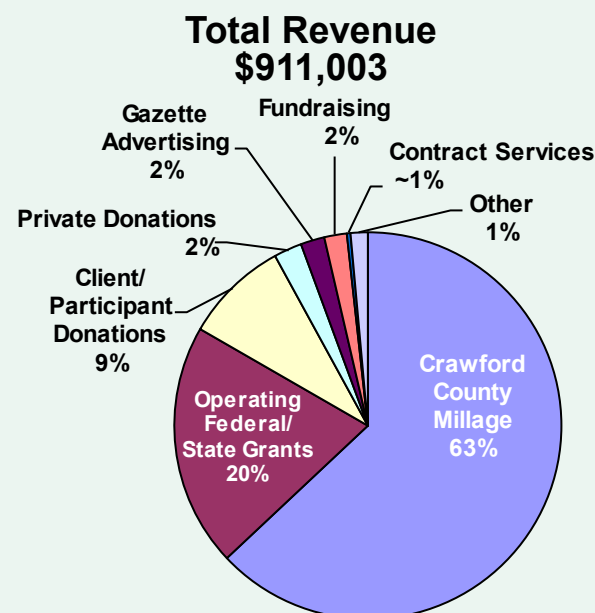
Commission on Aging Programs

- 538 boxes of Food Commodities were delivered to 56 people.
- 297 hours were spent counseling 256 seniors with their Medicaid and Medicare benefits.
- 211 seniors received "Senior Project Fresh" farm market coupons.
- 87 loans of medical equipment
- 648 people received assistance thru our Advocacy services.
- 122 Medical Transports were provided to 28 individuals.

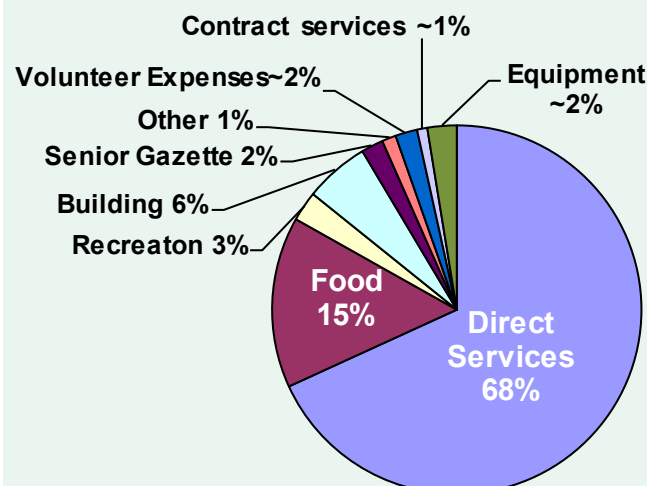
Thank You Volunteers!!

Over 4,791 hours were performed by over 107 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$45,223 in staffing dollars saved. In addition volunteers raised \$6,678 for a total of \$51,901 generated by our volunteers.

Total Budget Information



Total Expenditures
\$895,586



Our Mission

To advocate and promote the well-being and independence of all older adults in Crawford County.

Board Members

Jamie McClain, County Commissioner
Marc Dedenbach, Member
Greg Dulkowski, Member
Lorelei King, Member
Jason Thompson, Member
Susan Hensler, Member
Sandy Woods, Member

Staff

Alice Snyder, Director
Melanie Conway, Assistant Director
Dale Van Vliet, Nutrition Manager
Lynn Cheney, Administrative Asst.
Karl Schreiner, Advocacy/Resource Coord.
Christine Sayad, Public Relations Coordinator
Kaitlyn Grieb, Fitness & Wellness Coordinator
Kathy Meisner, Program Assistant
Helen Nolan, Receptionist
Rena Bowker, Receptionist
Denise Conte, Cook
Megan Cooper, Cook
Erika Mudry, Homemaker
Kathy Jacobs, Homemaker
Ann Bilyeu, Homemaker
Sarah Pollock, Homemaker
Linda Thompson, Homemaker

Overall Quality 69% Rated Excellent
Survey Details at www.crawfordcoa.org/surveys

Crawford County Commission on Aging - 2017/2018

Testimonials

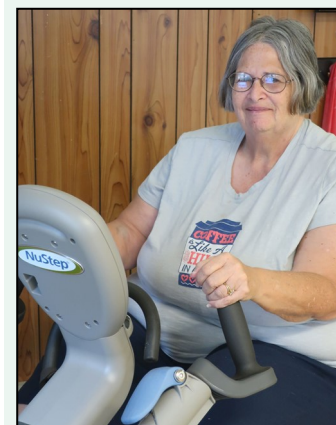
NuStep Machine Brings New Life at the Senior Center

The NuStep, the world's first recumbent cross trainer, is at the Senior Center! And it's changing lives....specifically for Janet Gildner.

The NuStep and its inclusive design gives users access to a low-impact, total-body cardio and strength

For Janet Gildner the NuStep is the contributing factor of how she lost 58lbs. "Along with the Weight Watchers Program, I know it is because of the NuStep which helped me to lose the weight."

Janet works out 2-3 days every week for 40 minutes. At first she felt stiff and was concerned about her knees, but after only a few workouts she began walking and feeling better.



Janet also says that she loves to be in the workout area when other exercise groups are back there because she likes having the support and encouragement of others along with the music. "Both are a motivator for me."

workout—all from a safe, seated position. The quick start feature lets users get on and go, at any pace or resistance level. NuStep is ideal for healthy users focused on active aging; for the frail or those with mobility issues; and those recovering from joint replacement, surgery, cardiac event or stroke.

The NuStep is available for use at the Senior Center, free of charge Mon & Wed from 8:30am to 6pm, Tues & Thurs from 8:30am to 7pm, and Fridays from 8:30am to 4pm. Bring a friend and take turns with the NuStep and other fitness equipment available for use including weights for strength training and Therabands for muscle building and

Community Garden Friends Garden Revitalization



Volunteers worked hard at the Community Garden this summer. A well and sprinkler system were installed and is now up and running. The garden area was cleaned up and fencing was reinforced. Chicken wire was added to keep the critters out.



We began the process of enhancing the soil with organic material.

We could not have done all this work without the hard work of our volunteers and the fantastic support from our sponsors.

The Community Garden Friends received a Great



Lakes Energy grant of a \$4,365 from their People Fund. This money will go toward further improvements of the Community Garden in the summer of 2019. Projects include lighting, sidewalks and an outdoor spigot for gardeners.

This year of revitalization has been so exciting! All of the improvements will make gardening a possibility in 2019!