



2021-2022

CRAWFORD COUNTY COMMISSION ON AGING ANNUAL REPORT TO THE COMMUNITY





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FROM OUR DIRECTOR:



The Crawford County Commission on Aging spent fiscal year 2021-2022 trying to get back to normal. We saw an increase in our unduplicated older adults served, the number participating in Senior Center activities and the number dining in for lunch at the Senior Center. We have found that participants are slow to return, but it is happening.

The new Senior Center has allowed us to create brand new activities like Pickleball and Silver

Sneakers which started in the beginning of 2022, and it allowed us to expand other fitness programs like Zumba. This was the first year that a fitness related activity beat out the attendance of Bingo! In fact, we had 4,153 in attendance for fitness classes compared to 1,963 for regular activities. There is clearly an interest in staying active and healthy in Crawford County.

Another first was hitting the million-dollar budget mark for our non-profit agency. We could not have done it without our faithful donors and volunteers! Private donations increased by 3% including our largest corporate donation for Meals on Wheels from Huntington Bank. Volunteers, Lorelei King and Susan Hensler (along with their volunteer helpers) took it upon themselves to organize and execute 2 large rummage sales this year bringing in \$9,000. This was such an amazing gift since staff time for fundraising is so limited. With the increased costs in mileage reimbursement for staff, food cost for meals and wages necessary to hire and maintain quality staff, these gifts were invaluable.

Efforts were purposefully made to tap the power of social media with our Facebook page reaching 1,000 followers. This has allowed us to reach beyond our existing donor, volunteer and participant base to new audiences and raise more funds.



Longtime volunteers, Judy Morford and Clara Gibbs retired. Judy taught clogging and Zumba Gold for 14 years. Clara spent 17 years as a Senior Companion visiting with older adults. Thank you to both volunteers for their years of service with our participants.

We are looking forward to breaking ground on the new Senior Center and moving in 2023. It's also the Commission on Aging's 50th Anniversary! On behalf of our Board and all the employees, we wish you Happy Holidays and a healthy and happy 2023!



Alice Snyder
Alice Snyder, COA Director



OUR BOARD OF DIRECTORS



Jamie McClain
Commissioner
& Board Chair



Karl Schreiner
Vice-Chair



Sandra Woods
Secretary



Shannon Sorenson
Member



Susan Hensler
Member



Jeanne Weible
Member



Jason Thompson
Member

OUR STAFF

Alice Snyder, Director
Toby Neal, Senior Center Manager
Lynn Cheney, Office Manager
Jamie Adams, In-Home Services Manager
Kate Moshier, Nutrition Manager
Tammy Findlay, Advocacy/Resource Coordinator
Kathy Meisner, Program Assistant
Helen Nolan, Receptionist
Denise Conte, Cook
Megan Hagle, Cook
Kathy Jacobs, Homemaker
Sarah Pollock, Homemaker
Susan Randall, Homemaker

ABOUT US



Creating Golden Opportunities for Older Adults of Today & Tomorrow

History

Crawford County Commission on Aging (COA) is a local governmental agency established in 1973 charged with serving older adults age 60 and above throughout Crawford County and Grayling, Michigan. The agency is governed by a 7 member Board appointed by the Crawford County Commissioners.

The COA brings together federal, state and local grant funds as well as local millage dollars to make up their budget. These monies are used to provide a variety of services to older adults throughout the county. Because older adults receive services on a donation basis, the COA greatly depends on your donations to help maintain their programs.

Mission

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

Vision

A community of active, informed, healthy and caring older adults living and aging together.

Values:

- To treat all people with compassion, dignity and respect.
- To encourage and welcome diversity and individuality.
- To assist older adults in making and implementing choices that maximize their independence and quality of life.
- To protect an older adult's life, health and property while preserving their right to self determination.
- To encourage intergenerational understanding and promotion of shared activities.

OUR PROGRAM & SERVICES

New Senior Center Utilized

During the beginning of 2022 we began incorporating activities at our new Senior Center location. On a daily basis we have been able to hold different fitness activities at this new location. To do this we utilized Site Host volunteers who maintain the facility, register participants and oversee the safety of the activities.

Congregate Meals

Our Congregate Meals provide a nutritious and balanced meal in our dining room. Suggested donation is \$3.50 for older adults 60+ and \$6.00 for anyone under 60. Currently anyone can dine-in and enjoy hot lunches served Monday through Friday between 11:30am-12:30pm. During that time participants can also pick up frozen meals for dinner or weekend meals.

Fitness

This past year we saw a significant increase in fitness classes, bringing in new classes like SilverSneakers, the Diamond Dancers and Pickleball. Prior fitness classes like Clogging and Zumba continued and Zumba went to bi-weekly classes. We also offered evidence-based strength and conditioning class called Geri-Fit three times in 2021-22.

Information & Assistance

We have staff ready to assist older adults in finding answers to questions or to assist in finding available resources. The most common assistance needs include reviewing insurances, application assistance for Medicaid and SNAP (food stamps), accessing utility assistance, finding housing and minor home repairs.

Home Delivered Meals

Home Delivered Meals (Meals On Wheels) are offered 7 days a week for those older adults who are unable to prepare their own meals. Frozen meals are offered on non-delivery days.

In-Home Services

For those who need a little assistance maintaining their independence, we offer a variety of in-home services which include **Housekeeping, Personal Care, and Respite for Caregivers.**

Health Services

- **Discounted “Boost Plus”**—a discounted prescription liquid dietary supplement is available.
- **Foot Care Clinic**—nurse available monthly to trim toenails for a fee.
- **Personal Hygiene Products**—pads and/or adult briefs, chux pads, perineal cream, and adult washcloths are available by donation.
- **Medical Equipment Loan Closet** with many items to be checked out and borrowed for a donation.

Telephone Reassurance & Friendly Visitors

Volunteers are available to call and check on you or your loved one every Tuesday and Thursday.

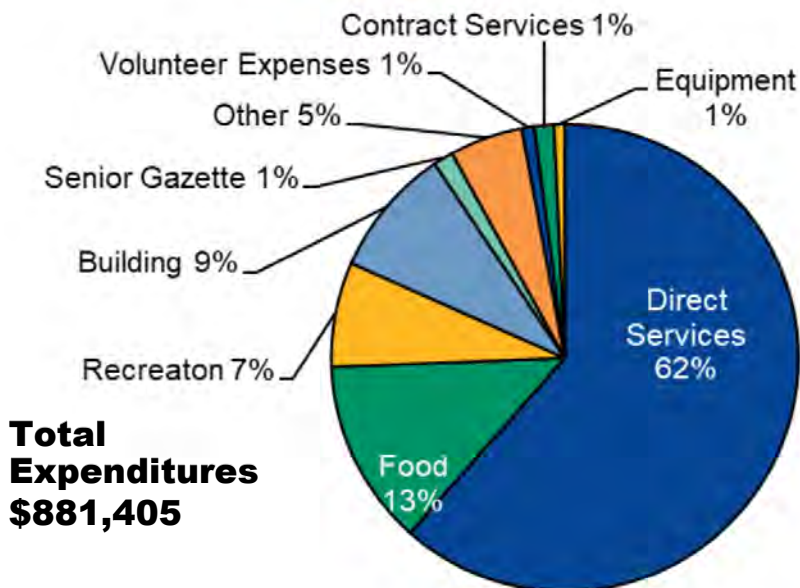
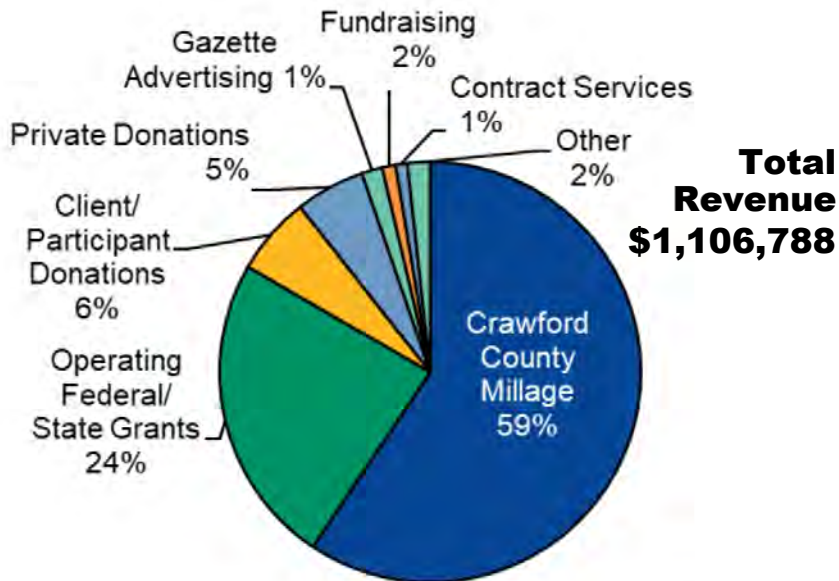
Advocacy Services

- **Medicare/Medicaid Assistance Program**—MMAP counselors are specially trained in Medicare/Medicaid rules and other health insurance products to assist older adults in deciding which are the best options for them
- **Free Legal Assistance**—Consult with a lawyer about your legal matter. *Sponsored by Jason R. Thompson, Law Office PLC.*
- **MDHHS Assistance**—Receive assistance in applying for state benefits like Medicaid, SNAP (food stamps) and State Emergency Relief
- **Kinship Care**—A program to assist adults 55+ in raising relative children
- **Food Assistance**—Get connected to the food assistance programs available
- **Utility Assistance**—Get assistance or guidance in paying past-due utility bills or getting services restored
- **Phone Assistance**—Get help finding affordable or specialized phone service
- **Senior Project Fresh**—Each summer, qualified older adults receive \$25 worth of coupons for fresh fruits & vegetables

Classes

Classes (including evidence-based) are available throughout the year in a wide range of topics including **A Matter of Balance, Personal Action Toward Health (PATH)**, **Tai Chi for Arthritis, AARP Drivers Safety, Stress Less with Mindfulness, Geri-Fit and Walk with Ease.**

OUR NUMBERS



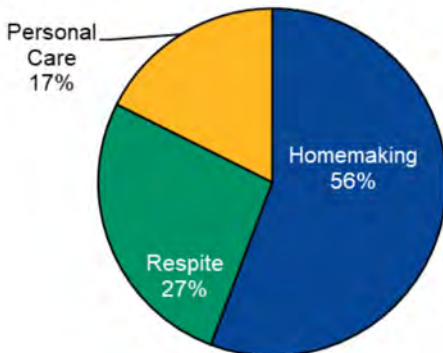
Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 32% (1,270 individuals) of Crawford County seniors age 60 and above (based on 2010 census).

Senior Center Activities

- 31 activities offered & attended by 605 unduplicated people.
- Average monthly attendance = 524
- Average daily visitors = 42

Commission on Aging Programs

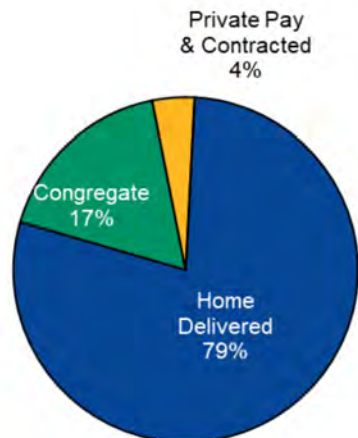
- 206 boxes of Food Commodities were delivered to 27 people.
- 289 hours were spent counseling 174 older adults with their Medicaid and Medicare benefits.
- 153 older adults received "Senior Project Fresh" farm market coupons.
- 117 loans of medical equipment and personal hygiene products.
- 304 people received assistance thru our Advocacy services.



In-Home Services
4745 Hours
~\$41.53 per Hour
106 Individuals

Meal Program

40937 Meals
~ \$6.09 per Meal
737 Individuals
On average 136
people picked up
monthly Community
Luncheons.



OUR FUTURE



Building Update:

None of us imagined that this is where we would be after passing the \$3 million bond for the new Senior Center in March of 2020. This has been hard on all of us who are intimately involved in the project, but in 2023 we will be moving forward.

The COA Board made the tough decision to move the gymnasium addition to a Phase 2 of the project. This will hopefully allow us to complete the renovations to the existing building and move in. Bids received for the entire project were at least \$2.1 million dollars over budget. Categories such as roofing, masonry, steel and sitework did not even have bidders. Bids were rejected in the fall and will be reissued in January 2023. The hope is that we will be able to start April 1st.

We are not alone with these problems. Every day we hear of another project that is struggling to move forward as planned. We have worked hard to find additional funding for



this project as well. A \$268,000 grant from the Allen Foundation is set to pay for most of the kitchen equipment. Weyerhaeuser donated \$20,000 toward the project. The Grayling Promotional Association has committed \$10,000 to the project. The County has submitted a \$250,000 grant request to USDA Rural Development as well. Currently, there are efforts to complete a \$1 million grant from the Michigan Department of Natural Resources in hopes that it will allow us to move forward with the Gymnasium - Phase 2.



Even if the gymnasium does not get built right away, this project will still resolve many of the COA's existing problems. There will be no more issues with parking at the new location as it will have ample space for all visitors. We will increase the size of our kitchen and have a walk-in cooler/freezer which is a common amenity in most commercial



kitchens. There will be a dedicated space for classes in the new Exercise Studio and we will no longer need to use the dining room for regular activities and meetings with

the addition of a Conference Room and Activity room. We will more than double our restroom capacity. We will also have a bonus room for large events and meals that will be available for rent with catering services.

OUR STORIES

Tammy Findley (our Advocacy & Resource Coordinator) has such a sweet personality. Tammy does an excellent job making sure that I get the health insurance for the lowest cost at the time of enrollment each year! Tammy has so much patience when I ask her so questions. She always comes to my rescue when I need help filling out the forms to renew my benefits! I just love her!

Sarah (one of our Homemakers) is the greatest at everything. She is an expert at shopping. She always knows just what to ask. She is totally amazing to me. When she is training a new Homemaker she slowly works with the new person on tasks and explains why they do things the right way. She should be your official homemaker and trainer!

It was in 2019 that I first started working with the fine folks of the Commission on Aging (COA). I have never realized the benefits of the amazing works of the COA until Tammy Findley became my advocate. What an amazing journey it has been ever since. Her care and concern for me has shown through ever since. Her communication and follow through have been amazing. If I have questions, she is just a quick phone call away. She is the reason I share with my friends what wonderful work the COA offers.

Toby (our Senior Center Manager) did a good job scouting locations and making arrangements for our Walk in the Woods. Nice people to walk with.

The Geri-Fit class helped me to improve my balance, have more flexibility and strength. Toby was a great instructor and made the class fun.

Introducing The Grayling Diamond Dancers

There are so many stories from this year to highlight, it was hard to choose just one! SilverSneakers took off this year! Zumba expanded to two classes per week! We added two Pickleball courts in our new building and have them open four days a week! Then, there are the Diamond Dancers.

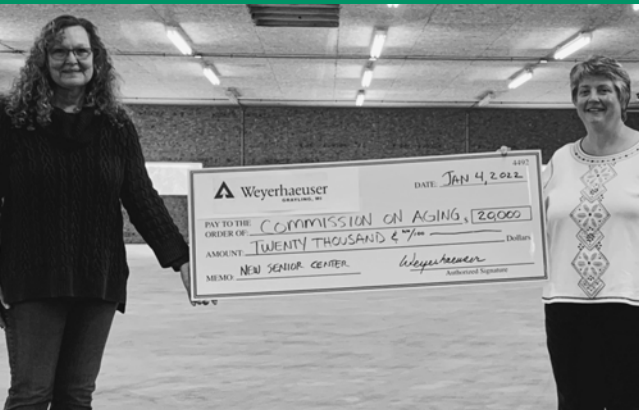
Taught by Maze Stephan, this class was a beginners dream class! They started with basic steps and techniques to prevent injuries and over time build up to a full repertoire of favorite line dancing routines plus created some dance steps unique to the class! Maze Stephan has over 30 years experience as a disc jockey, dancer, choir director and teacher. Her goals with the class were to create an opportunity for exercise and to impact the community.

These goals quickly became reality as the Grayling Diamond Dancers danced their way into the lives and hearts of many in the community. Their first public performance was during a June downtown Block Party. In July a local business, Mi Brew, created a special dish in honor of the impact the Grayling Diamond Dancers were having called the BLT Toast to the Grayling Diamond Dancers!

The Grayling Diamond Dancers continued to exercise and impact the community through their involvement in the July 4th parade. They danced between the Grayling Promotional Association's and the Commission on Aging's floats, showing off their moves and smiles to those in attendance. Later in July they also invited the public to dance with them during Grayling's 150th Birthday Bash. Stories like the Grayling Diamond Dancers, show how people with passion and a volunteering spirit can impact not only older adults but also a community for the better.



OUR DONORS



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 but without our donors we could never continue to do all that we do.

Abigail Ertel	Brian & Elizabeth	Cora Reynolds	Donna &
Al Etson	Chace	Cornell	Russel
Andrea Arnold	Bruce &	Insurance	Hubbard
Arlene Czuba	Claudia Arnold,	Crawford	Duane & Jo
AuSable Quilt	Pam & Ervin	County United	Nimke
Guild	Haxhijaj &	Way	Erika Mudry
Barb Verlinde	Daughters	Darin & Emily	Farrell Thomas
Barbara	Carol & Dave	Graves	Franklin &
Wolcott	Lovely	David & Kathy	Bernadine
Betty Jo & Lee	Catherine	Frederick	Senske
Bresmon	McBride	David &	George Hall
Betty Leibler	(family)	Melodie Killion	Ginny Taylor
Bev Karpriz	Cheerful Givers	David & Pat	Glenn & Lorelei
Bob Becks	Club	Wiltse	King
Bobbie	Christine	David Markle	GPA - Memory
Martinez	Oswald	Diana Dawson	Tree
Brad & Annette	Clara Gibbs	Dianne	Grayling High
Lapworth	Community	Robertson	School Activity
	Foundation of	DJ Brown	Fund
	Northeast	Donald & Rae	Huntington
	Michigan	Ann Schanz	Bank

Jack & Phyllis Richards	Kathy Wyskiel	Pat Sanders	Stuart and Nancy
James Hough	Kay Ellen King	Patty Hawkins	Goodyear
Jane Croze	Kay Thomas- Hogan	Paul Lerg	Tad Randolph
Janet & Rick McBride	Kirsten Lietz	Paul R. Bailey III	Tamra Mott
Janet Gildner	Landon Rock, Chad Patterson	Pauline Gray	Terri Chott
Janet Gooch	& Gits & Shiggles	Persis	The Brook
Jean Brown	Improv Crew	Sopariwala	Theresa Wright
Jeannie Harwood	Lisa Watson	Ray & Eve	Tom & Deb Rawlings
Jim & Delores Morford	Lorraine Lawrence	Folkmier	Tom Fauntleroy
Jim & Sarah Lawless	Maggie Gugin	Richard & Nancy Kiessel	Val Hendricks
Jim Gossett	Mary & Mark Colliflower	Nancy McDonald	Vera Trimble
Jim Jorgenson	Mary Berry	Robert & Joy Stiffler	Vicki Bennett
Jimmy Herman	Mary Garcia	Robert	Wayne & Rosemary Nelson
JoAnn Root	Mel & Abby Moore	Knechtel	Wayne Koppa
Joesph & Felica	Michael & Bonnie	Roger Wilcox	Weyerhaeuser
Jaskowski	Stephan	Ron & Carolyn Rakoczy	
Joy Manciero	Mike & Dianne Branch	Ron & Eileen Kemerer	
Juanita Bilinski	Mike Miller	Ron & Margaret Yon	
Judith Morford	Mirador IT Family	Roscommon	
Judy Blair	Nadine Condeiaux	Middle School	
Judy Davis	Nancy Lemmen & Mark Hansen	Sandra Woods	
Judy George- Crook	NH Wing Civil Air Patrol	Scott Foster	
Judy Marchiewicz	Pat Gallagher	Shawn Kayga	
Karen Coe		Sherry Hanson	
Kathy & Joe Ellison		St. Marys - Grayling	
		Womens Club	

OUR VOLUNTEERS

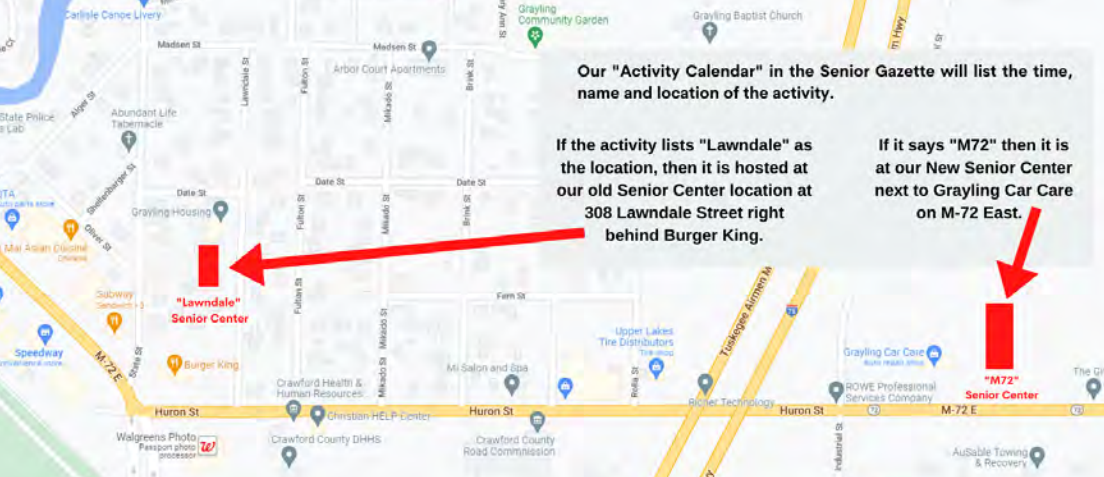
Our volunteers are just as important as our donors because they give of their time and their hearts. This year 3232 hours were performed by more than 106 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$36,178 in staffing dollars saved. In addition volunteers raised \$10,464 for a total of \$46,642 generated by our volunteers.

Alan & Mary	Becky Walrath	David Felker	Francis
Ruth Lowe	Bill & Karen	David Markle	Hummel
Alexis Lott	Hollenbeck	Deb Umlor	Gail Swope
Alice Lee	Bruce &	Denise August	George &
Allexia Porter	Carolyn Boyd	Diana Doremire	Sharleen
Ann Duby	Charles Curro	Dick & Lyn	Mascarello
Ann	Cathy Lester	Dodge	George Hall
Stephenson	Ceriel	Donna	Glenn & Lorelei
Anne	VandeCasteel	Hubbard	King
Essmaker	Charlotte	Eileen & Ron	Jack Pilon
Annette Hritz	Bloomquist	Kemerer	Jamie McClain
Ashlynn Palmer	Cheryl Hopp	Ellen	Janet Weeks
Barb Carpenter	Cheryl Starr	Thompson	Jerry Larson
Barb & Dean	Cindy Johnson	Faith Dandois	Jim & Sarah
McCray	Dan McCarthy	Farrell Thomas	Lawless
Becca Wolford	Dave Ridal		Jim Anderson



Jim Kitch	Linda Mowery	Nancy Pletzke	Sharron
Joan	Lisa Munifo	Olivia Anthon	Hagerman
Culbertson	Marc	Paige Clinton	Sherry Haag
Jon & Gail	Dedenbach	Pat Sanders	Steve Seager
Schultz	Mark & Rhonda	Pauline	Susan Hensler
Jordan Evans	Karney	Hardacre	Susan Lynch
Joyce Sorenson	Mark & Susan	Philip Hagle	Tad Randolph
Judy George-	Topham	Rich Ferrigan	Teresa
Crook	Mark Dingwall	Richard &	Stevenson
Judy	Martha Hensler	Margie Smith	Tim & Olie
Marchlewicz	Martha	Rita Lone	Miller
Judy Robinson	Trenkner	Ron & Karen	Tim & Susan
Judy Steffen	Mary Garcia	Gribb	Swedine
Julie McClain	Mary Jo	Ron Larson	Tom & Deb
Karen Leslie	Gingerick	Rosemary &	Rawlings
Karl Schreiner	Maryln	Wayne Nelson	Tom & Janet
Kate Wagner	Neuberger	Ruth Pilon	Gaffke
Kathy & Joe	Maze Stephan	Sandy Lakanen	Traci King
Ellison	Melissa Hayes	Sandy Woods	Vera Trimble
Keith	Michele Arnholt	Sarah Medler	Wayne Koppa
Radwanski	Myra Johnson	Sarah Kurtz	Wendy Glanvill
Kirsten Lietz	Nancy Lemmen	Sharen Perkins	Yvonne Bird
Liedewey Sims	Nancy	Sharon Fuhr	
	Billinghurst		





**Old Senior Center: 308 Lawndale St.
New Senior Center: 4388 M72 E
Grayling, MI 49738**
Phone (989) 348-7123
Fax (989) 348-8342
www.crawfordcoa.org
www.facebook.com/crawfordcoa

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

Method of Payment ☐ Cash ☐ Check **Amount Enclosed \$** _____

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

Call (989) 348-7123 to make donations or payments
of \$25 or more with a credit, debit, or EBT card.

*****All Gifts are Tax Deductible*****