

Crawford County Commission on Aging



2024-2025

Annual Report to the Community





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FROM OUR DIRECTOR:



It has been a very exciting first year as the Director of the Crawford County Commission on Aging (COA). I have felt incredibly welcomed and embraced by the people here and look forward to

many more years of service to this great community. As you may be able to tell from my picture above, I like to keep things light and fun, and if there's an opportunity to make a joke, I will take it, even if it's at my own expense. I've done my best to bring this same fun attitude to the activities, events and staff at the Senior Center. One of my main goals this year is to change the perception of the Senior Center to those in the community who have not been to the new COA building. To begin with I'd like to mentally separate The Commission on Aging from the Senior Center. The COA provides critical, life changing services which allow older adults to stay in their homes as long as possible. These include but are not limited to, Home Delivered Meals, In Home Care, In Home Housekeeping, and Respite Care. These services are rendered to those who are homebound, in need of care, or low income plus these services are provided in the privacy of the resident's home and do not take place at the Senior Center. In addition to the services listed above the Commission on Aging administers a host of Advocacy Programs, including but not limited to, Assistance with Medicare/Medicaid, SHIP, Financial Assistance with Rent/Mortgage, SNAP, Utility Assistance, Food Assistance, Pet Assistance and much More). We will do whatever we can to help an older adult in need.

The Senior Center on the other hand, is a place where vital, active, and fun loving older adults come to exercise, socialize, and have a really great time. Every month we create a full calendar of classes, events, and activities which are designed so that everyone will find something that appeals to them. Whether you want to keep fit, do a craft, play a game, eat a nice meal, win prizes, listen to music, go on a trip or catch up with friends, it is all happening at the Senior Center. The old adage, "Use it or Lose it" becomes more and more true the older you get. So we invite you to come to the New Senior Center and "Use it" as long as you can.

Thank you,



Brian McLaughlin



OUR BOARD OF DIRECTORS



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Jill Robinson, Homemaker

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Kate Moshier, Nutrition Manager

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Megan Hagle, Cook

Charlie Wilson, Senior Center Manager

ABOUT US

History:

The 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

Fitness

We currently offer classes such as, SilverSneakers, Zumba Gold, Aqua Fit, Tai Chi, Fit for the Aging, Geri-Fit, Cardio Drumming and Walk in the Woods.

Congregate Meals

Our Congregate Meals provide a nutritious and delicious meal with an active & social community. Currently anyone can dine-in and enjoy a hot meal. Breakfast is served Monday through Friday, 8:30 am to 9:30 am. Lunch is served Monday through Friday 11:30 am to 12:30 pm. Meal prices are a suggested donation of \$4.00 for adults over 60 and a fixed cost of \$8.00 for anyone under 60.

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 for 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**—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.

Companionship Programs

- **Telephone Reassurance**—Volunteers call on Tuesdays and Thursdays to provide wellness checks for participants.
- **Friendly Visitors**—Volunteers make longer social calls to participants with limited contacts.

Advocacy Services

- **State Health Insurance Program**—SHIP 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
- **Housing Counseling**—A program to assist adults 55+ in finding housing or answering housing-related questions
- **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

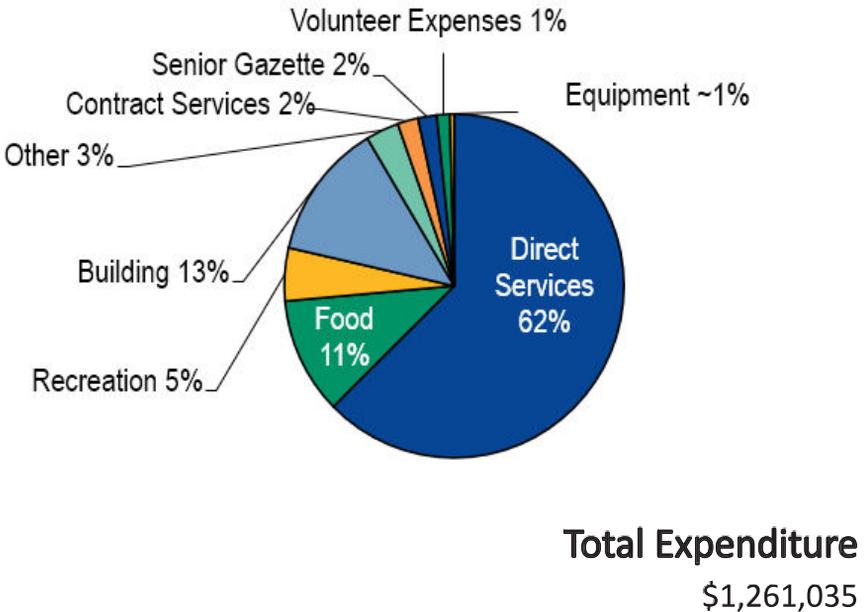
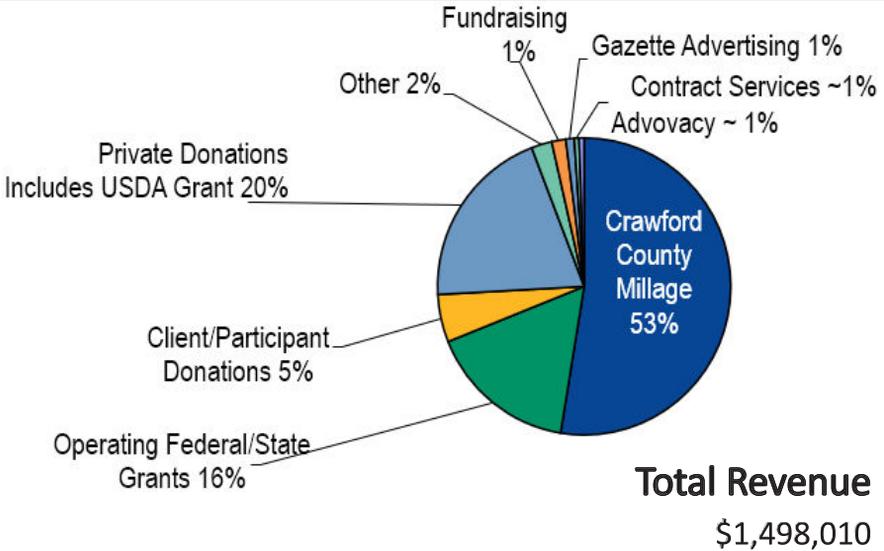
Kinship Care

- Kinship Care is a program for relative care providers raising related children. If you are age 55 or older and caring for a related child under the age of 18, this program may be able to assist you with expenses such as recreational activities, school supplies, clothing, needed furniture, and more.

Classes

Classes (including evidence-based) are available throughout the year in a wide range of topics including **Tai Chi for Arthritis, AARP Drivers Safety, and Matter of Balance.**

OUR NUMBERS



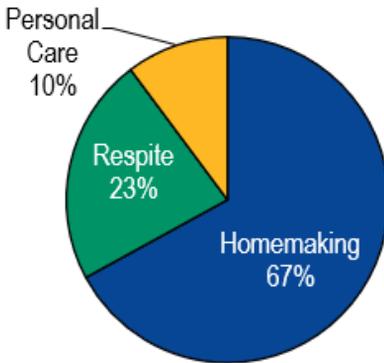
Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 30% (1,491 individuals) of Crawford County older adults age 60 and above (based on the 2022 census).

Senior Center Activities

- 55 activities offered & attended by 1,151 unduplicated people.
- Average monthly attendance = 1,049
- Average daily visitors = 72

Commission on Aging Programs

- 2,084 boxes of Food Commodities were distributed last year, reaching 285 different people, while 119 people participated in our Fruit and Produce Truck.
- 196 hours were spent counseling 160 older adults with their Medicaid and Medicare benefits.
- 66 older adults received computer assistance to get Senior Project Fresh market coupons.
- 193 residents borrowed medical equipment and personal hygiene products.
- 264 people received assistance thru our Advocacy program.
- 12 older adults received veterinary assistance.

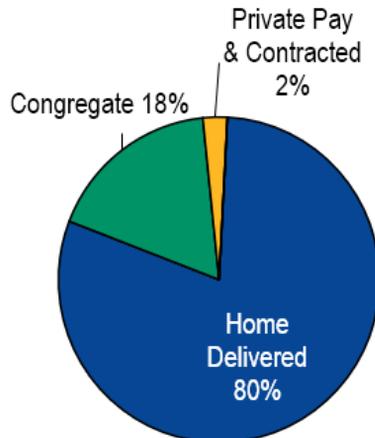


In-Home Services

4,453 Hours
~\$57.28 per Hour
84 Individuals

Meal Programs

49,105 Meals
~ \$7.55 per Meal
1,169 Individuals
On average 181 people attended Special Dinners.



YEAR IN REVIEW



I don't think you could discuss 2025 without mentioning the Ice Storm. My training with Alice was over, and I drove into work on my first solo day as Director on March 31st 2025, only to find the power out and the building cast in darkness. The majority of the county had been hit by a devastating Ice storm. As I crept down the darkened hallway, I heard voices coming from the end of the hall. Then a small glimmer of light shone from one of the offices. I peeked inside to find my entire management staff huddled in a corner for warmth, and the light was the glow of their cell phone screens as they started to work their way through a pre-printed call list of our clients. Over the first 3 days of the storm, they made over 1000 calls to the residents in our system to make sure they were OK and to see if they needed anything from us. Over the next couple of weeks we were able to coordinate dozens of driveway clearings with the Frederic Fire Department and Emergency Management. We acted as a Warming/Charging/Water Refilling station for all those in need. We distributed hundreds of pounds of food, 100 cases of water as well as pet food and gas cards for generators.

My heart was warmed by the generosity and hard work of the people of Crawford County, and my belief that I had made the right decision to come here and lead this fantastic organization was cemented in stone.

Eventually, the sun came out and life returned to a new normal. We dug in to providing great service and programming. The Joel Tacey/A Taste of Grayling dinner was a huge success and people were talking about it for weeks. We started to focus on presenting the best version of ourselves at every event and special dinner. Attendance continued to rise, and as of today, the last 6 special dinners have averaged over 200 each. During the summer I turned my attention toward some special projects, and was able to get a new storage barn built as well as the new electronic messaging board. We will never have to go change out the letters in a blizzard ever again. We introduced two new meal programs as well. For the first time ever we are serving Breakfast at the Senior Center. In addition we introduced Grab and Go Items in the lobby, so you can take home an



affordable and delicious meal if you don't have time to stay and enjoy lunch. We sponsored a volunteer church group, whose mission trip included building a much needed ramp for one of our seniors. We organized several fun trips including a Tigers game, and a trip to Mackinac Island. We have hosted and catered for a dozen outside organizations in our new events room, and were able to distribute over 2,084 boxes of shelf stable food with our commodities program. 2025 was an extremely productive year and I can't wait to see what 2026 has in store. Here's a hint: Pickleball!



VOLUNTEERS



Volunteer Accomplishments

We here at the Commission on Aging owe the vast majority of our success to our amazing and dedicated volunteers. Many of our programs would not exist without the dozens and dozens of giving people who bless us with their time and efforts. The following is just a portion of the accomplishments our volunteers have helped our staff to achieve.

The Volunteers have helped with:

- 222 hrs. of Heavy Labor and Building Maintenance
- 500 hrs. of Senior Companion (Visiting Hospice Patients)
- 175 hrs. of Telephone Reassurance (Called 1500 Seniors to make sure they were Okay and Socialize)
- 52 hrs. of Friendly Visitor (Visit with Homebound Seniors)
- 4,000 Happy Birthday Calls Annually
- 420 hrs. of Office and Front Desk work (Including 20,000 COA Gazettes Bundled, Labeled, and Distributed)
- 600 hrs. of Fitness Instruction (Which translates into 7,500 hrs. of Seniors getting healthy and staying fit)

- 300 hrs. of Bingo Calling (That makes 2,720 Big Winners)
- 2,084 Boxes of Commodities (Totals 83,360 lbs of food distributed to help ease food insecurities in the county)
- 1,120 hrs. of Kitchen and Dining room Help (8,319 Congregate meals served, including over 2,000 Special Dinners)
- 2,791 hrs. of Home Delivered Meals (Meals on Wheels)
- 1,092 Delivery Routes Driven
- 40,496 Meals delivered to residents in need

This is just a sampling of the time and commitment our volunteers have given to the Commission on Aging and Senior Center. Every week a small army of volunteers come through our doors, with the sole purpose of helping their community, and we love and appreciate them greatly. We can never thank them enough, but I can start with a very heartfelt Thank You, and follow it with many more.

P.S. We are always looking for more volunteers, especially those who are able to help deliver for the Meals on Wheels program. It can take as little as 2 hours a week to make a huge difference in the lives of those we serve. 1 hour, 2 hours, 20 hours, whatever you have to spare, we'll welcome you with open arms. Come on over and see how good it feels to do good.



TESTIMONIALS

“Every person we have crossed in our Meals on Wheels path have impacted us in wonderful ways. All are very kind, thoughtful, and we appreciate the time invested to make these services available to us. We wouldn’t make it through the month without these services.”

—**P. & T. Modica**



In Home Services are “making a big difference in my life. Slowly my house is coming and staying in some order. Understanding where “start” was we have come a long way. Not complaining in any way. It was a huge mess and I could not change it. Positive Change is occurring! Hurray!!!!” —**B. Murray**

“I have been enjoying Friday Pantry Bingo and Daily Lunches for quite a while now. The Lunches are always very good and the staff is amazing.” —**S. Marshall**

“The Water Aerobics instructor is very nice and helpful, I enjoyed the class, especially when music is being played.” —**A. Ray**

“I recently had the pleasure of Medicare counseling with Tammy Findlay and cannot use enough superlatives to describe the effort she has expended to help me enroll in Medicare. Tammy’s Findlay’s incredible knowledge and thoughtful insight made the process quick and without stress. She obviously loves her work and it is evident in her personality and actions. Tammy is very dedicated to the C.O.A. and community service.” —**M. Jordan**

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 not continue to do all that we do.

THANK YOU

Individual and Family Donations

Claudia Albright
Don & Annette
Albro
Sandy Alpert
Meredith Anderson
Michele Arnholt
Brooke Ashleigh
Paul Bailey
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Valerie Hendricks
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 Bruce & Jan
 Zalobsky

**Thank You
 Donors!**
**We couldn't do it
 without your
 support!**





The Commission on Aging is deeply grateful to Huntington Bank of Grayling for awarding a \$10,000 grant to support our Meals on Wheels Program in 2025. Huntington Bank has been a steadfast partner, generously awarding us annual grants for this vital service. Over the past four years, their contributions have totaled an astounding \$40,000—\$5,000 in 2022, \$10,000 in 2023, \$15,000 in 2024, and \$10,000 in 2025.

Without these grants, we would not be able to provide older adults in our community with the nutritious meals and support they need. Donations to Meals on Wheels are crucial in ensuring that older adults have access to these services, which include companionship and a lifeline to independence. Thank you, Huntington Bank, for your ongoing commitment to helping the Commission on Aging care for our older adults.



Community and Local Business Donors

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 Ausable Eye Care
 AuSable Towing & Recovery
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 Cornell Insurance
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 Spikes Keg O'Nails
 St. Mary's of
 Grayling

Women's Club
 Tacos Lupe
 Tractor Supply
 Thompson &
 Truesch Law
 Office PLC
 Tip'n the Mitten
 Crawford United
 Zion Bible Church

Thank You Local Businesses!



OUR VOLUNTEERS

Our volunteers are the heart of our organization. This year our volunteers accumulated 6,331 hours of service, which equates to \$94,441 in staffing dollars.

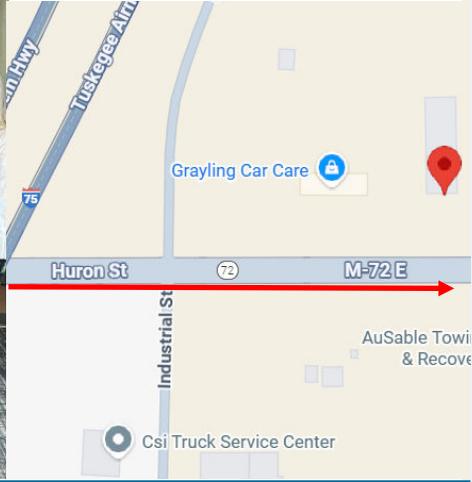
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 Scott Ulrey
 Kate Wagner
 Becky Walrath
 Zoella Wethington
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 Curtis Williams
 Jan Williamson
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 Volunteers!**
**We appreciate
 you!**





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

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You can also donate by visiting our website:

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