



2020-2021
**CRAWFORD COUNTY
COMMISSION ON
AGING ANNUAL
REPORT TO THE
COMMUNITY**

FROM THE DIRECTOR:



To say fiscal year 2020-2021 was challenging is truly an understatement. The year was continually filled with one step forward and two steps back. The COVID-19 pandemic continued to affect operations, this time with the struggle to hire new staff.

We started off the year with the retirement of our beloved Assistant Director, Melanie Conway who worked for the COA for 15 years. A new management structure was created to include more of a team approach with Managers at the head of each department – In-Home Services, Nutrition and the Senior Center. Toby Neal was hired as the new Senior Center Manager, but the other two Managers remained vacant. In addition, we lost two of our Homemakers resulting in a necessary, but painful reduction in services to our existing In-Home Service clients. It also halted our ability to take on any new clients so a rare waiting list was created.

The Senior Center reopened to the public mid-June, but participants have been slow to return to Congregate Meals and Activities. For a variety of reasons, we have lost several volunteer leaders which has limited our ability to offer a wide range of programs.

We are looking forward to rebuilding in 2022. With the vision and support of our dedicated Board, incredible staff and amazing volunteers, we look forward to building back our team, programs, activities, services and of course our new building. On behalf of our Board and all the employees, we wish you Happy Holidays and a healthy and happy 2022!

Sincerely,
Alice Snyder
Director



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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 seniors age 60 and older 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 seniors throughout the county. Although seniors are not charged a set fee for services, the COA greatly depends on 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.

PROGRAMS & SERVICES

Senior Center Activities

During the summer of 2021 we were able to welcome back all of our fun activities Pool Games, Wii Bowling, Pantry and Penny Bingo and Bible Study along with our various Table Top Games like Euchre, Bridge and Pokeno!

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 hot lunches are being served curbside between 11:30am-12:30pm. During that time participants can also pick up frozen meals for dinner or weekend meals.

Fitness

With our reopening this past year we brought back some prior fitness classes like Clogging and Zumba. We also created several ways to move by adding Basic Ballet and Solo Ballroom Dancing along with a new evidence-based strength and conditioning class called Geri-Fit.

Information & Assistance

We have a resource center for older adults with information on a variety of topics including Caregiving, Kinship Care, and Grandparents Raising Grandchildren. We have staff ready to assist older adults in finding answers to questions or to assist in finding available resources.

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 liquid dietary supplement is available at a discounted price for those with a prescription from their doctor

- **Foot Care Clinic**—by Comfort Keepers
- **Incontinence Supplies**—pads and/or adult diapers are available by donation
- **Medical Equipment Loan Closet** with many items to be checked out and borrowed
- **Blood Pressure/Blood Sugar Checks** are provided weekly by a nurse sponsored by Munson Home Health

Telephone Reassurance & Visitors

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

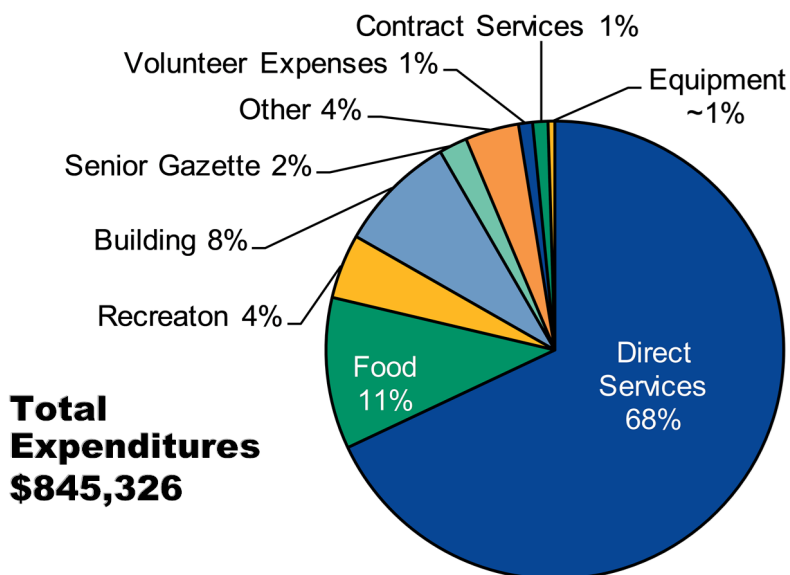
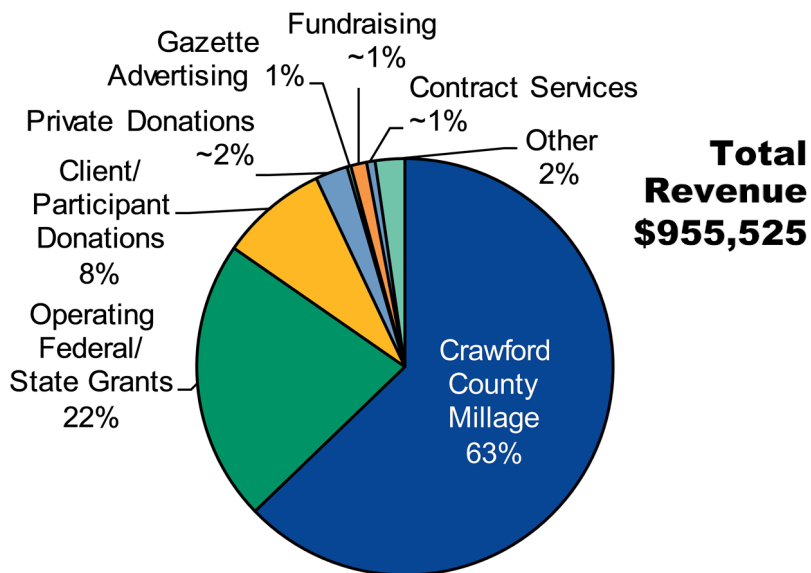
Advocacy Services

- **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**—Meet with an eligibility specialist about applying for state benefits
- **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
- **Pet Assistance**—Find out if you're eligible for free pet food
- **Senior Project Fresh**—Each summer, qualified older adults receive \$20 worth of coupons for fresh fruits & vegetables

Classes

Classes (including evidence-based) are available periodically throughout the year in a wide range of topics including **A Matter of Balance, Personal Action Toward Health (PATH) for Chronic Pain, Powerful Tools for Caregivers, Cooking for One, Tai Chi for Arthritis, AARP Drivers Safety, Stress Less with Mindfulness, Walk with Ease, and Wellness Initiative for Senior Education.**

BY THE NUMBERS



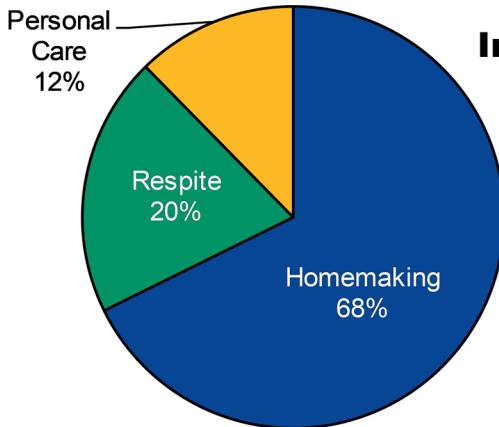
Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 33% (1,313 individuals) of Crawford County seniors age 60 and above (based on 2010 census).

Senior Center Activities

- 23 activities offered & attended by 301 unduplicated people.
- Average monthly attendance = 119
- Average daily visitors = 19

Commission on Aging Programs

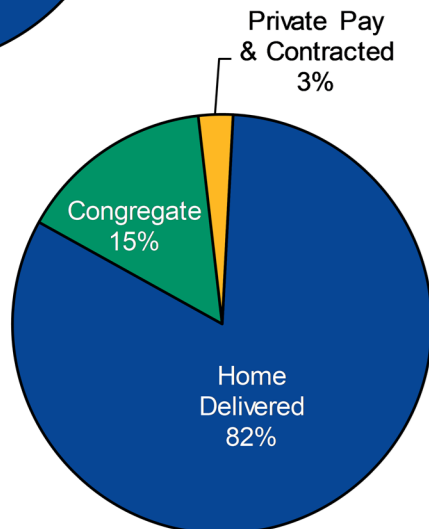
- 255 boxes of Food Commodities were delivered to 32 people.
- 247 hours were spent counseling 160 seniors with their Medicaid and Medicare benefits.
- 136 seniors received “Senior Project Fresh” farm market coupons.
- 52 loans of medical equipment.
- 438 people received assistance thru our Advocacy services.



In-Home Services
6,238 Hours
~\$35.14 per Hour
140 Individuals

Meal Program

37,561 Meals
~ \$5.73 per Meal
566 Individuals
On average 108
people picked up
monthly Community
Luncheons.



HIGHLIGHTS



Building Update:

On March 10, 2020 the voters of Crawford County passed a \$3 million bond for the purchase, renovation and addition of property located east on town on M-72. Days later, COVID hit and staff were busy responding to the pandemic.

In September 2020, the Board selected an architect and the project began to move forward. Designs were finalized and adjustments were made to the design to stay within budget. At the beginning of February 2021, the Board met and approved the alternative plans for moving forward.

It was around this time that the cost of construction began to rise. The project was put on hold until the end of October 2021. Construction costs have been falling which will hopefully work in our favor. Availability of material is still hit or miss, but also getting better.

The tentative plan is to be able to put the project out to bid in the spring 2022. If all goes well, the new Crawford County Commission on Aging and Senior Center will then break ground.

COA Becomes Licensed Geri-Fit Facility

The COA introduced a new strength and conditioning program called Geri-Fit! This evidence-based exercise program is geared toward people over 60. As a licensed Geri-Fit facility, the COA

I loved meeting up and talking with Toby and the rest of our Walk in the Woods group. I found the walks to be very invigorating. Presently I am living with stage IV lung cancer (stabilized at this time) and meeting somewhere new each week and being able to be out and enjoying God's creation was awesome!

The Introduction to Zoom class was a great class; thank you very much for providing it. I'm going to sign up for the next one so I can learn a bit more too.

At District Health Department #10, one of the reasons we exist is to provide vaccines to the public for preventable diseases. So, when the COVID-19 vaccine finally became available in limited quantity in early 2021 and was prioritized for our seniors, we were overwhelmed with the number of people contacting us to get on the list. That's when we reached out to our partners at the Area Agency on Aging, including the Crawford County COA. Below is a long list of how they assisted us in our efforts to get our seniors vaccinated to prevent COVID-19:


- Made calls to seniors from our waiting list, and scheduled appointments for the vaccine
- Created and provided waiting lists
- Arranged transportation for seniors to get to the vaccine clinic
- Provided a client list for those willing to come in at a moment's notice for extra doses at the end of the clinic day
- Dispelled vaccine myths
- Used all their communication methods to reach as many seniors as possible
- Provided us with names for homebound individuals, so we could go to them and administer the vaccine

The Crawford County COA was so extremely helpful, and frankly, there is no way we could have served the seniors of Crawford County as successfully without their help. We are forever grateful to them!



SUCCESS STORIES

A special thank you to Commission on Aging board, staff, and volunteers: At age 82 we run into some life changes, mine was a low-sodium food intake for health reasons. With a call to the center, what two people, Alice and Jan, did was not expected: research their entire home meal delivery menu. They came up with 14 low-sodium meals for us. This was big help for us. We were having a problem filling this challenge at the local stores.

A black and white photograph showing a group of people walking away from the camera on a dirt path that winds through a wooded area. The path is bordered by tall grass on the left and trees on the right. The sky is visible in the background with some clouds.

I want to sincerely thank Mrs. Tammy Findlay from the Commission on Aging for their help and support during my time of need. After the passing of dad, Tammy helped me through the process of getting meals on wheels for mom and food assistance for myself. She also initiated the process to replace my roof and water heater which was 20 plus years old in desperate need of repair. When my mom passed Tammy was there to help me again when I found myself in need. It was not only the financial help they provided but the leadership, professionalism, and care they gave me. They were always positive telling me we will get through this and with their advice and support I did. Thanks again Tammy for an awesome job. We are lucky to have you working for the veterans in this community.

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.

We very much appreciate all the kindness and help all the in-home workers have done. It helps lighten the load. Thank you very much.

hosted two four-week sessions for our older adults to help re-gain their strength, mobility and flexibility. Over 30 older adults lifting, stretching, and working out each week! Since attending Geri-fit, 78% said their overall health improved. 88% stated their overall strength, balance, activity and energy level had gotten better since doing Geri-Fit.

Many Older Adults went for a Walk in the Woods Instead of Staying Home

Another highlight of year was the Walk in the Woods program. Over 35 hikers, including many first time Senior Center participants, trekked over various local trails to get outside and enjoy the area we live in. The group walked through Hartwick Pine's Old Growth trail as well as the nearby AuSable River Foot Trail.

Hikes also were done around portions of Wakeley Lake and around some of Marl Lake. Camp AuSable's lake boardwalk hike was memorable and crossing the suspension bridge was fun.



Two of the COA's Very Own Receive MMAP Prestigious Awards

Michigan Medicare/Medicaid Assistance Program (MMAP) is a free service that uses trained counselors help in applying for benefits and answer questions about issues related to both Medicare and Medicaid. Two of our very own received awards for their dedication and efforts to help in these areas. Tammy Findlay received Site Coordinator of the Year for 2021 for the State of Michigan. Tammy is the Advocacy and Resource Coordinator at the COA. Sandra Woods, COA Board Member, received the most One-On-One Counseling Hours in Region 9 award for her service to



beneficiaries in Crawford County. The Crawford County Commission on Aging & Senior Center is proud and honored to have Tammy and Sandy on the COA team helping to fulfill the agency's mission.

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.

7-11	Joe Ellison	Kirsten Lietz	Philip Wickey
Axiom Services Inc.	Kathy Ellison	Sharon Mandziuk	Roger Wilcox
Consumers Energy	Alan Etson	Jeannie Matista	David Wiltse
Family Dollar	Ferne Farber	Shirley Matthews	Patricia Wiltse
Jack Millikin Inc.	Tom Farber	Barb McCray	Sandy Woods
McBride Family Foundation	Connie Faustman	Dean McCray	Margaret Yon
Rotary International District	Marilyn Fick	Maureen McNamara	Ron Yon
St. Mary's Church	Velma Fields	Mary Lou Metro	Patty Ziegler
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Charlotte Bloomquist	James Hilbrecht	Jesse Potts	
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Elizabeth Chace	Nancy Kiessel	Barbara Sands	
Pamela Charney	Richard Kiessel	Sheila Shorkey	
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Diana Dawson	Arvo Lakanen	Bonnie Stephan	
Pam Deline	Sandy Lakanen	Evelyn Stephan	
Diana Doremire	Nancy Lemmen	Michael Stephan	
	Paul B. Lerg	Jason Thompson	

VOLUNTEERS

Our volunteers are just as important as our donors because they give of their time and their hearts. This year 2,720 hours were performed by more than 80 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$27,296 in staffing dollars saved. In addition volunteers raised \$1,080 for a total of \$28,376 generated by our volunteers.

Denise Aungst
Nancy Billinghamst
DJ Brown
Michelle Carolei
Charles Curro
Marc Dedenbach
Dick Dodge
Lyn Dodge
Greg Dulkowski
Joe Ellison
Kathy Ellison
David Felker
Molly Francis
Mary Garcia
Judy George-Crook
Mary Jo Gingerick
Karen Gribb
Jessica Hair
Lisa Heck
Susan Hensler
Bill Hollenbeck
Karen Hollenbeck
Cheryl Hopp
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Myra Johnson
Glenn King
Lorelei King
Sandra Lakanen
Alice Lee
Dick Lee
Karen Leslie
Cathy Lester
Betty Leibler
Kirsten Lietz
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Sharlene Mascarello
Dan McCarthy
Jamie McClain
Barb McCray
Dean McCray
Cheryl Melroy
Michele Milne
Judy Morford

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Rosemary Nelson
Wayne Nelson
Gaye Pizzi-Peters
Keith Radwanski
Tad Randolph
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Tom Rawlings
Jack Richards
Paul Richards
David Ridal
Samantha Rogers
Gail Schultz
Jon Schultz
Chris Seager
Steve Seager
Liedway Sims
Brandon Smith
Richard Smith
Nancy Smitz
Joyce Sorenson
Judy Steffen
Farrel Thomas
Ellen Thompson

Jason Thompson
Jon Thompson
Vera Trimble
Deb Umlor
Erika Umlor
Katrina Verlac
Amanda Watkins
Janet Weeks
Sandra Woods





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www.crawfordcoa.org

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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*****