

Crawford County Senior Gazette

April 2019

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Featured Article

Billy Lowes

Wouldn't Have It Any Other Way

If you want to know what a satisfied man looks like, take a look at Billy Lowes. One of five children, he was born in 1950 in Algonac, Michigan, and grew up on the flats of the St. Clair River. "Tom Sawyer and Huck Finn had nothing on me!" he said, with a grin that went from ear to ear and all the way to his eyes.

"We never bought worms when I was a kid. We dug 'em! Life was the river. We fished. We swam, we hunted. We watched the Great Lakes freighters go by slow... right past the house. We all ate together, too, at the table. Dinner was at 5:30, and we knew better than to be late. Sunday was for family, and everybody was there. It's just the way it was." He said it was a great time to be a young person. "We had a drive-in theatre, and on Saturday nights the Lion's Club opened up and had live music for us all to go dance." Another grin stretched across his face, mixed with amazement. "Do you know, Bob Seger played our Jr/Sr Prom!" Add a 1966 GTO convertible, and Billy's life starts to play like a movie.



In 1962 or '63, his dad bought a little cabin on Hargrove Lake, and introduced Billy to fishing in Northern Michigan. "I fell in love with the area," he said.

A man of two loves, the river eventually became his vocation. But before that, there was baseball. As a kid, when he wasn't on or in the river, he was on the field. He played Little League, of course, on what was the

first Little League field in Michigan to have a grass infield and lit scoreboard. "It was a big deal! There would be 300 - 400 people at the games to watch. It was a good time."

In high school his team won three championship titles. Billy himself was on the High School All-Star team ("I played baseball in Tiger Stadium!") which landed his name a spot on the Wall of Fame in Comerica Park.

After High School, he entered the Air Force. It was during the Vietnam war. "But don't feel sorry for me about that," he said. "I played baseball for the Air Force!" And he was good. Making it onto the team is no small feat, but he moved up in the ranks first to the All-Star team, then the All Command team, and finally to the All Air Force team. "I was pretty lucky," he said. When he left the Air Force, he played in the Niagara League, a Canadian minor league, and studied conservation, receiving his associate degree.

Yet, the river was calling him, and his uncle who was the plant manager at Chris Craft, arranged an apprenticeship for him. Two years into that, his master crafter moved to Florida, and Billy went to WC Beardslee Yachts to finish out the five-year program. He became a boat builder, and the rest was inevitable.

Billy continued to take his vacations up north. In the late '70s he bought a cabin on Grade Trail. "One day when I was here...it was 1987, and it was a nice day...I came out of the cabin and I said, 'You know what? I'm not going home.' Algonac was getting too crowded and busy with people leaving the city. I was between marriages. I just

Cont. Pg 5



Walk in the Woods
See pg 13



Water Aerobic
See pg 16

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

HOURS OF OPERATION

Monday & Wednesday
8:30am to 6pm

Tuesday & Thursday
8:30am to 7pm

Friday
8:30am to 4pm

308 Lawndale St
Grayling, MI 49738

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2018 Organization of the Year Chamber Member Crawford County Commission on Aging and Senior Center



The Crawford County Commission on Aging was awarded the 2018 Organization of the Year by the Grayling Regional Chamber of Commerce. The award is given to a Member Organization that has exemplified excellence in service work throughout the past year. For showing generosity by giving time, money, staff/volunteers, facilities, among other things for community benefit, setting an example for other organizations in the community, supporting the Chamber, and being a leader in the organization as well as the community.

The Nomination notes that the Crawford County Commission on Aging is always looking for opportunities to partner with other organizations in the community to make Grayling and Crawford County not only a better place for older adults but all residents, such as participation in the Loop-It Project, sitting on the



Crawford County Community Health Improvement Committee, Creation of Resource Guides, leading the revitalization of the community garden, offering opportunities for varying levels of physical activities for older adults and others in Crawford County,

offering special themed meals in addition to regularly scheduled lunch and dinner meals, hosting educational opportunities on many different topics that are of interest to older adults including health, finances, avoiding identity theft, navigating Medicare and Medicaid, preparing advance directives, and retirement planning. They are always at the table when it comes to improving Crawford County and are good stewards of the resources that are entrusted to them. The members of the Crawford County Commission on Aging and Senior Center staff and their 100+ volunteers are kind, friendly and responsive.

A plaque was given and a special tribute was read by State House Representative, Daire Rendon which was signed by Governor Gretchen Whitmer.



Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake! Call us at 348-7123 before the meal to let us know you're coming. **Invite your friends & family to share your cake!** If your birthday falls on a day we are closed, we would be happy to make arrangements to celebrate your birthday on a different day!



Michele Arnholt	Rita Lone
Tiffany Bean	Susan Lynch
Sandy Brody Sparks	Nancy MacDonald
Roy Bryant	George Mascarello
Wendy Clarkson	Sharlene Mascarello
Marc Dedenbach	Barb McCray
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Lyn Dodge	Judy Morford
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Mary Lou Hanks	Tom Rawlings
Susan Hensler	Jack Richards
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Eva Hulbert	Gail Schultz
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Sandy Lakanen	Mary Jane Street
Eileen Langhorne	Nicole Wethington
Dick Lee	Sandy Woods
Alice Lee	Gary Worden
Cathy Lester	Barb Wotring
Kirsten Lietz	

April Birthdays

Ron Rysso 4/6
Jesse Potts 4/7
Darlene Brantley 4/10
Dorothy McLaughlin 4/10
Raymond Swiercz 4/22
Vivian Powers 4/29
Roy Bryant 4/30

Get your birthday published in the Senior Gazette! Stop by & ask for a form!



Gray Worden It's never too late!

Gary was born and raised in the Grayling area. He graduated from Grayling High School in 1956. Gary loved two things in High School; football, where he played half back and in one game scored 4 touchdowns, and the other; his future wife, who he started dating in the 9th grade.



Gary worked in the oil fields, Bear Archery, Darton Archery, and tended bar at his family owned business; Plaza Bar in downtown Grayling. He would retire March 3rd, 2000. The very next day, he and Jean, packed with minimal possessions after selling their house, drove to Alaska. They would return 3 months later. He wanted to come home to Grayling.

Gary loves Alaska, and to this day he has traveled there 8 times and looks to go again next year. It is his love of bow hunting and fishing which consumes any spare time he has. He would make sure all his family and friends were stocked with venison and would welcome any chance to give more.

His wife Jean passed away in 2006, and though he continued hunting & fishing, now at 80 years old Gary says, "I'm bored, I have got to do something." Gary started volunteering for the first time three months ago. He volunteers at the hospital two days a week helping transport people in wheel chairs to their car. You will also find him here at the COA in the dining room where he volunteers one night a week as a server. "I really enjoy talking with the people and try to talk with everyone who comes in. I will keep volunteering as long as I can."

For Gary, he is a true inspiration, it doesn't matter what your age is and it's never too late to give of your time.



Older Michiganians Day 2019 is presented by Michigan Area Agencies on Aging and Aging Network Partners.

Older Michiganian's Day (OMD) is an annual rally that takes place on the Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature, expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers. This Event Features:

- ♦ A Rally on the East Lawn of the Capitol Building
- ♦ Keynote Speakers
- ♦ Group and Individual Meetings with your State Legislators

Older Michiganians Day is planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults across the state of Michigan. The steering committee is responsible for planning the annual event in Lansing, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.

For more information contact the Michigan Association of Area Agencies on Aging at (517) 886-1029 or by email at OMD@4ami.org

Crawford County residents who would like to attend should contact Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 348-7123. Lunch is provided but you must register with the COA so we can have a lunch ticket available.



PATH for Chronic Pain

**Free 6-Week Workshop
starting April 9th
MSU Extension in Grayling**

MSU Extension and Crawford County Commission on Aging & Senior Center invite you to participate in a 6-week workshop called PATH (Personal Action Toward Health) for Chronic Pain. Chronic Pain PATH is helpful for anyone who is managing long term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing. Chronic Pain PATH is a FREE 6-week workshop designed to educate and empower individuals in management of chronic pain and maintain active and fulfilling lives. Come join us starting April 9th from 1 – 3:30 pm and continuing thereafter every Tuesday for 6-weeks at MSU Extension in Grayling.

For more information or to register for the class please contact Kaitlyn Grieb at (989) 348 – 7123.

Are You Connected with Us?

Are you getting all the latest information on Activities & Events at the Crawford County Commission on Aging & Senior Center? Find everything you need to know in our monthly **Senior Gazette**, weekly **E-mail Blasts**, and daily **Facebook Posts** by:

Liking us on FACEBOOK & making sure we have your E-MAIL ADDRESS!

We will do the REST and keep you UPDATED!



MUNSON HEALTHCARE
Grayling Community Health Center

Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738

(989) 348-0314

munsonhealthcare.org/graylinghospital



**AuSable Family
Dental, P.C.**

Ralph Oppermann
D.D.S., F.A.G.D.

800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629



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- Independent Living
- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

*A Non-Profit Faith-Based
Organization*

Northern Pines
A program of Baruch
Senior Ministries

NorthernPinesAssistedLiving.org
130 Mary Ann Street · Grayling 49738
p: (989)344-2010 · f: (989) 344-2011

Billy Lowes

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



didn't want to go back there, so I didn't!"

By then he had met Jay Stephan Sr., paddled a couple of marathons, "I wasn't very good." And decided to use his boat building experience to repair boats. Jay said to him one day, "I'm getting old. Why don't you build these?" Together, the two built the Mackinac fur traders boat replica that is in the Fort St.



Joseph's Museum. "We steamed the ribs on Woodward Avenue!" he exclaimed.

It was in 1997 that Billy met, and fell in love with Jay's daughter, Cheryl. "We got married, and, well... I'm still building and repairing boats. I build, outfit, restore, build the poles... But Cheryl, she's an artist. She does custom art work on them. She does beautiful

work!"

The first five boats he built were built in the basement of the house. "But I needed more space, so we built the shop." He said it takes about 240 hours to build a new river boat from scratch, or to do a complete renovation. "I've probably worked on 500- 600 boats and canoes. I work 6...sometimes 7 days a week. A buddy got after me once for not being in church on Sunday. I told him, 'I'd rather be on the river thinking about the Lord than sitting in church wishing I was on the river.' He didn't say much more."



During the AuSable River Canoe Marathon they open up their shop to racers who need to make repairs, and don't charge anything. "The boats can get beat up during practices and time trials. It's a way we can help out."

Billy has been featured in several magazines and television documentaries. He has vast knowledge of the AuSable River, the St Clair River, and of course, boats. "My love is boats...by far," he said, though he is also an international certified building inspector who has worked

three hurricanes.

He has two children, three grandchildren, and two big, ferocious-sounding dogs.



His philosophy of life is simple. "If it's not right, I'm not gonna do it. In the end, I don't have to satisfy anybody but me."

If being satisfied means doing what you love where you love, with the one you love, then Billy Lowes is a very satisfied man.

Upcoming Trips Holland, Colorado, & a Detroit Tigers Trip



Holland Tulip Trip May 7, 2019 7:30am-7:30pm - \$75.00

Leaving from the Bellaire COA

Price Includes:

- Lunch when we arrive at the Civic Center
- Veldheer's Tulip Farm/Wooden Shoe Factory
- Step on Tour of Holland
- **On your own:** We will stop on the way home for a quick dinner

Deadline April 30th. For more info & registration contact:

Beth Lacy @ (231) 533-8703 at Antrim COA.



Colorado Trip Sept 7-15, 2019

\$902 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in scenic Colorado
- 14 meals: 8 breakfasts & 6 dinners
- Tour of the Garden of the Gods
- Visit to the United States Air Force Academy
- Visit the royal Gorge, including Bridge & Aerial Tram
- Visit Historic Manitou Springs at the foot of famous Pikes Peak
- Guided Tour of Colorado Springs
- Visit the U.S. Olympic Training Center

Final Payment due: 6/30/2019. For Information & Reservations Contact: Beth Ladach, Kalkaska COA @ (231)-258-5030.



Detroit Tigers Trip Sept 12, 2019 8am - 10pm



Cost is \$100.00

Price Includes:

- Ticket
- Transportation
- Hot Dog and (at the game)
- Water and snack (on the way down)
- Age 50 or older

Deadline September 1st. For more information & Reservations Contact: Beth Lacy at Antrim COA (231)-533-8703.



Alzheimer's Disease

Is someone you know affected by Alzheimer's or Dementia? Or, have you wondered how to tell the difference between memory loss or if it something more serious? Taylor Cramer, Program Coordinator with the Alzheimer's Association, will provide information on detection, causes and risk factors, stages of the disease, treatment, and much more.



Join us before the presentation for a Lemon Baked Fish Dinner. Those 60 and older dinner is a suggested \$3.50 donation. For those under 60 the cost of dinner is \$5.50.

Alzheimer's Association Presentation

**Thursday, April 25th at
5:45pm.**



Do you have concerns about falling?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by trained facilitators.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

April 10, 12, 17, 24, 26 & May 1, 3, 8
10:00am to 12:00pm
Michigan Works Office
4595 Salling St., Grayling

For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

The Friends The Freedom The Brook



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our
ASSISTED AND INDEPENDENT LIVING
opportunities, visit

Brookretirement.com
989-745-6500

The Brook Retirement Communities
Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch

Add Years to Your Life & Life to Your Years

ONGOING ACTIVITIES

Aerobic Drumming

Golden Beats, Mondays, 10am
Power Beats, Mondays, 5pm

Bible Study

Tuesdays, 10am

Bingo

Medicine Shoppe Bingo
once a month on "Thurs"
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Bridge

Mondays, 1pm

Clogging, Beginning

Mondays, 12:30pm

Clogging, Regular

Mondays, 1:30pm

Computer Club

Assistance by Appointment

Craft & Chat Club

Wednesdays & Thurs, 10am

Dinner

Mon.-Thurs., 4:30pm-5:30pm
\$3.50 age 60+ \$5.50 under 60
Birthday Dinner once a month

Euchre

Tuesdays, 1pm

Exercise

Stretch to Fitness, Thurs, 10am
Equipped to be Fit, Fridays, 10am

Flower Arranging

Monday, 10am

Legal Assistance

3rd Thursday, 1-4pm

Line Dancing

Tuesdays, 2:30pm

Lunch

Mon.-Fri., 11:30am-12:30pm
\$3.50 age 60+ \$5.50 under 60
Frederic Satellite 2nd Fri.
Lovells Satellite 3rd Fri.

Mahjong

Wednesdays, 1pm

Pinochle

Fridays, 10am

Pokeno

Thursdays, 10am

Pool

Ball-in-Hand, Wednesdays,
1pm Nine Ball, Fridays, 1pm

Soup (2 choices per meal)

Lunch Monday-Friday starting
at 11:30am. Dinner Monday-
Thursday starting at 4:30pm.
\$1.00 per bowl
Also available to go

Trips

Special trips for seniors are
planned May through October.
All priced under \$100.

Unlucky 7's

Wednesdays, 2:30pm

Wii Bowling

Wednesdays, 1pm

Yoga

Chair Yoga, 1st, 3rd, & 4th
Thurs, 6pm (check calendar)
Gentle Yoga, Tuesdays, 1pm
\$5.00 Charge

Zumba

Zumba Gold Tuesdays, 10am

Let's celebrate spring! Bring the whole family out and enjoy
a great dinner with a great price!

Spring Fling Dinner

Thursday, April 11th, 4-6pm

At the
Commission on
Aging & Senior
Center

308 Lawndale St.
Grayling

Menu

Baked Ham with
Pineapple Sugar Glaze
Au Gratin Potatoes
Midori Vegetables
Dutch Apple Pie

No
Reservations
Required!

Suggested
donation for
60+ \$3.50.
Under 60 \$5.50

Support Groups

11th Step Meeting - Open Meeting

Mondays, 7pm

St. Francis Episcopal Church, Grayling

Alzheimer's Support Group

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.
For more info call the COA 348-7123

Choices (Anger Management)

Mondays, 2:30-4pm at River House
For more info call 348-3169

Diabetes Support Group

Last Tuesday 4:30pm, Milltown Rm

Munson Healthcare Grayling Hospital
For more info call 344-4826

Healthy Relationships &

Empowerment for Women

Thursdays, 4pm-5:30pm, at River House
For more info call 348-3169

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, 7pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more AA info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am

Women's meeting, Thursdays at Noon

St. Francis Episcopal Church, Grayling

For more info call Greg at 348-1382

Healing Together (Grief Support Program)

3rd Thursday 4:00pm

The Brook of Grayling, 503 Rose St.

For more info call 1-989-343-2470

Munson Hospice Grief Support Group

4th Monday, 11am

Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more info call Patsy 989-348-3073

Narcotics Anonymous

Tuesdays 6:30pm,

Houghton Lake Alano Club, 2410 N. Markey Rd.

For more info call Ted 989-429-8100

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 348-1398



Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Mon - Thurs.
Lunch & Dinner suggested donation
of \$3.50. Under 60 cost \$5.50.
2 Choices of Soups served daily
Soup is available starting 11:30/4:30
To go soup is also available

Bowl of Soup

\$1.00 per bowl

Piece of fresh fruit 50¢

Milk 30¢ with a bowl of soup

Satellite Meals

Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg

Please call the
Senior Center at 348-7123 to make
a reservation for a Satellite Meal.

Stay in the Know!

You've Got Mail

Sign up for
FREE
e-mail news
about the
Senior Center
activities

Receive the latest information about
the Senior Center activities, delivered
directly to your home via e-mail.
Signing up is easy; just send an email to
director@crawfordcoa.org
The Senior Center respects
your privacy and does not sell or
make available to others our patrons
e-mail list.

Free Congregate Meal
For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located
Behind
Burger
King

Must be a
first time
meal.



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat
	<div>1</div> <div>10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Grapes, 5pm Aerobic Drumming Power Beats</div>	<div>2</div> <div>10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajitas, Green Beans, Tossed Salad, Apple</div>	<div>3</div> <div>10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries</div>	<div>4</div> <div>9:30am Diabetes Path @ Frederic Twp Hall 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Shepherd's Pie, Carrots, Grapes 6pm Chair Yoga</div>	<div>5</div> <div>10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball 2pm Cooking Matters Class</div>	<div>6</div>
7	<div>8</div> <div>10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries 5pm Aerobic Drumming Power Beats</div>	<div>9</div> <div>10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Chronic Pain Path @ MSUE 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Spaghetti & Meatballs, Breadstick, Tossed Salad, Grapes</div>	<div>10</div> <div>9:30am Commodities @ St. Mary's 10am Craft & Chat 10am Matter of Balance @MiWorks 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple</div>	<div>11</div> <div>9:30am Diabetes Path @ Frederic Twp Hall 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 1pm Penny Bingo 1pm Wii at Kalkaska 4-6pm Spring Fling Dinner Baked Ham w/Pineapple Sugar Glaze, Au Gratin Potatoes, Midori Vegetables, Dutch Apple Pie</div>	<div>12</div> <div>10am Matter of Balance @MiWorks 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball 2pm Cooking Matters Class</div>	<div>13</div>
14	<div>15</div> <div>10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 1-4pm Hearing Clinic-Appt. Req'd 4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks 5pm Aerobic Drumming Power Beats</div>	<div>16</div> <div>10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Chronic Pain Path @ MSUE 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi Fruit 5:45pm Price Is Right Party</div>	<div>17</div> <div>10am Matter of Balance @MiWorks 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</div>	<div>18</div> <div>10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Beef Tips, Brown Rice, Asparagus, Applesauce 1pm Penny Bingo 1-4pm Legal Assist-Appt. Required 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 6pm Chair Yoga</div>	<div>19</div> <div><div>Office is Closed</div></div>	<div>20</div>
21	<div>22</div> <div>10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Smothered Pork Chop, Carrots, Broccoli & Cauliflower, Banana 5pm Aerobic Drumming Power Beats</div>	<div>23</div> <div>9am Munson Free B-Fast Pres 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Chronic Pain Path @ MSUE 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes</div>	<div>24</div> <div>10am Matter of Balance @MiWorks 10am Craft & Chat 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Burst O' Berries 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Lasagna, Breadstick, Tossed Salad w/Tomato, Apple</div>	<div>25</div> <div>10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo 1pm Wii with Bellaire 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 5:45pm Alzheimer's Presentation 6pm Chair Yoga</div>	<div>26</div> <div>10am Matter of Balance @MiWorks 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	<div>27</div> <div>National Prescription Drug Take Back Day</div>
28	<div>29</div> <div>10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 5pm Aerobic Drumming Power Beats</div>	<div>30</div> <div>10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Chronic Pain Path @ MSUE 1pm SCAMS @Grayling City Hall 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner Celebrating Birthdays at 5pm Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries, Cake & Ice Cream</div>	<div></div>	<div></div>		

Assistance to Help You Maintain Your Independence SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

By InTeliCare - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 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 Mon -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 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

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November, February

Resources

Computers

Internet computers are available at the Senior Center for your use, Mon & Wed

8:30-6pm, Tues & Thurs 8:30-7pm, and

Fri 8:30-4pm

Information and Assistance

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

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

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

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.

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
February 2019!***

At the Senior Center

- We served **832** Congregate Meals
- We served **276** Soups
- Activities/Events Attendance **661**
- Average # of Daily Visitors **56**

In-Home Services

- Delivered **1,587** home delivered meals.
- Provided **123.25** hours of respite care.
- We provided **314.50** hours of homemaker services.
- We provided **51** hours of bathing assistance services.



**Tune into the Chemical Bank Creating Community Chemistry
Calendar to listen for our Calendar of Events!
Airing daily on these fine stations!**



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

UNDERSTANDING SOCIAL SECURITY SURVIVORS BENEFITS

Unfortunately, tragedy can strike without any warning. The loss of the family wage earner can be devastating both emotionally and financially. Social Security helps by providing income for the families of workers who die.

Some of the Social Security taxes you pay go toward survivors benefits for workers and their families. The value of the survivors

benefits you have under Social Security may even be more than the value of your individual life insurance. When you die, certain members of your family may be eligible for survivors benefits. These include widows and widowers (and divorced widows and widowers), children, and dependent parents.

Here are the people who can get survivors benefits based on your work:

- ♦ Your widow or widower may be able to get full benefits at full retirement age. The full retirement age for survivors is age 66 for people born in 1945-1956, with the full retirement age gradually increasing to age 67 for people born in 1962 or later. Your widow or widower can get reduced benefits as early as age 60. If your surviving spouse is disabled, benefits can begin as early as age 50. Your widow or widower can get benefits at any age if they take care of your child younger than age 16 or disabled, who is receiving Social Security benefits.
- ♦ Your unmarried children, younger than age 18 (or up to age 19 if they're



attending elementary or secondary school full time), can also get benefits. Your children can get benefits at any age if they were disabled before age 22. Under certain circumstances, we can also pay benefits to your stepchildren, grandchildren, stepgrandchildren, or adopted children.

- ♦ Your dependent parents can get benefits if they're age 62 or older. (For your parents to qualify as dependents, you must have provided at least half of their support.)

You can read more about Survivors Benefits at

www.socialsecurity.gov/pubs/EN-05-10084.pdf. How much your family can get from Social Security depends on your average lifetime earnings. The more you earned, the more their benefits will be. For more information on widows, widowers, and

other survivors, visit

www.socialsecurity.gov/planners/survivors.

Social Security is with you through life's journey. Be sure to tell friends and family about our Survivors Benefits and how we can help in times of need.

Last Chance for Tax Appointments



Tax and Home Heating Credit appointments are still available on Mondays and

Tuesdays through April 9th. Appointments are made on a first come, first served basis. This is a free tax service. Call Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 989-348-7123 to make your appointment and to get a list of items you need to bring to the appointment.

PLEASE NOTE: Appointments are available on a first come, first serve basis until full.

VOLUNTEERS we need you! Take your leotard out of storage & iron your cape.. What's your SUPERPOWER?



Start your volunteer journey with becoming a **Meals on Wheels Driver**. 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! Able to lift heavy bags.

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



Kitchen

- We could use a **Dishwasher**, and help with making sandwiches, cupping fruit, and packing bags.

- **Servers** are needed to serve Lunch from 11:30am to 12:30pm and Dinner from 4:30pm- 5:30pm. No roller skates required.
- Our **Stock Person** helps with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

Drop Off Your Old, Unused & Expired Medications

All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders

Anytime at Crawford County Sheriff's Department and Grayling City Hall. During business hours at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!

DEQ Department of Environmental Quality

FREE
Classes offered
at the COA!



Tuesdays @ 10am & 6pm
Helping to make it possible, our Sponsor



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SMITH & ASSOCIATES, C.P.A., P.C.

ROBIN L. SMITH-MARTIN C.P.A.

**New Clients - 60 yrs. of age & older
SPECIAL PRICING**

Michigan Tax Return Only - Starting at \$55.00
Federal Tax Return - Starting at \$95.00

By Appointment Only - 989.348.2811
Grayling Office - 115 Michigan Ave.

Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)
This one's for you, Mom!

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

1. distribution
2. woebegone
3. secret
4. snatch
5. short
6. cow
7. cable
8. unwritten
9. spark
10. godly
11. spark
12. honorable
13. gullible
14. flower
15. large
16. swanky
17. scare
18. parallel
19. unarmed
20. right
21. merciful
22. payment
23. boast
24. sassy
25. unadvised
26. smash
27. comfortable
28. aftermath
29. bubble
30. deserted
31. current
32. profuse
33. daffy
34. harass
35. sky
36. uppity
37. wail
38. toes
39. ignorant
40. undesirable
41. harmonious
42. texture
43. name
44. calculator
45. rainstorm
46. dance
47. act
48. sofa
49. bat
50. dear

Cook's Corner

CHICKEN STEW WITH DILL

INGREDIENTS

Serves 2

- 3-4 tablespoons olive oil
- 9 ounces raw chicken breast, diced
- 1 cup uncooked barley
- 1 cup carrots, chopped
- 1 cup celery, sliced
- 1 tablespoon lemon juice
- sea salt and freshly ground black pepper
- few sprigs of dill, finely chopped, to garnish



INSTRUCTIONS

Heat 2 tablespoons of the oil in a pan over a medium to high heat. Add the chicken and cook for 8 minutes until lightly brown. Remove to a plate. Add the barley to the pan and toast for 1 minute. Add the remaining oil, carrots and celery and cook for 2-3 minutes. Add 3 1/4 cup of water and reserved chicken with the juices. Bring to the boil, then simmer for 30 to 35 minutes until the barley and vegetables are tender. Stir in the dill and lemon juice. Divide evenly between two bowls, garnish with dill and season.

Smoking Policy



Just a reminder that there is a smoking policy at the Senior Center. Smoking will be prohibited in all buildings and will be limited outside to beyond 25 feet from any building on the campus. Smoking includes any type of cigar, cigarette, pipe or electronic device. There is no designated smoking area on the grounds.

Because the Commission on Aging routinely receives complaints from customers about walking through smoke when entering the building, the Commission on Aging is strongly encouraging its smoking customers to do so within their vehicles. This will protect the smoking customers from the weather elements and the non-smoking customers from the smoke. Please be considerate of your friends who have lung deficiencies, are on oxygen, have asthma, etc.

Grayling Save a Lot

Purchase of

Crystal 20 Bottled Water
24-Pack, Limit 2 w/Coupon **\$1.49**

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Look for printable coupons at www.Save-A-Lot.com

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1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

Self Management Key to Chronic Pain

By Nicole Persing-Wethington, from Michigan State University Extension

Millions of people experience chronic pain. The Centers for Disease Control and Prevention reports that chronic pain is among the top reasons people seek medical care in the United States. There are ways to help manage chronic pain that can benefit long term wellbeing. Self-management is found to be one of the most effective methods among nonmedical treatment options (National Institute of Health, 2011). Individuals who participate in self-management in programs or as individuals are able to increase their ability to cope with chronic pain and improve functioning. Here are some tips for self-management of chronic pain:

- Set goals- Write down your goals, and then write a specific plan on how to accomplish them. No step is too small. A goal might be to drink more water, walk a lap around your living room, practice gentle stretching, or attend a class. Remember it is about progress, not perfection.
- Practice mindful self-awareness- Pay attention to how your mind and body respond to activities, foods, weather, etc. Knowing what helps and hurts can go a long way to improving how we deal with pain.
- Make a connection- making social

connections with others can help make managing pain less painful. It is important to ask for help, give and



receive support, and consider other perspectives. Even if the group or friend you are connecting with does not have chronic pain, social connections make us more resilient.

If you have concerns about your chronic pain, please ask your medical provider. You can also consider taking a self-management class like Chronic Pain PATH. Contact Kaitlyn at (989) 348-7123 to sign-up for the next class starting April 9th.



**Come on Down!
You're the Next
Contestant
on the Price
is Right!**

Tuesday, April 16th at 5:45pm

Join us for a great game of the Price is Right on Tuesday, April 16th after dinner at 5:45pm. We will be bringing contestants down from the audience for 3 challenging games – The Check Game, The Grocery Game and The Shell Game. Winners of these games will advance to the coveted Shopper's Showcase Showdown where the wheel will be spun for even more prizes! Do you think you're a smart shopper? Join us and test your skills on the Price is Right!

Dinner is served from 4:30pm until 5:30pm. We will be having Pork Chop Supreme. A suggested \$3.50 donation for those over 60 and a cost of \$5.50 for those under 60.

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Walk in the Woods Wednesday

**Walk your Way to Fitness!
Starting May 1st at 1pm**

Did you know a brisk walk can improve your mood, help you manage chronic conditions, and improve balance? Walking is low impact and can help maintain or improve your overall health. Walking doesn't require any equipment or fancy training, it strengthens your heart and boosts energy levels!

The Crawford County Commission on Aging & Senior Center invites you to join us every Wednesday starting on May 1st at 1 pm to explore the beautiful trails around Crawford County. We will meet at different trail heads every Wednesday and walk as a group throughout the woods. Each week the group will choose a trail to explore such as Hartwick Pines State Park, Hanson Hills Recreation Area, Mason Tract Pathway, North Higgins Lake State Park, and the Beal Plantation. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.



It is time to bring out your shoes with arch support, a firm heel and thick flexible soles,

breathable clothes, and your finest water bottle to walk your way to fitness! Although walking sticks are not provided, they are highly encouraged as they improve balance and stability and will aid you throughout the various trails we travel. We will begin each walk with a warm up to enhance performance and end each walk with a cool down.

Come join the fun, experience the great outdoors, and win 1st, 2nd, and 3rd place prizes for the most miles walked! Don't forget to bring lots of water to stay hydrated during our trail adventures. If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get into the state parks. We will try to carpool depending on your location to decrease the cost. To sign up for the Walk in the Woods program and meeting locations please contact Kaitlyn Grieb at 989-348-7123.

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UpNorth

NUTRITION by Kaitlyn

Magnesium is a mineral that plays a role in many reactions in the body. It is responsible for contracting and relaxing muscles, blood glucose control, and aids in protein synthesis. Magnesium is present in bones, red blood cells, and is a major building block for DNA. Magnesium is found naturally in foods,



available in supplement form, or can be added to food. It is found in plant and animal

products along with fortified foods such as breakfast cereals. Did you know it can also be found in water? It is found in different amounts depending on the brand and type such as tap or bottled. The RDA or Recommended Dietary Allowances for magnesium for women over the age of 51 is 320 mg daily, and for men over the age of 51 is 420 mg daily. Foods high in magnesium include almonds, avocados, green leafy vegetables such as spinach and kale, and dark chocolate. Magnesium deficiency is hard to diagnose as its symptoms are similar to other health related conditions. Early signs of magnesium deficiency include overall muscle weakness, abnormal heartbeat, along with nausea and vomiting. Inadequate magnesium intake is common among people with health conditions that include the gastrointestinal tract, alcohol dependence, and diabetes. If you are considering supplementing magnesium in your diet or think you may be magnesium deficient please consult with your physician.

TWO SCAMS How to Avoid Them!

Tuesday, April 30th
from 1-3pm
Grayling City Hall



Seniors are often the targets for scammers looking to cheat them out of their money. The

Michigan Attorney General's Office is deeply concerned that people be aware of the various scams that occur and how they may recognize potential scams and avoid them.

Join Frank Dame of the Attorney General's Office on **April 30th** as he discusses two types of scams: Home Repair and Improvement, and In-Home Care and Senior Residences. In the first seminar you will learn the telltale signs of home repair scams, unscrupulous contractors and how to navigate the home improvement process. In the second seminar, you will learn about the resources available to help you make the best decisions regarding care for yourself or your loved ones at home or in a senior residence.

These seminars will be held on Tuesday, April 30th, from 1-3pm in the Council Chambers of the Grayling City Hall, 1020 City Boulevard, Grayling, MI. The seminars are open to the public, but registration is required. Call Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 989-348-7123 to register.



I want to ride my bicycle; I want to ride my bike!

All skill levels welcome!

Dust off your bicycle, bring your pedaling feet, and don't forget your helmet!

Come join Northbound Outfitters starting in mid-May to ride through the fresh air and sunshine. The group meets on **Wednesdays at 6 PM** and takes off around 6:15 PM in the Northbound Outfitters parking lot and rides out to Hartwick Pines State Park and back.

This is a ride at your own risk and pace, you can turn around or go the entire way, whatever fits your comfort level. No sign up is required just show up ready to pedal. Because of path and weather conditions check with Northbound Outfitters via phone 989-348-8558 or find them on Facebook for weekly updates.



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
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Grayling, MI 49738 Fax (989) 348-7698

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GRAYLING
NURSING & REHABILITATION
COMMUNITY

Overall Patient Satisfaction: 94%
Post Acute Short Term Rehabilitation
Long Term Living
Physicians/NP Available 24/7

Five Star CMS Rating

331 MEADOWS DRIVE • GRAYLING, MI 49738 • 989.348.2801

Munson Free Breakfast Presentation, Tuesday, April 23rd at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Steve Peterson, of Munson Healthcare Grayling Hospital's Resource Coordination Team

Making Your Medical Wishes Known Presentation

Monday, April 16th is National Healthcare Decisions Day. National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning.

Since we never know what may happen on any given day and life can bring unexpected twists and turns, it can be difficult to know what decisions may need to be made. At any age, a medical crisis could leave someone too ill to make his or her own health care decisions. This could be the result of disease or severe injury – no matter what age you are. People of all ages are encouraged to participate in advance care planning before a crisis occurs.

What is Advance Care Planning?

Advance Care Planning focuses on learning about the types of decisions you might need to make if a medical crisis occurs, and determining what your goals would be in such a situation. It helps others know what kind of care you would want.

Everyone age 18 and over is encouraged to complete an **advance medical directive**. This document should be updated every few years because your goals and wishes are likely to change over time. You can make changes to this document at any time.

What is an Advance Directive?

An advance directive is a legally binding document that allows you to designate who will advocate and speak out your medical choices if you are ever unable to speak for yourself. Your designated spokesperson is referred to as your **"patient advocate."** Your patient advocate is **only** authorized to make medical treatments decisions on your behalf if/when you are unable to speak for yourself.

Examples of advance medical directives include durable power of attorney for health

Breakfast Menu Omelette Station, Hashbrowns, Muffins, Mixed Fruit, Juice, & Coffee

care, the FIVE Wishes booklet, or other state recognized documents that identify who you have designated to be your voice if you are unable to make your medical wishes known. This document also includes specific directions about the kind of care you want or don't want to receive. Your designated health care agents will be required to sign an acceptance form stating their willingness to be your health care agent and honor **your** wishes, even if he/she does not entirely agree with them.

Why Do I Need an Advanced Directive?

There may come a time when you cannot understand or are unable to express your choices due to an illness or accident. Because your choices matter, we value your right to make your own decisions. Under Federal and State laws, everyone age 18 years and older who is legally competent (does not have a court appointed guardian for medical decisions) and of sound mind has the right to create an advance directive, which indicates your choice for medical care.

A little planning now will save those dearest to your heart unneeded stress later. The best time to talk about the type of medical care you may or may not want is when you don't need it.

To learn more Advance Care Planning and Advance Directives, as well the upcoming free community Advance Care Planning Workshop that is planned for May 2nd at Munson Healthcare Grayling Hospital, please join Steve Peterson, of Munson Healthcare Grayling Hospital's Resource Coordination Team, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday, April 23rd, 2019. Hope to see you there!

Bon Appetit New Menu Reviews!

Mediterranean Chicken Breast & Crispy Lemon Chicken Breast



"I love the Mediterranean Chicken. The chicken was moist and tender and covered with sautéed onions, peppers and olives, which gave it lots of flavor. The sweet from the sweet potatoes that was also served complimented the flavor of the chicken nicely...the colors popped on the plate and my mouth watered as I took my first bite!" - Deb Rawlings

"We try to have lunch or dinner at least two times a week at the senior center. The meals are healthy as well as tasty. The Mediterranean Chicken is a recent addition to the menu. I think they have another winner to choose from!" - Tom Rawlings



"I am a 'ketchup girl' from way back...my dad taught us girls to use ketchup on everything. Well, I will admit, I tasted the new "Lemon Chicken" item and it was enticingly good; without my usual ketchup routine. Once you take a bite your taste buds urge you to take another & the lemon taste really is enhanced...I also suddenly realized I ate the entire chicken without my beloved ketchup! Kudos to the COA chefs on offering this delightful recipe." - Cynthia Haynes

Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care Services will have you feeling better faster than ever.



MUNSON HEALTHCARE
Grayling Physician Network

Grayling

Open Monday-Friday, 8:30 am - 6 pm, Saturdays, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Friday, 8 am - 4 pm
234 Lake St., Roscommon, MI 48653 | 989-275-1200

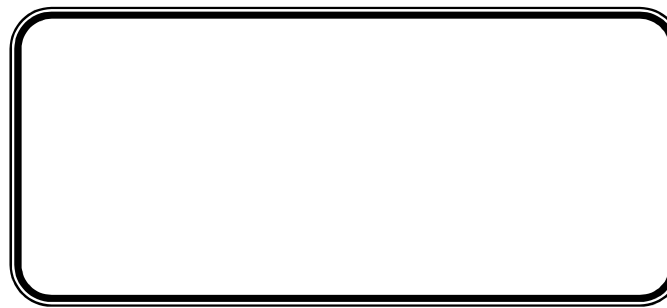
Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturdays, 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900



Smartphone Scan
to our Website

308 Lawndale St.
Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342
director@crawfordcoa.org



Take the Plunge with Us Water Aerobics to Start May 15th!

Grab your best pool noodle, swimsuit, and take a plunge with us!

The Crawford County Commission on Aging & Senior Center is now offering water aerobics! Come join us every Wednesday starting on May 15th at 10am at the Grayling Super 8 located at 4 Mile exit on I75 to build muscular strength and boost your cardiovascular endurance in the refreshing water. Move to the rhythm of music as we tone muscles and burn calories while having fun!

Our water aerobics class is easy on the joints and includes a warm-up, light cardio and strength-training session, followed by a cool down. No equipment is required, all you need to bring is a towel, swimsuit, and water to stay hydrated!

A bathroom is located near the pool area for your convenience. There will be a \$5 charge per class to use the Super 8 pool or the option to purchase a punch card (8 punches) for \$24 for adults 55 or older. To sign up or if you are interested in an evening class please contact Kaitlyn Grieb at (989) 348-7123.

National Prescription Drug Take Back Day: April 27th

A Great Time to Dispose of Prescription Medications Cluttering Your Cabinets

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Tragically, incidents involving improper use of prescription medications may require hospitalization while others may be deadly. Drug Take Back programs run by local communities are a big step toward preventing unnecessary deaths due to accidental medication exposure.

Another important effect of National Take Back Day is that it helps to divert medicines from entering the environment. Drugs flushed down



toilets may eventually find their way into ground water, contaminating it. If your prescription medications have expired or you are no longer taking them, Drug Take

Back Day is a way to make sure they are disposed of properly. April 27, 2019 from 10am to 2pm marks a nationwide opportunity for Americans across the country to get rid of all unused drugs in the home. It's simple and easy. Gather them up and take them to a disposal site. Grayling has 3 disposal sites. One at City Hall located at 1020 City Blvd and the other at the Crawford County Sheriff's Department located at 200 W. Michigan Ave. It's free and anonymous, no questions asked. These drop boxes are outside and may be accessed at any time of the day or night. The third site is the Medicine Shoppe Pharmacy at 500 James Street in Grayling. Unused medications may be dropped off there during business hours.

Although April 27, 2019 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home. **Together, we can make difference!**



Spring is just around the corner! Now is the time to start planning your garden. Don't have any space to garden? Would you like to garden among friends? Need a little help figuring it all out? Join the Community Garden Friends! This group has experienced gardeners ready to help you and they've even got space available for FREE! The Community Garden property, located at the corner of Madsen and Mary Ann Streets, has been made available courtesy of the Carl W. Borchers Post Veterans of Foreign Wars (VFW) #3736. Last summer a brand new well and inground sprinkler system was installed to assist gardeners with watering all season. The Community Garden plots will normally be plowed and ready after Memorial Day each year. Plots will vary in size depending on the number of gardeners, but all are available free of charge to Crawford County Residents. Sign up takes place starting in May. To contact the Community Garden Friends, please call (989) 348-7123.

The Community Garden Friends is also seeking volunteers to help with maintaining a large plot which will grow food for the community. Food from this plot will go to individuals and families via the Crawford County Christian Help Center Food Pantry, Riverhouse Shelter, Michelson Memorial Monday Night Community Dinners, Crawford AuSable School Pantries and the Commission on Aging. If you are interested in helping with community plot, please contact the Community Garden Friends at (989) 348-7123.