

Crawford County Senior Gazette April 2020



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Featured Article

Karen Harrison

"Following the River"

Karen Harrison's life has flowed along a series of surprising twists and turns; much like the AuSable River, which she lives beside.

Born Karen Barr in Battle Creek, MI, Karen grew up in Richland, MI and was a member of the first graduating class of Gull Lake High School in 1970. She attended Western Michigan University where she earned a degree in Medical Technology. She said, "A degree is a degree. It opens the first door and the rest is your life's journey."

The first door Karen's degree opened was a job with the Upjohn company. "We worked in the Animal Health Department, where I studied and helped develop medications for animals. "It was all microbiology for a couple of years. At that time, there were about 50 employees in the department, and we worked at Upjohn Farms. It was and still is, a very pretty place. Of course, it's not Upjohn anymore."

She spoke of the MSU test farms next door where new varieties of sweet corn were being tried. "We'd go out to the edge of the field and pick the corn and take it back and cook it." She smiled, remembering, and added, "We probably weren't supposed to do that."

Though Karen's role with the company changed along with the evolution of the company itself, her career with Upjohn and its successors lasted 33 years. "I did 7 different jobs during those years, mostly lab work. And then clinical research, international research, and clinical quality assurance. The last ten years,

I audited clinical trials worldwide. I traveled to 33 countries during that time. I saw Singapore, Hong Kong, Japan, Thailand, Russia 2 or 3 times, Europe a lot of times. Italy was my favorite. I'd like to go back there sometime.

"The best part was that when we went to a country, we were there for several weeks at a time, so I was able to see some things. It wasn't 'just work'. I was lucky."

During those years, Karen also married, had a daughter, and lived, for 26 years, on a 60-acre farm near the small west Michigan town of Gobles. "We kept about 100 sheep for wool. We had some chickens... I stopped eating meat after the first chicken we killed. Now, I'm mostly vegetarian, though I will eat some fish or seafood on occasion."

But paths and rivers wind and Karen envisioned her life on a river, "Not near Kalamazoo." It took her three years of searching to find the right place for her retirement years. She looked from Traverse City to Mio before she landed just below Frederic on a quiet stretch of the AuSable. "I needed a year-round home, it had to be affordable, and with no steep bank to the water." She moved to her new home in 2006.

Her work in animal science planted an interest in environmentalism in Karen, and her desire to get more involved in environmental things led her to attend some meetings of the local chapter of Trout Unlimited. The organization draws its geographical lines according to zip code, which put Karen in the Headwaters Chapter. "I helped with banquets and other programs with that chapter, but felt like the Mason-Griffith founders Chapter here in Grayling was the best fit for me."



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

HOURS OF OPERATION

**Monday & Friday
8:30am to 4pm**

**Tuesday & Wednesday
8:30am to 6pm**

**Thursday
8:30am-7pm**

**308 Lawndale St
Grayling, MI 49738**

**Phone (989) 348-7123
Fax (989) 348-8342**

www.crawfordcoa.org

Director@crawfordcoa.org

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Senior Gazette Staff

Alice Snyder
Editor

Sarah VanDuser
*Creative Director &
Advertising Manager*

Ann Rowland
Cheri Carpenter
Robert Simpson
Nicole Persing-Wethington
Contributing Writers

Ken Wright
Contributing Photographer

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Grayling, MI 49738

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Communication Corner... **Notes from the Director**



Building Relocation Update

The March 10th primary election results were positive for moving forward with the funding of a new Senior Center. With all townships and the City supporting the measure with a 68% margin, we are excited to move forward with this project.

What's Next....the day after the election, the County was ready to move the process forward to secure funding so work can begin. The sale of the property will be completed. The County and the COA will work together to determine how the project will be managed (i.e. construction management service). More discussion will occur on the design of the building with our architects so final plans can be completed. During this process, the COA will be meeting with various groups of people to gather input on the design (staff, volunteers, participants, community members). It will be important to be available for these meetings so your voice can be heard. A project timeline will be developed as well. We anticipate that this project will take at least a year to complete if not longer. After bids are awarded for the project, we will have a better idea.

In the meantime, we will continue to do what we've always done—serve you! If you have questions, please feel free to call or email me at any time.

Suggestion Box

Q: Beef Pot Pie was very, very, very, very dry! A: Thanks for letting us know. Chef Dale has modified the recipe so you'll have to tell us if it's better. By the way, I appreciate

these notes in the suggestion box so I can follow up, but make sure you are asking for Chef Dale when there is a problem with your meal. He needs to know right away so we can fix it before we serve it again.

Q: Can we please have Honey Mustard Salad Dressing? A: Sure, we've got it ordered and available for you!

Q: We should be able to switch soup for salad and vice versa. Both are available every meal so it should be our choice with hot or cold option. A: Unfortunately, it's not as simple as that. Availability has nothing to do with what we can serve. We have gotten approval to swap a fruit for a fruit which is why you have choices for fruit. We have also gotten approval to swap a vegetable for a salad (both are vegetables) which is why you can swap any hot menu vegetable for a salad. Soup and Salad are not as equally matched nutritionally. When we asked for approval, it was denied. In order for us to offer this, we would have to create 2 separate menus for approval which at this time is not possible. We will try next fall/winter to accomplish this for you.

Q: Wii Golf A: Kaitlyn will look into our Wii Console to see if we have access to this game. If so, we'll add it to the schedule!

Q: Please do not clean the table with bleach while I am sitting at the table. I have COPD and it bothers my lungs very bad. A: Unfortunately, this suggestion was not signed so I don't know who you are. If you can identify yourself to Chef Dale or myself, we can train staff and volunteers not to use bleach near you. We are working hard to keep all surfaces clean this winter!!

-Alice Snyder, Director

Tax Aide Appointments Cancelled



Effective immediately, the Tax Aide program in Crawford County is closed. **All existing appointments have been cancelled and there will be no new appointments scheduled at this time.** We do not know when/if the Tax Aide program will resume for 2020. Please watch the Gazette for further information. Be aware the Federal Government and State of Michigan have extended the tax filing deadline for 90 days until July 15.



Thank you
to our
COA
Volunteers!

Tiffany Bean
Nancy Billinghamst
Sandy Brody Sparks
Roy Bryant
Gloria Buskirk
Wendy Clarkson
Marc Dedenbach
Dick Dodge
Lyn Dodge
Diana Doremire
Greg Dulkowski
Mary Garcia
Mary Jo Gingerick
Sharron Hagerman
Susan Hensler
Donna Hubbard
Eva Hulbert
Francis Hummel
Tom Jarosz
Dennis Kemerer
Ron Kemerer
Glenn King
Kay Ellen King
Lorelei King
Cyndi King-Baldwin
Sandy Lakanen
Eileen Langhorne
Alice Lee
Dick Lee

Betty Leibler
Kirsten Lietz
Rita Lone
Susan Lynch
George Mascarello
Sharlene Mascarello
Jamie McClain
Julie McClain
Barb McCray
Dean McCray
Ann Mitchell
Judy Morford
Dee Niedzielski
Sharen Perkins
Nancy Pletzke
Deb Rawlings
Tom Rawlings
Jack Richards
David Ridal
Gail Schultz
Jon Schultz
Christine Seager
Tom Seames
Nancy Smitz
Joyce Sorenson
Dianne South
Cheryl Starr
Ann Stephenson



“A Volunteering Spirit in Bloom” Judy George-Crook By Cheri Carpenter

If you enjoy the beautiful plants and flowers at the Senior Center, you should thank Judy George-Crook since she spends her free time taking care of them. “I love gardening! That’s my passion,” Judy says and she plans on volunteering at the community garden this season as well.

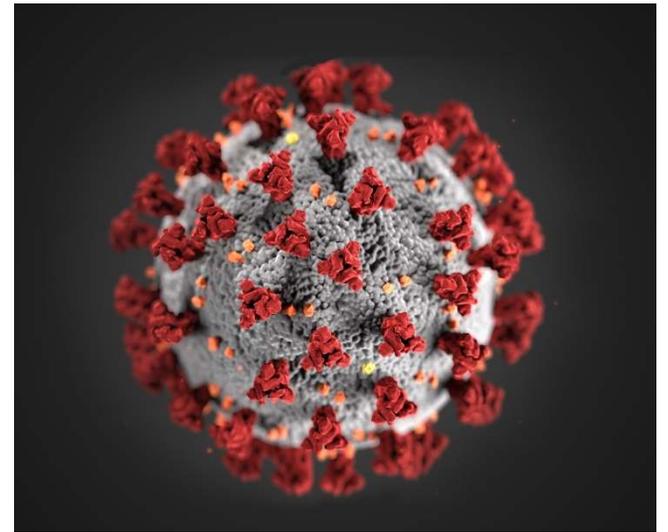


Judy is no stranger to volunteering. She lived in Wayne, Michigan where she raised her son and 2 daughters as a single parent before remarrying. She worked in nearby Livonia for a printing corporation in desktop publishing and would eventually retire after 25 years. “I have to stay busy...I can’t sit around,” she says. Not long after retiring, Judy began volunteering at a local clothing bank which she would run for the next 2 years, volunteering 25 hours per week. She also volunteered a couple hours a day at her local school during lunch, which would unexpectedly turn into a part-time job for a year, before moving away from Michigan.



Judy and her husband Bob decided to leave Michigan and move to Florida to enjoy their retirement in the beautiful, sunny weather. However, Judy soon found herself missing her children and 7 grandchildren and she and Bob moved back to Michigan landing in Grayling, where her daughter Lynn lives. “I loved the weather, but I’d rather be by my kids,” Judy says of Florida.

She heard about the volunteer opportunity at the Senior Center through her daughter who works for the Commission on Aging and she decided to go for it. “I’ve been a big volunteer my whole life,” she says. These days Judy is very active in her church, she enjoys spending time with her husband of 21 years and their dog, and loves walking in nature, gardening, and (of course) volunteering.

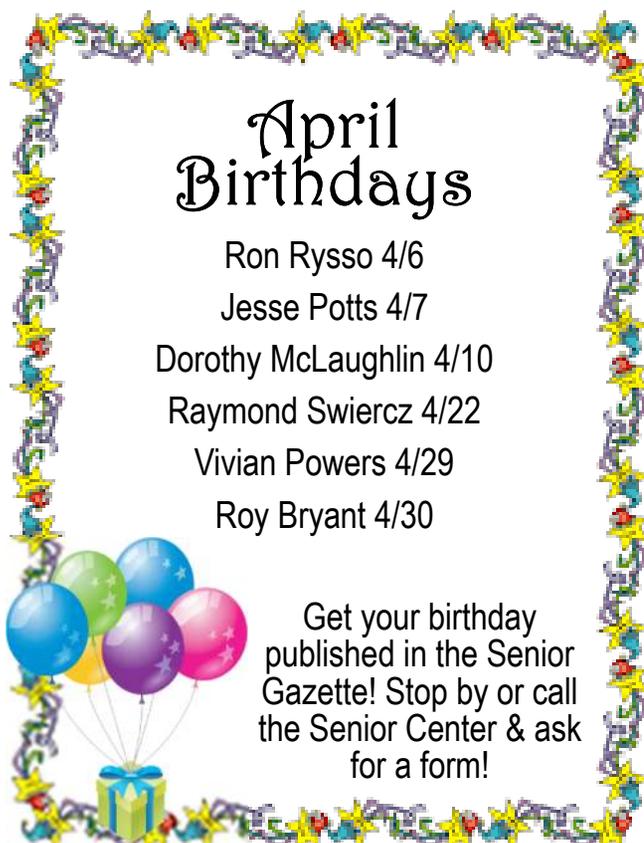


COVID-19 Response

The Crawford County Commission on Aging (COA) has been closely monitoring the COVID-19 respiratory disease since its arrival in Michigan on March 10th. Based on the Governor’s Executive Order 2020-9 and recommendations from the Michigan Department of Health and Human Services, the COA has decided on March 17th to take the following proactive measures in response to the COVID-19 pandemic, to ensure the health and safety of agency clients, caregivers, staff, volunteers, and community members:

- The Crawford County Commission on Aging & Senior Center will be closed to the general public effective Wednesday, March 18th until further notice.
- Staff at the Commission on Aging will continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.
- All activities, events, classes and trips have been suspended until further notice.
- Congregate Meals will continue to be offered Monday thru Friday on a curbside take-out basis from 11:30am – 12:30pm. Meals can be picked up at that time for both lunch and dinner as well as meals for the weekend. Please call the COA at (989) 348-7123 between 9-11:30am to order your meal for take-out.
- Meals on Wheels will continue to be delivered on an alternative schedule. Telephone reassurance calls will continue to be made to clients at home for safety checks.
- In-Home Services will continue to be offered with priority given to our clients in greatest need.

As indicated by our President and the Governor of Michigan, the return of programs and services to its normal level remains unknown as the situation continues to change daily. Further communication will be made through the COA via phone calls, emails, the COA website and Facebook posts.



April Birthdays

Ron Rysso 4/6
Jesse Potts 4/7
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 or call the Senior Center & ask for a form!



Governor Whitmer signs “Stay Home, Stay Safe” order.

To combat the spread of COVID-19 Governor Whitmer has ordered that all Michigan businesses and operations not necessary to sustain or protect life should close and all Michiganders should stay in their home unless part of the critical infrastructure workforce, engaged in outdoor activity, or performing tasks necessary to the health and safety of themselves or their family. You can

- Go to the grocery store or pick up take-out food
- Go to the pharmacy to pick up a needed prescription
- Engage in outdoor activities like walking, hiking, running, biking
- Go to the hospital or secure care necessary
- Fill your car with gas
- Return to Michigan from a outside the State
- Leave the State for a home or residence elsewhere
- Walk your pets and take them for emergency medical care

You may not

- Leave the home to work unless your employer designates you as a critical infrastructure worker
- Participate in public gatherings
- Visit someone in the hospital, nursing home, or other residential care facilities
- Go to the mall or restaurants

Businesses that remain open for in-person work must take aggressive steps to minimize the virus’s spread, they must:

- Promote remote work to the fullest extent possible
- Restrict the number of workers present in -person on the job
- Keep employees at least six feet from one another to the maximum extent possible and enabling social distancing for customers standing in line
- Any other social distancing practices and mitigation measures recommended by the CDC.

For the latest information visit www.michigan.gov/coronavirus and www.cdc.gov/coronavirus or call the COVID-19 hotline at 1-888-535-6136 between 8am and 5pm.

Karen Harrison

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

In time, she became a Board Member... and the president of the chapter. “I became a board member and President at the same meeting,” she sighed and shook her head. “I am still not quite sure how that happened.” She’s held that position for 7 years, so far.

The group and its activities seem to agree with her. “We’re a busy chapter. We work on river restoration, which is good for fish habitat. Good habitat is better for fish, and that’s good for fishermen, too.”

She said the chapter also works with the Middle School fishing club. “We teach fly tying, take them out fishing...get them outside. It’s about an 8-week series. Michigan Trout Unlimited also has a Youth Fishing and Conservation Camp, and our chapter sends two youth every year to that 4-day program. Some of those kids work on our river crew when they get to High School which earns them some money but also teaches them to look at the world through different eyes.”

Karen is involved with Anglers of the AuSable too. Does her degree in Medical Technology help? “Yes.”

And her experience in animal science at Upjohn? “Yes, that too. Working with these groups is a lot like a new job. Like a river, it changes all the time and there’s a lot to learn. There is a lot I have learned. More that I want to learn.”

When Karen isn’t working as a volunteer with T.U., you can find her out for long morning walks with her dog; taking a class at the AAV, learning how to raise various kinds of mushrooms; or connecting with her daughter and three grandchildren who still live in the Kalamazoo area.

Karen Harrison didn’t know what to expect when she decided to study Med Tech at WMU all those years ago, but she learned that walking through an open door and just following the river can take you to places you never imagined. And that’s, “A very good life.”



“Enjoy the Ride” Painting Workshop

Who is ready to peddle on over to the Senior Center and join us for a **wheelie** fun painting workshop? The Crawford County Commission on Aging & Senior Center, along with Cathy Spencer from *Art with Heart Painting Parties* invite you to our “Enjoy the Ride” painting workshop.

This event will be held on **May 6th from 4 to 6pm** at the Crawford County Commission on Aging. This event is **\$30 per person** and includes all the supplies/material you will need to create your painting on a 11 x 14 canvas. Customize your painting by choosing from an array of colors to add your personal touch!

Payment must be made at the Crawford County Commission on Aging by April 29th. For more information or to register for this event please call (989) 348-7123.



PATH for Chronic Pain

MSU Extension and The 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 **June 4th from 1 to 3:30pm** and continuing thereafter every Thursday 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.



What you Need to Know about the Stimulus Package

The Coronavirus pandemic has had an effect on all of us and we are here for you. Congregate Meals are still available on a curbside pick-up basis, Meals on Wheels are still being delivered, and we are still making regular Telephone Reassurance calls. We also want to keep you up-to-date on things that may impact you including the largest stimulus package in America's history.

On March 27, 2020 President Trump signed a \$2 trillion stimulus package meant to help Americans affected by the business closures and layoffs as a result of the Coronavirus pandemic. Along with unemployment and sick leave benefits, the most anticipated part of this bill is the one-time, **direct payments amounting to up to \$1,200 per individual or 2,400 for a married couple.**

Every adult has the potential to get the direct payment stimulus money that is technically a 2020 tax credit. There are a few reasons that individuals may get less than the total amount:

- Adjusted Gross Income is more than \$75,000 per person
- Someone has claimed you as a dependent on their taxes
- If you do not have a Social Security Number
- Kids are only eligible for \$500.

The vast majority of people do not need to take any action in order to receive their stimulus funds. For people who have already filed their 2019 tax returns, the IRS will use this information to calculate the payment amount. For those who have not yet filed their return for 2019, the IRS will use information from their 2018 tax filing to calculate the payment.

Some of those who typically do not file tax returns will need to submit a simple tax return to receive the stimulus payment. [IRS.gov/coronavirus](https://www.irs.gov/coronavirus) will soon provide information

instructing people in these groups on how to file a 2019 tax return with simple, but necessary, information. However, the IRS has also announced that **Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive a stimulus payment.** The economic impact payment will be deposited directly into the same banking account reflected on the return filed or where Social Security payments are deposited.

The economic impact payment will be deposited directly into the same banking account reflected on the return filed. If the IRS doesn't have your banking account the Treasury plans to develop a web-based portal for individuals to provide their banking information to the IRS online, so that individuals can receive payments immediately as opposed to checks in the mail.

Just as scammers have taken advantage of the virus itself to get people's personal information, **there already are scammers out to use the stimulus package and payments to get social security numbers, bank account information, and more.** If you're concerned about a call or message that sounds like a scam remember that the government will never call or text you for your personal information. Beware of any of the following:

- Any requests for payment
- Any request for personal or financial information
- Any offers to help you apply for the stimulus package
- Any grant offers related to the stimulus payment
- Any attachments or links from anyone offering the above

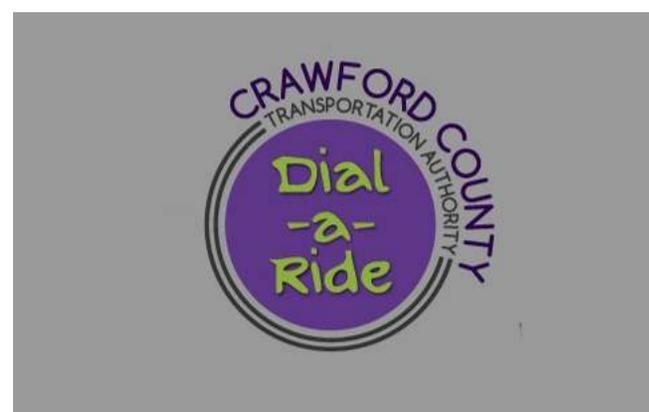
See Michigan Attorney General Dana Nessel's Consumer Alert for more information (https://www.michigan.gov/ag/0,4534,7-359-81903_20942-523146--,00.html).



Congregate Meals Available for Curbside Pickup

Congregate Meals are still available! **Orders for lunch and dinner can be called in between 9 and 11:30am and picked up between 11:30am and 12:30pm.** Upon arrival at the Senior Center individuals should remain in their car and call the office at (989) 348-7123 to have their meal(s) brought out to their vehicle.

Donations are still being accepted but the correct change will be required as we are unable to make change at this time.



Grocery and Prescription Delivery Available

Dial-A-Ride is now offering prescription and grocery deliveries. There is no cost involved. **Prescription pickup locations include Family Fare, Walgreens, and The Medicine Shoppe.** Either the store or the individual requesting the service can call to arrange this with the CCTA.

Grocery deliveries are available from Family Fare. Individuals must order their groceries online and Family Fare will contact CCTA when they are ready to be delivered.

Dial-A-Ride has asked that individuals limit their trips to necessary trips only. Dial-A-Ride will be operating from 9am-4pm Monday through Friday until further notice. For more information call Dispatch at (989) 348-5409.

Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind Burger King

Must be a first time meal.



Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study
Tuesdays, 10am

Bingo
Medicine Shoppe Bingo
one Thurs per month 3pm
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Birthday Dinner
Tuesdays, once per month

Craft & Chat Club
Wednesdays & Thurs, 10am

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

Wii Bowling
Wednesdays, 1pm

Fitness

Aerobic Drumming
Golden Beats, Mondays, 10am

Clogging
Beginning, Mondays, 12:30pm
Regular, Mondays, 1:30pm

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

Line Dancing
Tuesdays, 11am

Water Aerobics
Must call to register
Tues 5pm & Weds 10am
@ Grayling Super 8
\$5.00 charge per class

Yoga
Chair Yoga, Thursdays, 6pm
Gentle Yoga, Tuesdays, 1pm

Zumba
Zumba Gold Tuesdays, 10am

Table Games

Bridge
Mondays, 1pm

Euchre & Beg. Euchre
Tuesdays, 1pm

Mahjong
Wednesdays, 1pm

Mexican Train Dominos
Fridays, 10am (starts Apr 17)

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

Scrabblers
Thursdays, 10am

Hearing Clinic

There is a Free Hearing Clinic on the 3rd Monday of every month. at the Crawford County Commission on Aging & Senior Center Dr. Ryan Hamilton from Advantage Audiology & Hearing Center will:

- Evaluate your hearing
- Clean your hearing aids
- Inspect your hearing aids
- Discuss any further recommendations (if needed)

This free service is available for Crawford County Residents 60 and over.

Call (989) 348-7123 today to make an appointment.

Sponsored by
Advantage Audiology &
Hearing Center.



Winners of the Valentine's Day Dinner were Kathy Lovely who won the flower bouquet and chocolate and Tony Miele who won the 50/50 in the amount of \$141.50.

The Brook, it's home.
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Big Rapids • Boyne City • Cedar Springs • Cheboygan
Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo
Portland • Rogers City • Roscommon • West Branch

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm

St. Francis Episcopal Church, Grayling

ACA (Adult Children of Alcoholics)
Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Addition Support Group

Thursdays & Saturdays, 6:30pm
Grayling Baptist Church

Adjustment to Vision Loss Support Group

2nd Monday, 9:30am to 10:30am

The Commission on Aging & Senior Center

Alzheimer's Support Group

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

Choices (Anger Management)

Mondays, 4:30-6pm at **River House**

For more info or to register call 989-348-3169

Cancer Support Group

Every other Tuesday, 6pm

at **Grayling Baptist Church**

For anyone touched by cancer

Call Cathy at 989-348-8684 for more info.

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, 8pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699

or visit www.area34district12.org

Grayling Al-Anon

Tuesdays 11am

Women's Meeting, Thursdays at Noon

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at **River House**

For more info call 348-3169

Munson Hospice Grief Support Group

3rd Friday, 11am

Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous

Wednesdays, 8pm,

St. Francis Episcopal Church, Grayling

For more info call Ted 989-429-8100

Overeaters Anonymous

Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery

Thursdays, 5-6:30pm, at **River House**

For women suffering PTSD Symptoms

Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398

April 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	2 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	3 11:30-12:30 Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
6 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries	7 11:30-12:30 Lunch Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30pm Dinner Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes	8 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Tossed Salad, Apple, Breadstick	9 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Bananas	10 CLOSED FOR GOOD FRIDAY
13 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	14 11:30-12:30 Lunch Taco Salad, Corn, Black Bean Fiesta Mix, Broccoli, Apricots 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries	15 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	16 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4:30-5:30pm Dinner Ravioli Squares, Italian Blend, Vegetables, Tossed Salad, Grapes	17 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
20 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	21 11:30a-12:30p Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	22 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	23 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	24 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
27 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	28 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Applesauce	29 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	30 11:30a-12:30p Lunch Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries	



Crawford County has something to offer during every season...

Winter
Cross country & downhill skiing, snowmobiling, snowshoeing, ice fishing, hunting

Spring
Trout fishing on two of the best trout streams in the east, morel mushrooming, endangered Kirtland's Warbler viewing

Summer
Canoeing, kayaking, fishing on the world-famous AuSable & Manistee Rivers or numerous area lakes, hiking, biking, swimming, golfing, bird watching, Fish Hatchery, historical museums, playgrounds, relaxing

Fall
Fabulous fall color viewing from a car or canoe

Hiking Only

The Mason Tract Pathway is 11 1/3 miles of trails along the beautiful AuSable River in South Branch Township. You will stroll by the Mason Chapel, and have the opportunity to witness numerous species of wildlife. The Mason Tract Pathway is 12 miles east of Grayling on M-72, then take Canoe Harbor Road South. No charge. (DNR 989-275-5151)

Beal Plantation has 40 species of trees to view while enjoying a short stroll. Follow .21 miles of trail with interpretive signs along the way to help you discover the history behind the plantation. The walk through the Beal Plantation is as much educational as scenic. The plantation is located in the industrial park off M-72 East, Grayling. (989-275-5151)

Hartwick Pines State Park: The AuSable River Foot Trail (3 miles) and Mertz Grade Foot Trail (2 miles) are for hikers only. The park is located 7 1/2 miles northeast of Grayling on M-93. From I-75 take exit 259. A Michigan Recreation Passport is required. (989-348-7068)

AuSable River Trail: Located on the east side of M-93 off Bobcat Trail. The 3-mile trail features two crossings of the East Branch of the AuSable River, stands of virgin timber, and 16 interpretive posts that correspond to descriptions in a brochure available at Hartwick Pines headquarters or the interpretive center. A little bit of climbing is involved and a few wet spots must be crossed, but overall the trail is not difficult and provides a 2-hour escape from the often busy portion of the park.

Hiking & Biking

The Grayling area paved pathway system is over 11 miles long. 6 miles of the trail is an extended shoulder that runs to Hanson Hills Recreation Area. From town to Hartwick Pines State Park, the trail is a separate pathway. It is a family-friendly, paved hiking & biking trail. Once at Hartwick Pines State Park, the only fee to enter the state park is a Michigan Recreation Passport (State Park Permit). People on foot or bike entering park do not pay a fee.

Hanson Hills offers some of the best terrain in Northern Michigan for hiking & biking with over 15 miles of the state's best single-track for the mountain biker. Site of an annual mountain bike race and running races. (989-348-9266) or (888-876-2196) www.hansonhills.org

Hartwick Pines State Park Hikers and bikers will find five trails from 7.8k to 20.8k. Hiking trails range from dirt to paved, through old growth forest. The park is located just 7 1/2 miles northeast of Grayling on M-93 North (take exit 259). A Michigan Recreation Passport is required; people on foot or bike entering the park do not pay. Some trails are hiking only. (989-348-7068)

North Higgins Lake State Park : offers 3 loops of 3.9K, 9.1K, & 18.2K. A trail with fitness stations is available. Reach the park by exiting I-75 at exit 244, the North Roscommon exit, then turn right to the campground. From US 27, take Military Road, exit 223. A park permit is required for entry. (989-821-6125)

Rayburn Estate is a family friendly paved hiking & biking trail which crosses the AuSable River with a wooden foot bridge. The trail is approximately 2 miles long to the river from the entrance off N. Down River Road. Follow N. Down River Road east just past M.A.T.E.S. (identified by a tank in front), and turn right into a small parking area. From Business Loop I-75 turn onto M-72 East and go 1.7 miles and look for two stone pillars off the road with a large parking area. There are no signs designating either of these entry sites. (DNR 989-275-5151)

Wakeley Lake offers 16.5 miles of hiking & biking trails. The yellow trail is 7 miles, the blue trail 5 miles, and the red trail 4.5 miles. Birdwatchers are invited to come and see the Loons, Eagles, Great Blue Heron, and many other species seen at and around the lake. A day pass from the Mio National Forest Service is required (available at some local businesses).



Assistance to Help You Maintain Your Independence

COMMISSION ON AGING 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 with punch card (6 visits—\$150)

or **\$30 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 Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 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.

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

Resources

Computers

Internet, computers, and printers are available at the Senior Center for your use, Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

Free legal consultations available the 3rd Thursday of each month from 1-4pm

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

AARP Driver Refresher Course

Offered June 17th-18th, 2020.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable. Offered March-April, 2020.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered March, Aug, and October in 2020.

PATH (Personal Action Toward Health)

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Offered June-July 2020.

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.

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down. Offered June-July 2020.

Walk with Ease

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

Wellness Initiative for Senior Education

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

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 2020!

At the Senior Center

- We served **893** Congregate Meals
- Activities/Events Attendance **937**
- Average # of Daily Visitors **66**

In-Home Services

- Delivered **2,759** home delivered meals.
- Provided **93.75** hours of respite care.
- We provided **450.25** hours of homemaker services.
- We provided **78.50** hours of bathing assistance services.

Tune into the Community Calendar for our Calendar of Events aired daily on all the Blarney Stone Broadcasting Stations or go to q100-fm.com, north-fm.com, upnorthsportsradio.com, or email calendar@blarneystonebroadcasting.com



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Get Your Social Security Benefit Statement (SSA-1099 / SSA-1042S)

Tax season is approaching, and we have made replacing your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal my Social Security account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.



If you already have a my Social Security account, you can log in to your account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI) benefits.

With a personal my Social Security account, you can do much of your business with us online. If you receive benefits or have Medicare, your personal my Social Security account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or SSI benefits.

Visit www.socialsecurity.gov to find more about our online services.



Scrabblers

Wordy people from near and far come join us at the Crawford County Commission on Aging & Senior Center to play Scrabble! The group meets **every Thursday at 10am** at the Senior Center.

No experience is necessary! Come keep your vocabulary honed and meet new friends! If you have any questions please contact the Senior Center (989)-348-7123.

VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape...

What's Your **SUPERPOWER?**



Drivers

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

Becoming a Meals on Wheels Driver is

the perfect way to start your volunteer journey. 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! Must be able to lift heavy bags.



Kitchen Volunteers

Servers are needed to serve Dinner from 4:30pm– 5:30pm.

Plates are prepared by kitchen staff and delivered by our volunteer servers.

No roller skates required!

Our **Dishwashers** help the kitchen stay on top of dishes, cleaning the kitchen area, and also occasionally help with making sandwiches, cupping fruit, etc.

We are also in need of a **Stock Person** to help with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.



If you are interested in volunteering contact Alice Snyder at 989-348-7123.

myactivecenter My Active Center Coming Soon

The Crawford County Commission on Aging & Senior Center will be introducing My Active Center in the coming months. My Active Center is a website designed for you to browse current and upcoming events at your local senior center. It allows participants to register and pay for activities and or events online. My Active Center is currently being tested by our water aerobics participants and is supported by senior centers nationwide. This website will allow for convenient scheduling since you will be able to register and pay for events all online. Stay tuned for more information on My Active Center in upcoming Gazettes.

Guardians Needed

Crawford County Probate Court is seeking individuals interested in serving as public guardians/conservators.

The court appoints guardians and conservators to manage the affairs of those who are unable to do so because of a disability or incapacity.

Responsibilities can include things like ensuring adequate housing, medical care, and other basic needs; paying bills and managing finances; coordinating with staff at nursing homes or other living arrangements, etc.

Public guardians are independent contractors, and are paid a monthly rate per appointment. Please contact Julie Miller, Court Administrator, for more information. (989) 344-3882, jmiller@crowfordco.org.

Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)

No doubles this time!

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

1. april
2. fools
3. abjectness
4. ablative
5. abollae
6. absorptance
7. accomplished
8. accounting
9. accoutrement
10. acreage
11. adient
12. adjurer
13. adriaen
14. advancing
15. aerial
16. agenais
17. aileron
18. albescence
19. aldershot
20. alfreda
21. algoma
22. allemande
23. alundum
24. amandine
25. ambedkar
26. amidol
27. ampullar
28. angina
29. anglicized
30. annalist
31. apartment
32. aporaise
33. araxes
34. archduchies
35. archibald
36. argonaut
37. arica
38. armagnac
39. artifact
40. asconoid
41. aspergill
42. assistance
43. astraeon
44. atticize
45. attritive
46. autocross
47. autoplast
48. averring
49. avesta
50. azotic

Cook's Corner Corn Casserole

6 Servings



INGREDIENTS

- 1/2 Small Onion, diced
- 1 Medium Green Bell Pepper, diced
- 1/2 C Oleo or Butter
- 1 (14.75oz) Can Cream-Style Corn
- 1 (15oz) Can Whole Kernel Corn (drained)
- 1 (8.5oz) Box Jiffy Corn Muffin Mix
- 1 (8oz) Pkg Shredded Cheddar Cheese

DIRECTIONS

- 1) Preheat the oven to 350 degrees.
- 2) Sauté together onion and peppers in oleo/butter, until softened. Let cool slightly.
- 3) Mix together dry corn muffin mix, cream corn, and whole kernel corn in a large bowl.
- 4) Stir onion/pepper mixture into corn mixture.
- 5) Pour the corn casserole mixture into a 2-quart casserole dish.
- 6) Sprinkle shredded cheese on top.
- 7) Bake, uncovered, for 50-60 minutes until the top is golden brown.

Submitted by Joyce Sorenson

To submit your recipe for the Cook's Corner please email svanduser@crawfordcoa.org or drop off at the Reception desk!

Grayling Save a Lot

Purchase of

Dozen Large Eggs 79¢

Limit 2 Please with coupon Valid Apr 1st, 2020 thru Apr 30th, 2020

2333 S. I-75 Business Loop 989-348-6690
Look for printable coupons at www.Save-A-Lot.com

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For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.

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Phone: 989-348-2931



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REPAIR SHOP HOURS:
Mon-Fri 8-5:30/Sat 8-5/Sun 10-3
Phone: 989-348-1003

Tips for Caregivers

By Nicole Persing-Wethington, from Michigan State University Extension

Caregiving for family members and friends can be rewarding and challenging at the same time. Caregiving can include helping with appointments, meals, shopping, personal care, even social activities. The National Center on Caregiving reports that roughly 43.5 million adults are caregivers in the United States. This could mean people are caring for a parent, spouse, friend, or anyone else in their life. Caregiving for a loved one comes with unique challenges that can lead to increased stress. Here are some tips for self-care for caregivers:

- Take a break- This is easier said than done. Look for trusted individuals who can be there if your loved one needs constant care. This could be the friend who asks if you need anything, respite care, or traveling to a drop-in center. Be specific and ask for what you need to make a break happen. We cannot pour from an empty cup.
- Know that you are not alone- In caregiving classes we often hear that caregivers feel isolated and alone in their struggles. This is not the case; other caregivers can understand your frustrations. Find opportunities, like support groups or classes, to connect



with others in a similar situation.

- Check on your own mental and physical health- We often get caught up in our care recipients needs and forget our own. Have you been to your own doctor for a check-up? Gotten that mole checked out that you keep putting off? Taken a mental health break? Studies show that caregiving can have significant impacts on the health of the caregiver, these are larger when caregiving is complex and extended.
- Remember the positives- Studies from the Society of Behavioral Medicine show that there are positives to caregiving as well; deeper relationships, time with loved ones, meaning, and a boost in self-esteem.

For more information about caregiving, we have several local opportunities coming up:

- NEMCSA is offering a Caregiver Conference on April 24, 2020 in Roscommon; you can call Brooke at (989) 358-4616 to register.
- MSU Extension will also be offering a Powerful Tools for Caregivers class in August. To register, call Jamie at (989)344-3264 ext 0.

Food Assistance Beneficiaries Receive a Boost

SNAP Benefits Raised

Households receiving SNAP benefits in Michigan that are not currently receiving the maximum amount allowed per household size, will receive an additional amount to raise benefits to the maximum for March and April. March additional benefits were issued by March 30th. April additional benefits will be issued the day after you regularly receive your normal benefits amount.

If your household currently receives the maximum benefits amount allowed for the household size already, you will not receive any additional benefits at this time. See the chart below to check benefit amounts by household size.

Bridge Cardholders can check their balance by calling EBT Customer Service at 1-888-678-8914 or visit www.michigan.gov/mibridges

Household Size	Maximum Benefits Amount
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768
6	\$921
7	\$1,018
8	\$1,164
Each Additional Member	+ \$146



Mexican Train Dominos

Keep your Train Moving to Victory!

Come and join us at the Crawford County Commission on Aging & Senior Center to play Mexican Train Dominos. Be the first player to lay down all your dominos! No experience is necessary. The group will start meet **Fridays at 10am** at the Senior Center. For more information, please call the Senior Center at (989) 348-7123.



Beginner Euchre Group Everyone is Welcome!

In addition to our regular weekly Euchre group, we will now be hosting a beginner Euchre group. Join us at the Crawford County Commission on Aging & Senior Center for a beginner Euchre group.

The group will meet on **Tuesdays at 1pm** at the Senior Center. This group is open to beginners, people who may need a refresher or are interested in learning more about the game. The group will be led by an experienced Euchre player who will help coach you through strategies and teach you the "how to" of the game. Come refresh your skills before joining our regular Euchre group. This is a friendly group looking to expand and welcome new players to join! If you have any questions please contact the Commission on Aging at (989) 348-7123.

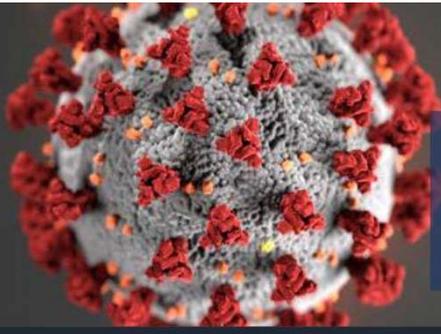
Double Up Food Bucks Limit Raised

Double Up Food Bucks lets those with SNAP benefits double their money when shopping for fresh fruits and vegetables. In response to #Coronavirus, many stores are getting rid of the \$20/day limit. This means you can get even more healthy food using Double Up Food Bucks when you buy fruits and veggies with your Bridge (EBT) card.

Be sure to check with your nearest participating site the next time you shop to get the Double Up match at that location.

Find a site near you: <https://www.doubleupfoodbucks.org/locations/>. If you have questions about this program, please call Tammy at (989) 348-7123.





QUICK SHEET FOR OLDER ADULTS AND PEOPLE WITH HIGHER RISK OF SERIOUS ILLNESS.

Michigan.gov/Coronavirus

Avoiding Illness for Older Adults

Certain people are at higher risk of becoming seriously ill with COVID-19 including older adults and people with serious chronic medical conditions such as heart disease, diabetes, lung disease, and people with compromised immune systems.

People at high risk for COVID-19 should pay attention for symptoms including fever, cough, and shortness of breath. **If you feel you are developing symptoms, or have other symptoms that are severe or concerning, contact your medical provider.**

Actions you can take to prevent the spread of COVID-19 include

- Wash your hands frequently with soap and warm water for at least 20 seconds. If soap and warm water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose, and mouth
- Avoid close contact (within approx. 6 feet) of people who are sick
- Cover your mouth and nose with a tissue when coughing
- Routinely clean frequently-touched surfaces (tables, doorknobs, light switches, phones, faucets, etc.)
- Stay home as much as possible—limit non-essential travel
- Consider ways of getting food brought to

your house by family or community networks

- Avoid crowds—especially in well-ventilated spaces
- Avoid touching high-touch surfaces in public spaces (handrails, elevator buttons, etc.)

Be sure that you have a plan for if you get sick:

- Work with your healthcare provider on any issues related to your health
- Stay in touch with others by phone or email
- Ask for help from your friends, family, neighbors, or community health workers
- Determine who can provide you with care
- If you are experiencing life-threatening symptoms call 9-1-1

Stock up on supplies and medications:

- Consider using a mail-order pharmacy to get routine prescriptions
- Have extra over-the-counter medicines and medical supplies on hand
- Have enough cleaning supplies and food to last 14-30 days.



MSUE Offers Stress Less with Mindfulness Online

Stress Less With Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Mindfulness can be defined as paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

This free class will be available Wednesdays April 15-May 13 from 11am-12pm over Zoom. Instructions on Zoom software and setup will be sent in the confirmation email.

- April 15 Lesson 1 – Begin with a Breath
- April 22 Lesson 2 – Mindful Eating
- April 29 Lesson 3 – Mindful Walking and Thought Surfing
- May 6 Lesson 4 – Be Kind to Your Mind
- May 13 Lesson 5 – Laughter is the Best Medicine

Registration is available online by searching at <https://www.canr.msu.edu/outreach/events>. For more information or questions, contact Nicole Wethington at wethington@msu.edu.

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COVID-19 Hotlines Available

State Agencies: Experts answering COVID-19 related questions

Michigan Department of Health and Human Services (MDHHS)

1-888-535-6136
8am – 5pm daily

Michigan Health Department
1-800-386-5959

Voicemail box—you should receive a response within 1-2 business days.

District Health Department #10
989-688-8614

Community Resources

211: Calling available 24/7.

Text & chat available 8am-5pm M-F.

Health Care Providers:

Call regarding signs & symptoms

Munson Healthcare

231-935-0951

Press 5 to speak to a nurse between 7am—7pm daily. Recording available 24/7

McLaren Northern Michigan

Get an opportunity to speak with a team member.

231-487-5550

9am-5pm daily

Mid-Michigan Health

1-800-445-7356

Counseling / Mental Health Resources

Northern Lakes Community Mental Health
989-348-8522

To Access Services: 800-492-5742
or 231-922-4850

24 Hour Crisis Line: 800-442-7315
or 231-922-4850

204 Meadows Drive, Grayling, MI 49738

Viking Wellness Center

989-344-3540

Ages 10-21

Located inside Grayling High School -
Room C309

1135 North Old 27, Grayling, MI 49738

GRACE Center

989-348-2544

6459 West M-72 Highway,
Grayling, MI 49738

Munson Behavioral Health Center

989-344-5857

Located at the Grayling Community Health
Center—1250 E. Michigan Ave.,
Grayling, MI 49738

Catholic Human Services

989-732-6761

2384 South I75 Business Loop,
Grayling, MI 49738

River House, Inc.

989-348-3169

24 Hour Crisis Line: 1-888-554-3169
Domestic and Sexual Abuse Support

Marne Olli, MA, LLPC -

Counseling Services, LLC

989-350-0183

440 West Main Street, Ste B,
Gaylord, MI 49735

Monarch Center Counseling

989-225-1269

Middle and high school aged students
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4736 North Flint Road,
Roscommon, MI 48653

Great Northern Counseling

989-930-4610

Appointments can be made online at:
www.greatnortherncounseling.com

814 S. Otsego Avenue, Suite E,
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1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

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



Reserved Hours at Family Fare Stores

Effective immediately, SpartanNash and our family of retail stores are setting aside time twice per week for store guests most at risk of contracting coronavirus (COVID-19), including older adults, pregnant women and immunocompromised individuals.

Reserved hours will be every **Tuesday and Thursday from 7 a.m. to 9 a.m.**

As we continue to navigate the coronavirus pandemic, we remain committed to the well-being and safety of our family of associates, customers and communities, as well as supporting health officials and government leaders to contain the virus. We are enacting these reserved hours to help protect our most vulnerable store guests, and we are asking our other customers to observe these hours for those most at risk in our local communities.

Learn more: <http://bit.ly/sn-reserved-hours>



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Commission on Aging & Senior Center

Smartphone Scan to our Website

308 Lawndale St.
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

director@crawfordcoa.org



Mackinac Island Trip Friday, June 5

Join us as we make our way to Mackinac Island for the 72nd annual Mackinac Island Lilac Festival.

The Crawford County Commission on Aging & Senior Center will be going to Mackinac Island on **June 5th** leaving Grayling at **8am**. We will take a ferry from Mackinaw City to the island and enjoy a 1 hour and 45 minute narrated carriage tour of the island. The carriage tour includes a stop at Surrey Hill Museum, Arch Rock, and Fort Mackinac Avenue of Flags. Following our carriage tour, we will have time to explore downtown, eat lunch at a restaurant of your choosing, and shop for fudge! Our trip will conclude with a ferry ride back to Mackinaw City and we will drive back down to Grayling arriving approximately at 6:00pm.

The cost of the trip **\$80 per person** and that includes transportation, round trip ferry tickets, and the narrated carriage tour. Lunch is not included in the \$80 fee. Call the Crawford County Commission on Aging & Senior Center to reserve your spot by May 22nd: (989) 348-7123.



Walk in the Woods Starts This May Walk your Way to Fitness!

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 6th at 1 pm** to explore the beautiful trails around Crawford County. We will meet at different trailheads every Wednesday and walk as a group throughout the woods. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled. Join us on **May 20th for a special Mindfulness Walk** at Hartwick Pines State Park hosted by Nicole Wethington from MSU Extension. Nicole will guide a mindful walk focusing on being aware of each step and your breath. Mindful walking helps us to be present in the moment and focus on the happenings around us.

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 stretch to enhance performance and end each walk with a cool down stretch.

Come join the fun, experience the great outdoors. 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. If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging (989) 348-7123. **You can join at any time!**

Check out our Walking Schedule!

- May 6** – Grayling City Park
- May 13** – Hanson Hills
- May 20** – Hartwick Pines State Park
*Mindfulness Walk
- May 27** – Rayburn Trail
- June 3** – Wakeley Lake
- June 10** – Mason Tract
- June 17** – Wellington Farms
- June 24** – Marl Lake