

Crawford County Senior Gazette April 2021



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Featured Article Clare Spaulding

"Always Looking to Learn" If you've stopped by the AuSable

Artisan Village (AAV) recently,

chances are you've seen a feisty, smartly dressed redhead either checking people out at the register or, most usually, teaching a class. That's Clare Spaulding.

Clare was born in Detroit on the last day of the year in 1948, cancelling her parents' New Years Eve plans. "Mom had

a doctor appointment that day; you know, to see how she was progressing with her pregnancy," she said. It was good timing, too, since she was "born right there in the doctor's office."

"I grew up all over," she continued. "I went to seven schools and moved a bunch of times." When she was still very small, Clare and her parents were living with her grandmother when she started Kindergarten. "I lived with an aunt in Empire for a while, too. My mother didn't have any education, and my father's family fought for custody of my brother and me. It was very ugly. And then, when I was

six or seven, my parents got back together, remarried each other, and stayed married."

Clare graduated from Carlton High School in 1967. She had already begun working at Seaway Hospital in Trenton, MI in an office, although she said that as a child she wanted to be a

construction worker when she grew up. "I wanted to hold the sign," she laughed. She stayed at that job for seven years; through 1969 when she married her husband, Gordon, and until she had her daughter in 1972.

"Because I worked at the hospital where I had her, everybody there knew me. People kept popping in while I was in labor to say 'hi'. That was...interesting." Clare had a son as **Continued on Page 5**



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

HOURS OF OPERATION

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As I write this article the famous Beatles song, "The Long and Winding Road" is singing in my head. It certainly has been a long and winding road to get back to the point where we are ready to reopen the Crawford County Commission on Aging and Senior Center. But, we are finally here!

First, I'd like to thank our healthcare heroes for taking such good care of us over the past year. Healthcare professionals including our own COA Homemakers who continued to serve older adults in their home during the Pandemic were amazingly committed to ensuring services continued to those most in need. Your COA staff also remained in the building or working from home keeping Meals on Wheels running along with Telephone Reassurance Calls and the creation of the new Friendly Visitor program. Now we are also thankful for the folks who work at District Health Department #10 and all those other vaccinators who are working so hard to get a vaccine to anyone interested in receiving it. A big thank you also goes out to our own COA Advocacy & Resource Coordinator, Tammy Findlay who has spent hours working with older adults from Crawford County and getting them an appointment for the vaccine. It's taken a village to manage this virus and I am once again grateful for everyone in our community who over the past year has stepped up to get us back to today.

Vaccines have been readily available now to older adults in Crawford County, so if you haven't gotten your vaccine, please contact Tammy Findlay at the COA (989) 348-7123. She can assist you in getting an appointment. We encourage everyone who is planning to come back to the Senior Center for meals and activities to get their vaccine before we reopen.

Speaking of reopening..... The plan is to reopen for indoor meals (limited capacity) and activities (not all activities will return right away) on Monday, May 3rd. COA staff will be working very hard to have everything in place to allow for a safe return. A detailed plan on reopening will be forthcoming in the May 2021 Senior Gazette. We are so excited to start welcoming you back! See you soon!

-Alíce Snyder, Dírector

Visitation After Vaccination

This is the first set of public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19 \geq 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or \geq 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen).†

The following recommendations apply to non-healthcare settings. For related information for healthcare settings, visit https://www.cdc.gov/coronavirus/2019-n c o v / h c p / infection - control-after-vaccination.html. Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing COVID-19
 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

For more detailed information, please visit https://www.cdc.gov/coronavirus/2019-ncov/ v a c c i n e s / f u l l y - v a c c i n a t e d - guidance.html#anchor_1615143349134.

General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

General Donations Made By:

Diane & Mike Branch Tammy Cormier Alan Etson Ferne Farber & Tom Tom & Janet Gaffke Janet & Charles Gugin Dave Heavlin Richard Kiessel Dorothy Peacor Barbara Sands Family Dollar 7-11 Walgreens *******

Memorial Gifts

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor Your tax of those we love. deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also а Plaque to buy be displayed in the Dining Room.

Memorial Donations Made By:

Scott Foster In Memory of Tina Foster

Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA will benefit many seniors and help us continue vitally needed several for years to come.

Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower CleanerComet/Ajax
- All Purpose Spray Cleaner
- No-Rinse Shower Caps
- Chux (Chucks) Pads
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call the COA for details

Volunteers and Contributions received after March 12th will be acknowledged in the next edition of the Senior Gazette. ********

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you're interested in becoming a sponsor give us a call at (989) 348-7123.

Our Sponsors

Hearing Clinic Sponsored by Advantage Audiology

> Legal Aid Offered by Jason R. Thompson Law Office PLC

Volunteers

Volunteers give of their time and we could not do what we do without them. Our volunteers save us thousands of dollars of each year in staffing costs.

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Volunteer applications can be found online at https://www.crawfordcoa.org/ volunteer/volunteer-application.

<i>Make a Donation Tod</i> Name Mailing Address	<i>ion Today & Create Golden Opportunities for a Lifetime!</i> U I would like to receive monthly emails about activities and							
City	State ZIP	events. □ I would like to be						
Home Phone ()	Cell Phone ()	contacted about						
E-Mail Address		Legacy Giving.						
Method of Payment D Cas	Amount Enclosed \$	□ I would like to volunteer for the						
Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738 Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card. ***All Gifts are Tax Deductible***								

Thank you to our COA Voluntgers!

Charlie Curro Dick Dodge Lyn Dodge Lisa Heck Susan Hensler Bill Hollenbeck Karen Hollenbeck Francis Hummel Tom Jarosz Myra Johnson Glenn King Lorelei King Cathy Lester Rita Lone George Mascarello Sharlene Mascarello Michele Milne Rosemary Nelson Wayne Nelson Keith Radwanski Dave Ridal Gail Schultz Jon Schultz Chris Seager Steve Seager Farrell Thomas Ellen Thompson Janet Weaks Sandra Woods

April Birthdays

Ron Rysso 4/6 Jesse Potts 4/7 Raymond Swiercz 4/22 Vivian Powers 4/29

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



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 Call us today! 348-0317

 munsonhealthcare.org
 1100 E. Michigan Ave · Grayling, MI 49738



Building Relocation Update Major Donors Needed

If you are wanting to be a part of this project or would like an opportunity to name a portion of the new facility in honor or memory of someone, now is the time. Naming rights will be given to each of the 4 donors for the area of their donation.

- \$350,000 Gift for Gymnasium
- \$ 35,000 Gift for Porte-Cochère
- \$ 20,000 Gift for Lobby Fireplace
- \$ 15,000 Gift for Outdoor Patio Dining Area

Dollar figures are negotiable, so don't hesitate to contact us so we can have a conversation. These "asks" are meant to spark the beginning of a conversation. Payment of gifts also do not have to be readily available. The COA can be flexible on the timeframe of payment. We can also put you in touch with a financial advisor or legal counsel to help in structuring the gift as there may be tax advantages.

For more information, questions or to discuss a donation, please contact Director, Alice Snyder at (989) 348-7123 or director@crawfordcoa.org

-Alíce Snyder, Dírector





Upcoming Evidence-Based Classes

Our Community Partners are offering a number of online, evidence-based classes regarding health and wellness in the upcoming months. Registration is required. To register or to learn more about the classes simply visit the links below.

- **Powerful Tools for Caregivers:** Thursdays, April 1–May 6 https://4ami.org/uploads/files/ Powerful_Tools_CoBranded.pdf
- Tai Chi for Arthritis and Fall Prevention Mon & Wed, April 5-June 7 https://tinyurl.com/tai-chi-apr-5
- Tai Chi for Arthritis and Fall Prevention Tues & Thurs, April 6-June 3 https://tinyurl.com/tai-chi-apr-6
- Chronic Pain PATH
 - Sundays, April 11-May 23 https://tinyurl.com/pain-path-apr-11 • Cancer PATH:
 - Cancer PATH: Mondays, Apr 12-May 17 https://4ami.org/uploads/files/ Cancer_PATH_2021.pdf
- Chronic Pain PATH—Veterans Families
 Wednesdays, April 21-June 2
 https://tinyurl.com/pain-path-veterans
- Powerful Tools for Caregivers: Mondays, April 26–June 7 https://www.nemcsa.org/services/seniorservices/powerful-tools-forcaregivers.html
- Stress Less with Mindfulness Tuesdays, May 4-June 1 https://tinyurl.com/stress-less-may-4

Dorenson Lockwood FUNERAL HOME INC. Pre-Planned Funerals Cremation Services Markers Monuments Terrie L. Lockwood, Manager/Owner Phone: (989)348-2951 Fax: (989)348-4968 1108 North Down River Rd, Grayling MI 49738 Web: sorensonlockwood.com E-mail: sorensonlockwood@gmail.com McLEAN'S 🔺 For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs. STORE HOURS: Mon-Sat 8-5:30 / Sun 10-3 CALL: 989-348-2932 Fix it and save a buck! MCLEAN'S ACE Conveniently located next door

REPAIR SHOP

CONTACT THE REPAIR SHOP:

989-348-1003

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

well, born in 1975.

Having missed her chance to hold the road construction sign, and likely more because she had a keen interest in interior design, Clare opened Potpourri Gallery in Flat Rock, a gift shop that also carried consignment artwork, coffees, and teas. The shop also conducted classes in popular arts and crafts of the time: stenciling, candlewicking, tole painting, and also stained glass. "I had the shop for about five years, but Gordie wanted me home more, so I closed," she said.

"Because we moved so much when I was a kid, and because the years that my parents were apart were so traumatic, I always said that when I grew up I was 'never getting divorced' and I was 'not moving around'. I did ok with that...mostly."

In time, Clare's marriage fell apart. Their daughter had gone off to college, and Clare and her son moved north to Benzonia to get him out of the Detroit area schools. Gordie had taken a job in Portugal. "I didn't want to move the kids there, so it kind of put the nail in the marriage coffin," she said.

She got into antiques, eventually moved to the Interlochen area, and opened a shop in the old train station in Traverse City. "I thought 'no reproductions' and called the shop Antiques at Railroad Place," she said. "I loved it."

But about ten years ago, she sold out to her business partner in order to take care of her mother, who had Alzheimer's Disease.

Fast forward to May 13, 2017. "I had dated some. My family is everything to me, but I was ready for a relationship. I found a dating site... Seniors Meeting Seniors is the name, I think. I three years I was on the site. I wasn't really expecting anything, so I wasn't exactly

disappointed when nothing worked out."

But that day in May, 2017 was different. She smiled and said, "I had a date with a man named Ken Wright. We met at Bob Evans in Traverse City for lunch, and I took him a little birthday cake, since it was the day after his birthday. He was so down-to-earth. Nothing phony. I thought, 'I like this guy!'"

A year later, Clare moved one more time. To Grayling. She and Ken had a little ceremony, made some promises, exchanged rings, got a dog. "There was no way he was leaving Grayling," she said. "I had already moved so many times, what was one more? Besides. I was in love."

Clare used her flair for interior design to update her new home, and her love of gardening to expand the landscaping around it. A half-dozen birdfeeders, melodious windchimes, and bits of whimsical outdoor art are more of Clare's doing.

Drawing from her days when she owned a gift shop and taught classes in crafting, Clare has also returned to her love of art. She has a workshop set up in the garage of the house, where she buffs and shapes stones for the jewelry she makes, and a studio in the upstairs for making jewelry and for her painting projects. She is a regular teacher at the AuSable Artisan Village, where she also volunteers. "I love teaching," she said, "and I'm always looking to learn something new so that I can teach it to other people." Most recently, she's taught Acrylic Pours.

She's also member of the GPA (Grayling Promotional Association).

"I miss the convenience of Traverse City, had a lot of dates... maybe 25 of them in the sometimes," she said, "but I also love the quiet here. It's so peaceful living by the river, and Grayling has been very welcoming to me."



Commodity Cooking

Anyone who receives Commodities, TEFAP, food truck assistance, or is living on a tight food budget may be interested in visiting the Commodity Cooking Challenge group on Facebook hosted by the Michigan State University District 4. Get inspiration and tips on how to turn your food into healthy meals.

- Share photos of your creations using free food items
- Access recipe ideas for budget-friendly, healthy foods
- Learn more about balancing meals using MyPlate recommendations by connecting with community nutrition instructors

Visit www.facebook.com/groups/Commodity CookingChallenge to view or join this public group.

Weekly Wits Workout

The Michigan State University Extension is hosting a weekly class to help exercise your brain using fun, interactive challenges. You will need a device with audio and visual capabilities. If you need assistance getting connected, we are happy to help!

Sessions last until mid-July and you can join anytime! To see all the scheduled session topics or to register visit https:// www.canr.msu.edu/events/weekly-wits-For information, contact Christi workout. 517-490-1608 Demitz at 0 r demitzch@msu.edu.

ledicine





April 2021 - Meal Calendar												
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
Becoming a to start y who are their ov pep in y (All o license,	CRS show us your Meals on Wheels Driver is the our volunteer journey. Drop off lu- e at home and unable to purchase wn meals, hear their story and lea your step! drivers must be able to lift heavy ba and have a clean reliable vehicle v act Alice Snyder at (989) 34 or to learn more about Mea	perfect way unch to those or prepare ive with a new gs, have valid driver's vith current car insurance)	April 1 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	2 CLOSED FOR GOOD FRIDAY								
5 11:30-12:30 Lunch Chicken & Mushroom Drecchiette, Broccoli & Cauliflower, Grapes	6 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange, Caramel Popcorn 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	7 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	8 11:30a-12:30p Lunch Shepard's Pie, Carrots, Grapes 4:30-5:30pm Dinner Stuffed Peppers, Broccoli, Grapes	9 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple								
12 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	13 11:30a-12:30p Lunch Beef Enchilada, Brown Rice, Corn, Pear, Peach Cobbler 4:30-5:30pm Dinner Pork w/ Kraut, Green Beans, Applesauce	14 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	15 11:30a-12:30p Lunch French Dip Sandwich, Redskin Potatoes, Broccoli, Banana 4:30-5:30pm Dinner Spaghetti & Meatballs, Peas, Grapes, Breadstick	16 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear								
19 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	20 11:30-1p Spring Fling Glazed Baked Ham, Candied Sweet Potatoes, French Green Beans, Pineapple, Carrot Cake 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	21 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Applesauce	22 11:30a-12:30p Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30pm Dinner Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana	23 11:30-12:30 Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange								
26 11:30-12:30 Lunch Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	27 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Babe Ruth Bar 4:30-5:30p Dinner Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes	28 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange	29 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Apple, Breadstick 4:30-5:30pm Dinner Pot Roast, Boiled Potatoes, Green Beans, Apple	30 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple								

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

-Medsafe drop available in main lobby Eat Healthy. Be Active 1100 E Michigan Ave • Aug 5-Sept 9, Thursdays, 10am Although April 24, 2021 is National Cooking for One Prescription Drug Take back day, safe • August 16-Sept 20. Self-Paced disposal of medicine is a year-round activity. My Way to Wellness Don't let expired and unused drugs accumulate in your home. Together, we can To register contact Kathy Jacobsen at (231) make difference! 437-3481 or kiacobsen@mhc.net.

The next CSFP Food Distribution will be Wednesday, April 7th from 9:30-10:30am at In observance of Good Friday St. Mary's Catholic Church. Call (989) 358-"Meals-on-Wheels" Delivery will be made 4700 for more information. Thursday, April 1st instead of Friday, April 2nd.

April 2021 - Activity Calendar

April 7th – 9:30-10:30am – Senior Commodities @ St. Mary's Catholic Church

- April 20th 11:30am-1pm Curbside Spring Fling Luncheon
- April 21st 12-1pm Introduction to Zoom Workshop
- April 24th National Prescription Drug Take Back Day
- April 28th 12pm New to Medicare Seminar



Medicines no longer being used may pose Crawford County residents ages 18+ can earn grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

- City Hall—24 hour, free, outdoor drop box 1020 City Blvd
- Crawford County Sheriff's Department -24 hour, free, outdoor drop box 200 W. Michigan Ave.
- Medicine Shoppe Pharmacy
- —During business hours
- 500 James Street in Grayling
- Munson Hospital Grayling

Meals on Wheels Schedule

Colorectal **Cancer Screening Saves Lives**





\$100 in vouchers to purchase fresh/frozen/ canned fruits and vegetables by participating in one free, five-session, virtual, nutrition education course. In order to qualify for the \$100 you must attend ALL five classes and return a post-session survey. See below for upcoming available classes and times:

- Apr 5-May 10, Mondays, 1pm Eat Healthy, Be Active
- Apr 26-Jun 7, Mondays, 2pm Cooking for One
- May 10-Jun 14, Self-Paced My Way to Wellness
- Jun 7-Jul 12, Mondays, 9am Eat Healthy, Be Active
- Jun 17-Jul 22, Thursday, 11am Cooking for One
- Jul 13-Aug 10, Tuesdays, 1pm

Commodities

Screening can prevent and cure colon cancer by detecting cancer and pre-cancerous growths. Screening could save your life!

March is Colorectal Cancer Awareness Month and there's no better time to be screened. Be sure to ask your family doctor about a screening or reach out directly to our surgical clinic:

Grayling Surgical Services 1010 W North Down River Rd, Grayling 989-348-0880

Learn more at munsonhealthcare.org/cancer.



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 Benavioral 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 175 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 preferred

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, Gaylord, MI 49735



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

<u>Health Services</u>

Blood Pressure & Sugar Checks by Munson Home Health Care

- Tuesdavs, 4:30-5:30 by InTeliCare Friday, 11(1), an-13:30 Foot Care Cline - by appointment :30pm

\$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 Contact the COA office to set up an appt.

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, \$6.00 cost.

Home Delivered Meals

(Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for nondelivery days.

Senior Project Fresh

Each summer, gualified 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

<u>Resources</u>



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 once each year.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

Matter of Balance Program

94.5 8 106.3

This program offers practical strategies to reduce falls.

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.



Rock & Roll

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 vou 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.

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 Feb 2021!

& Senior Center

At the Senior Center

- We served 518 Congregate Meals **In-Home Services**
- Delivered 2,190 home delivered meals.
- Provided <u>98.75</u> hours of respite care.
- We provided 369 hours of homemaker services.
- We provided 58.25 hours of bathing assistance services.

SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

How to Replace a Missing Social Security Card Online

50074

If you need to replace your lost or misplaced instructions to request a replacement Social Social Security card, our online application Security card. makes getting a replacement card easier than

available if you live in District the of Columbia or one of the 45 states that can verify state ID information for us. If only you're requesting а replacement card and you're making no changes, you may be able to use our free online service.

All you need to do is create a personal my Social Security account at www.ssa.gov/ myaccount and meet certain requirements. Opening a personal my Social Security account is easy, convenient, and secure. We protect your information by using strict identity verification and security features. Once you have a personal account, simply follow the



• Are a U. S. citizen age 18 or older with a U.S. mailing address (this includes APO,

FPO, and DPO addresses). Are not requesting

any changes to your card (including a name change).

 Have a valid driver's license or state-issued

identification card.

In many cases, you may not need a replacement card; often, simply knowing your Social Security number is enough.

But if you do need a replacement card, please visit our website at www.ssa.gov/ ssnumber to find out if you can take advantage of this convenient online service.



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on Wednesday, April 21st at noon.

Learn how to join meetings online via your computer, tablet, smart phone, or other device. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

To join the meeting visit https:// msu.zoom.us/j/95354614775. Or join via conference call by calling (312) 626-6799 and entering the passcode 330171. For more information call (989) 348-7123.



We will be giving away FREE candy-themed, long standing desserts with your or Congregate meals every Tuesday in April! Look as these yummy options!

- April 6th Caramel Popcorn Day: This week's Caramel Popcorn is brought to us via Tip'n the Mitten right here in Grayling. If you visit their store, you'll find a several varieties you can also try!
- April 13th National Peach Cobbler **Day:** This week's Peach Cobbler will be made right here in our kitchen at the Commission on Aging!
- April 27th Babe Ruth Day: A big thanks to Stephan Bridge Party Store for sponsoring the Baby Ruth's this week!

Simply call the Senior Center at (989) 348-7123 between the hours of 9 -11:30am to order your meal for take-out. Then pick up curbside from 11:30 - 12:30pm and enjoy dessert with your meal!

Lunch is a suggested donation of \$3.50 for those 60+ or a cost of \$6 for those under 60.

Maximizing Your Resources: **Presentation on** Food Budgeting and Meal Planning

Crawford County Commission on Aging is partnering with Michigan State University Extension for a presentation about maximizing your resources on Monday, April 12, 2021, at 10 a.m. The class is designed for you to connect with your neighbors in a safe, online format, while learning from each other about things like:

- Spending less and cooking less
- Minimizing food waste
- Food storage to extend product shelf life
- Substitutes you didn't know you had

This class is free. To join, log in to this website a few minutes before 10 a.m. on April 12: www.zoom.us/join. Then enter the class details: Meeting ID 981-1899-1860 and Passcode 49738. If you have any questions, or if you would like to practice using the Zoom website, contact Elaine Palm at bristo17@msu.edu or 989-312-3351.

This program is funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), and is intended for Michigan residents who are eligible for food assistance.

MSU is an affirmative-action, equalopportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

MSU is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

Help Center Food Pantry Expands Hours

The Crawford County Community Christian Help Center food pantry will be expanding hours in April. Starting April 5th, the food pantry will be open until 6 p.m. on Mondays. The food pantry is open to anyone living in Crawford County. You must be able to show proof of residency to receive food. The food pantry is open Monday, Wednesday and Friday from 11 a.m. to 3 p.m.

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles. We may resume when the Senior Center reopens for activities.

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Spring Fling Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Spring Fling Luncheon on Tuesday, April 20th from 11:30-1pm. On the menu will be Glazed Baked Ham, Candied Sweet Potatoes, French Green Beans, Pineapple, and Carrot Cake.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.

Grayling Community Garden

The Grayling Community Garden plans to have plots available around Memorial Day for any interested Crawford County resident.

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. Plots will vary in size depending on the number of gardeners but all are available free of charge.

The Grayling Community Garden is also seeking volunteers to help maintain plots 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, Crawford AuSable School Pantries and the Commission on Aging.

To sign up for a plot go to https:// www.crawfordcoa.org/special-programs/ grayling-community-garden-registration or to help with the community plot, contact the Grayling Community Garden at 989-348-7123.



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As a courtesy to our advertisers, only one coupon per household per month. **Please Do Not Duplicate**



How to Succeed at Quitting Tobacco

Once you have made a plan to quit tobacco, your beat chance at success is to manage nicotine withdrawal symptoms. You won't be able to avoid all of your times when you have the urge to smoke. So, when you get a craving, it's important to have a plan. Having a list of strategies can help you get through it.

someone. You don't have to do this alone. Learn how to find people who will provide the support you need.

Talk to an expert at the Michigan Tobacco 1-800-QUIT-NOW (1-800-784-Quitline. 8669). The Quitline provides coaching by phone, email, and text, if eligible - nicotine guit medications such as nicotine gum, lozenges, or patches, and membership in an online community

Chat with a trained Tobacco Treatment Enroll in the District Health Specialist. Department #10 Tobacco Dependence Treatment Program by calling 231-876-3813. Specialists can assist with developing an individual specific program to quit and will work closely with your health care provider to assure you receive the personal medical support needed to succeed in becoming tobacco-free.

Think About Your Reasons for Quitting: Remind yourself why you want to quit. Keep a list handy. This can be a powerful motivator to keep you smokefree.

Calculate your savings. Add up the money you'll save, and plan what you will do with it. This is a great way to stay motivated.

Stay Busy: Chew a stick of gum instead of picking up a cigarette. Keep hard candy with you. Drink more water.

When you have an urge to smoke, stop what you're doing immediately and switch to Support is Important: Call or text doing something different. Simply changing your routine might help you shake off a craving.

> Go for a walk. Physical activity, even in short bursts, can help boost your energy and reduce your urge to have a cigarette.

> Take slow, deep breaths. Inhale through your nose and exhale through your mouth. Repeat this 10 times or until you're feeling more relaxed.

Try Nicotine Replacement Therapy: Even if you're using nicotine replacement therapy (NRT), you might have a craving that's difficult to deal with. Think about having additional NRT on hand, such as a lozenge or gum, along with the long-acting NRT, such as the patch, to get past the nicotine withdrawals. The DHD#10 Tobacco Treatment Specialist can help you determine which NRT is right for you.

Don't Give Up: Do whatever it takes to beat the urge to smoke. Keep trying different things until you find what works for you.



Are you turning age 65 in 2021? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on Wednesday, April **28th at 12pm** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator. Tammy Findlay will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information or to get the Zoom link email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123.



Free Equipment: Chux Pads

What Are Chux? Chux are multi-purpose pads that have a variety of uses. They can be used on bedding, furniture, flooring and other surfaces. Chux are generally used as a final measure of protection when leakage occurs despite the use of wearable incontinence products.

The Crawford County Commission on Aging has some chux pads available along with other medical equipment for older adults 60 and over. All equipment is FREE and are on a first come, first-served basis. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Emergency Preparedness By Nicole Persing-Wethington,

from Michigan State University Extension

Being prepared for an emergency can help improve outcomes and provides peace of mind. Emergencies can be large, small, and everywhere in between. We often think of emergencies as natural disasters, but it could be losing power for a few days or a local brush fire. Here are a few topics to consider when preparing:

- Medication and medical supplies: it is important to keep medication organized and current for daily use, but it is especially valuable in an emergency. The Centers for Disease Control and Prevention recommends having medication for two weeks if that is possible for you. Update your medication list regularly and keep it with vou.
- Water: The CDC also recommends at least one gallon of water per day for each person and pet, with enough to last two weeks. Consider having a shelf stable gallon or two of water on hand.
- Contact list: who would you call in an emergency? Consider who you might need a phone number for in different situations. Your doctors, pharmacy, family, friends, plumber, Sheriff's department, etc. Having a list of these numbers in one place can reduce the time and stress of locating them when you need them. This is also a great opportunity to plan with neighbors.
- Phone: keep your cell phone charged and on you for safety. Having a back-up charger can be helpful.
- Check your home and property: make sure that smoke and carbon monoxide detectors have batteries, that electrical wiring is in good repair, that flashlights are accessible and not buried in a drawer, that emergency services would have a clear path inside, the floor is free from trip hazards, that trees are not hazards, and the house number is clear and readable from the road.
- Make a kit: consider the above items and food, cash, a change of clothes, and any other comfort items that would be useful to you.

Remember to check on your emergency plans and supplies regularly. Just like students practice fire drills to be prepared, we adults need to practice too. Look at your home with fresh eyes and consider what you would do in that moment for an emergency.



COVID-19 Vaccines: Frequently Asked Questions

The information below will change frequently as experts learn more about COVID-19 vaccines. There is a lot we are learning as the pandemic and COVID-19 vaccines evolve. The approach in Michigan will adapt as we learn more. (Updated January 6, 2021.)

Will COVID-19 vaccination help keep me from getting COVID-19? Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19 (https://www.cdc.gov/ coronavirus/2019-ncov/need-extraprecautions/index.html). COVID-19 can have serious, life-threatening complications (https:// www.cdc.gov/coronavirus/2019-ncov/ symptoms-testing/symptoms.html), and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed. Stopping the pandemic requires using all the tools we have available.

Is there a cost to get vaccinated? No fees will be charged to get vaccinated. There will be no cost sharing from insurance plans. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. COVID-19 providers agree to administer vaccine regardless of an individual's ability to pay and regardless of their coverage status, and may not seek any reimbursement, including through balance billing, from a vaccine recipient. However, vaccine providers will be able to charge administration fees for giving or administering the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

Will more than one dose of COVID-19 vaccine be required? Yes. The current vaccines need two shots to be effective. It is very important that you receive the vaccine from the same manufacturer both times and get the doses within the required time frame to

ensure the best protection from COVID-19. If made to shorten the timeline without you receive the Pfizer vaccine the second dose needs to be 21 days after the first dose, and the second dose of the Moderna vaccine needs to be 28 days after the first.

To ensure the best protection from COVID-19, it is very important to not skip the second dose. The second dose must be from the same vaccine manufacturer, so it will be important to ensure that where you receive your second dose has the right vaccine. If you can, it would be best to follow up with the same provider who gave you your first shot.

Do I need to keep wearing a mask after I get vaccinated? Yes. Michiganders should continue to wear masks, social distance from those not in their household and wash their hands, even after receiving vaccine. More information is available on the CDC website in their FAQ document (https://www.cdc.gov/ coronavirus/2019-ncov/vaccines/fag.html).

Is the vaccine safe? Safety is the first priority. The process used to approve the COVID-19 vaccines is the same proven process that was used to create safe and effective vaccines for the flu, polio, measles, whooping cough and more. While the COVID-19 vaccines are being developed as guickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine authorized or approved for use. More information about the safety of the COVID-19 vaccine is available at the CDC website

- CDC Vaccine Benefits website (https:// www.cdc.gov/coronavirus/2019-ncov/ vaccines/vaccine-benefits.html)
- CDC Vaccine Safety website (https:// www.cdc.gov/coronavirus/2019-ncov/ vaccines/safety.html)

How can a safe vaccine be made so quickly? Vaccine development typically takes many years. However, scientists had already begun research for coronavirus vaccines during previous outbreaks caused by related coronaviruses (Severe Acute Respiratory Syndrome and Middle East Respiratory Syndrome). That earlier research provided a head start for rapid development of vaccines to protect against infection with COVID-19. No steps were skipped in the development of this vaccine but modifications to the process were

sacrificing safety, such as:

- Overlapping phase I and phase II clinical trials. Phase I studies include a small number of people and evaluate whether the vaccine causes an immune response and is safe. Scientists looked at data from a group of people in phase I as phase II was progressing to make these evaluations.
- While completing large phase III trials, manufacturers began producing the vaccine, so that if it were shown to be safe and effective, they would have large numbers of doses ready.
- While waiting for a vaccine to be ready, many other aspects of vaccine delivery were prepared (e.g., developing plans for how to distribute the first, limited quantities available, ensuring adequate supplies for distributing and administering vaccine.)

Can this vaccine give me COVID-19? No. This vaccine gives your body a code which helps it recognize the virus, so your body can fight it off in the future.

Does the vaccine have any side effects? After COVID-19 vaccination, you may have some mild side effects. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days. Your arm may be sore, red, or warm to the touch. You may experience a low-grade fever, headache, and just a general feeling of "not yourself". These are signs that your immune system is doing exactly what it is supposed to, which is produce an immune response for you to have protection against this disease.

Can people with a history of allergic reactions get the vaccine? Most people who have food or environmental allergies can still get the vaccine. Prior to getting vaccinated, talk to your health care provider if you have had any severe reactions to medicines or vaccines in the past. Learn more about COVID-19 vaccines and rare and severe allergic reactions here: https://www.cdc.gov/ coronavirus/2019-ncov/vaccines/safety/ allergic-reaction.html.