

Crawford County Senior Gazette August 2020

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Featured Article

Lewis Johnson

"The Woods Were Mine"

Born in Grayling to Harold and Mildred Johnson on the 3rd of July, 1939, if there is one thing Lewis Johnson knows, it's the woods; and he has made it a point to spend as much of his time there as possible. His earliest years were in Bay City, where his father worked in the shipyard until VJ Day, right after which he moved the family back up north in time for Lewis to start 1st grade in Frederic.



"Dad was in the CCC Camp. He built a log cabin and I grew up there. The woods were mine, and I knew them, every inch, for 4 miles around. We lived just off McMaster's Bridge Rd, where Big Creek comes in," he said. Then he grinned and added, "I always say I grew up with one foot in waders and the other in a canoe, with a fly rod in one hand and a paddle in the other. It was a wonderful world to grow up in. All that was mine."

Lewis graduated from Grayling High School and spent four years at Michigan Tech University getting his degree as an Industrial Engineer. It's the only time he's lived anywhere but the woods, except for his two years in the military (1963 – 1965).

"I spent 18 months in West Berlin. I did small arms maintenance and repair. It was just occupational troops at that time, but it was still quite an experience for a young man of 23. I remember traveling 110 miles across East Germany, and what really struck me was how in East Germany we saw farmers working the land with horses, and when we crossed into West Germany, they had tractors. West Germany was a beautiful country; very clean and tidy. But even 18 years post-WWII there was a segment of society

that was conspicuous, and that was males 18 – 50. They were conspicuous by their absence." Lewis was silent for a few moments before continuing.

"I was on a troop ship, coming home from Germany when the first troops were landing in Vietnam. I guess you could say it was good timing. Another year would have made a big difference."

In 1955, his dad, Harold, bought the 55-acre parcel where Lewis and his wife, Kay, now live. "He bought this for \$20 an acre, and he gave it to me. In 1957, the first year I paid the taxes, the tax bill was \$57. I planted all these trees that year," he said, gesturing out at the reforestation stand of mature pines that shade his home and provide habitat for the wildlife he loves.

In 1973 he built a little off-grid cabin on the land. "Dad was a carpenter, so I learned a lot from him. It was no strange thing to build a cabin."

In 1978 he married Kay, "in the little cabin he built with a chain saw," she said, and in 1980 they built their current home...on the same piece of land; the one his dad bought for \$20 an acre. She worked for 40 years at Grayling State Bank before retiring in 1980.

Through those years, Lewis worked for Bear Archery until the company moved and Lewis went to work for Standard Products in Gaylord, retiring in 2001. But while his head was in engineering, his heart never left the woods.

"When I worked at Bear, you could sign a bow out to practice with. Well, I killed 34 bucks with a bow, and I'll tell you that any hunter who hunts for two seasons with a bow instead of a rifle



Stretch via Zoom
See pg 4



Free Medical Supplies
See pg 7



Free House # Signs
See pg 15

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

HOURS OF OPERATION

Monday - Friday
8:30am to 4:30pm

308 Lawndale St
Grayling, MI 49738

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

www.crawfordcoa.org

Director@crawfordcoa.org

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For advertising or addition to the mailing list, contact us at (989) 348-7123 or director@crawfordcoa.org

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Communication Corner... Notes from the Director

The Crawford County Commission on Aging & Senior Center continues to remain closed to the general public as are many Senior Centers in northern Michigan. We are carefully evaluating various programs to try and determine when it is safe to bring them back.

The Foot Care Clinic will be opening back up – this time at the new building where there is ample space and outside air flow through the large garage doors. If you'd like to schedule an appointment, please contact the Senior Center.

Staff at the Commission on Aging continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.

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.

The Project Manager for the new building was selected - APEX Engineering & Management. Lifespan Design is working with me to finalize the general design and then the RFP for the local design firm will be issued. Once that contract has been signed, we will be working on finalizing all the detailed design work for final construction and issuing a public bid for the General Contractor.

If you'd like to have input on the new Senior Center design, please call or email me at director@crawfordcoa.org We will be looking at ways to get participant and community input for this project even as we are staying safe.

Be Well!
Alice Snyder, Director



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698



Unwind Outside

The Crawford County Commission on Aging in partnership with Huron Pines invite you to participate in Unwind Outside. Unwind Outside is a 2-hour program that focuses on low-impact activities that can contribute to health and wellness like stretching, walking, and journaling. Those activities will tie-in to conservation through observation and listening exercises via guided nature journaling. During each program, the stretching and walking portions will highlight human health connections; the walking portion will also highlight care of natural resources while recreating and providing ideas of more places to recreate. The guided nature journaling will highlight techniques for using a nature journal as both a mindfulness practice and a data collection tool to contribute to conservation.

The group will meet on **Thursdays at 11:30am** starting **September 3rd through October 8th**. Each week we will meet at a different trail location to practice mindfulness, nature journaling, and connect outdoors. Please wear shoes with good support, bring lots of water, a writing utensil and a journal (loose-leaf paper, pocket size notebook, or whatever you are comfortable with) to write in.

Due to the current pandemic, physical distancing will be enforced. You will be required to fill out a health questionnaire before each meeting, which I will provide you. If you are feeling sick, have a fever, or cough please stay home. Cloth masks are encouraged but not required, as we will be outdoors. Class format could change depending on the pandemic.

If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123 or kgrieb@crawfordcoa.org. **This series is open to all ages. Registration is required.**

- September 3: Marl Lake
—Roscommon County
- September 10: Rayburn Trail
—Crawford County
- September 17: Wakeley Lake
—Crawford County
- September 24: Gahagan Nature Preserve—Roscommon County
- October 1: Hanson Hills
—Crawford County
- October 8: Hartwick Pines
—Crawford County

Memorial Donations Made By:

Wayne & Rosemary
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Sunset Park Assoc.
In Memory of
Mary Parker

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In Memory of
Audrey Rice

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Stretch to Fitness & Equipped
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Munson Rehabilitation Services

Ways to Give



Mail a check to
308 Lawndale St.,
Grayling, MI 49738



Call (989) 348-7123
to make a donation
via credit card



Visit
www.crawfordcoa.org/make-a-donation

Donate in Memory or Honor of Someone Special

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 of those we love. Your tax 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.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



Make a Donation
today by talking to a Commission
on Aging staff member.

Only Available
in Black with Gold
Lettering

1x5 Actual Size
\$25 Donation

2x4 Actual Size

2x5 Actual Size
\$100 Donation

Senior Center Wish List...

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size
- 6ft Picnic Table
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call COA for details

Sponsoring Agencies



We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Important Phone Numbers

Social Security
1-800-772-1213 or
1-866-739-4802

Medicare
1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900

Volunteers and Contributions received after July 20th will be acknowledged in the next edition of the Senior Gazette.

Crawford County
Commission on Aging
& Senior Center

**Make a Donation
Today & Create
Golden Opportunities
for a Lifetime!**

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check Gift Amount \$ _____

- I would like to receive monthly emails about activities and events.
- I would like to be contacted about planned gifts.
- I would like to volunteer for the Commission on Aging & Senior Center.

All Gifts are Tax Deductible

Name _____
Mailing Address _____
City/State/Zip _____
Home Phone () _____ Cell Phone () _____
E-Mail Address _____

Donations & Payments
of \$25.00 or more.





Thank you!
to our COA
Volunteers

Marc Dedenbach
Greg Dulkowski
Lisa Heck
Susan Hensler
Bill Hollenbeck
Karen Hollenbeck
Tom Jarosz
Glenn King
Lorelei King
Karen Leslie
Rita Lone
George Mascarello
Sharleen Mascarello

Rosemary Nelson
Wayne Nelson
Jack Richards
Karl Schreiner
Gail Schultz
Jon Schultz
Nancy Smitz
Farrell Thomas
Ellen Thompson
Deb Umlor
Janet Weaks
Sandy Woods



“Life in Community” Lorelei King

Lorelei and Glenn (her husband of 51 years and best friend) volunteer every week as Meals on Wheels drivers and help occasionally with serving special dinners. Lorelei also serves on the board of directors because, as she says, “I believe in everything they stand for and do for the community. It pleases my soul!”



Lorelei grew up in Detroit until her senior year of high school when in 1967 her family moved to California. In 1968 her fiancé Glenn, returned from Vietnam and the two were married in 1969 in California where they had their children, Traci and Brandon. It wasn't until 1978 that Lorelei moved back to Michigan. Originally the move to Michigan was to be short-term, just long enough to help Glenn's ill father; however, according to Lorelei, “with fresh air, no smog alerts, and no earthquakes, we were all falling in love with the state.” In 2007, Lorelei was offered a position in nursing in the Grayling/Roscommon area and they made their way up to Northern Michigan.

Lorelei defines herself by her family, her faith, and her volunteer work (which she started as a 15 year-old candy striper) and raised her children to do the same. Every year she and her family would choose either Thanksgiving or Christmas (sometimes both) to volunteer in a soup kitchen. “We wanted our children to realize that it takes a whole community to make our lives what we want them to be.” Both of her children are still active volunteers in their communities.

In addition to volunteering on community boards, Lorelei loves the outdoors, gardening, needle work, reading, walking her dog, and enjoying their prayer path and the labyrinth she was gifted by family in 2009.

Since she is retired now and “learning how to ‘relax,’” they look forward to time with their children and four grandchildren, watching what they become. Lorelei says their plan is to, “continue to settle into our senior years doing the things that make us laugh, learn and enjoy each person that crosses our path.”



Stretch via Zoom

The Crawford County Commission on Aging & Senior Center invites you to join us **every Friday starting August 21st at 10am** for a full-body stretching class via Zoom.

The class will combine stretching moves from our Stretch to Fitness and Equipped to be Fit classes that were previously offered at the Senior Center. See improvement in balance, reduction in falls, increased flexibility and muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level.

All classes are free of charge. If you have questions or would like more information, please email Kaitlyn (kgrieb@crawfordcoa.org). To join in on the live classes visit <https://tinyurl.com/coa-stretching/>.

Stay in the Know!



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

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail. Signing up is easy; just send an email to

director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.



August Birthdays

Imilda Stahl 8/5
Jim Fredlund 8/8
Cynthia Haynes 8/9
Barbara Crampton 8/11
Marion Warner 8/14
Lois Davis 8/19
Lois Stradling 8/31

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



Diabetes PATH

The Region 9 Area Agency on Aging is offering an interactive, online Diabetes PATH workshop. Learn how to take an active role in managing diabetes and its symptoms. Topics include the following:

- Healthy Eating & Meal Planning
- Dealing with Stress
- Physical Activity
- Medication Usage
- Monitoring Blood Sugar
- Working with your Physician

This six-week workshop takes place **Tuesdays from 1:00-3:30pm from August 5th to September 9th.**

If you'd like to register or learn more call (989) 358-4616, email mainvilleb@nemsca.org, or visit www.nemsca.org.

Lewis Johnson

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

triples his knowledge of deer.”

“I always was interested in hunting. When I was a kid, I’d shoot deer in the rump with my BB gun. I’d wander around in the woods all day long. I didn’t start hunting ‘til I was 14 years old, though. What I did, I sold worms and saved my money until I could get a deer rifle.”

Though equipped with a proper rifle, Lewis was unsuccessful as a hunter for a few years. “I hunted deer by walking around. The summer I turned 18, my dad said ‘We gotta get you into some bucks. You have to stop scaring them off.’ I mean, I SAW a lot of deer, but it wasn’t until I learned to sit still and be quiet that I ever shot one.”

Since then, he’s taken 121 bucks. “I turn down anything smaller than a 4 point. My 100th buck was also my biggest,” he said, pointing to an impressive antler rack above his favorite chair. “Deer hunting is my life. Deer hunting and the woods.”

That may be, but the time he’s not in the woods he’s with Kay, who he said is his best friend. She smiled, even blushed a little, and agreed. “We do everything together.”

Kay is a homebody, so the couple doesn’t travel much, though he has taken a few

hunting trips out west, and the two did explore Colorado together. Mostly, they are content at home. He maintains a series of paths through the property, about three mower-widths wide, that the two traverse every afternoon on their golf cart. In the evening it’s cards after supper. The rest of the time they spend watching the birds, feeding the chipmunks, and of course, keeping an eye on the deer that wander through the gardens that Kay said, “just grew from nothing”.

Occasionally a bear stops by, but Lewis the Industrial Engineer has devised a way to keep the bird feeders well out of reach, via a pulley system that isn’t unlike the mechanism for raising a flag. He has also designed and built smaller structures on the property; a tool shed that looks like a covered bridge, a wishing well, a little grist mill.

Lewis is a man of stories and has written many of his down in a book. “It’s really just for the kids, so they’ll have them,” he said. Some are about fishing, though he doesn’t fish anymore, some are about hunting, but most are about a boy growing up in the forest; the place he knows best, and where he feels most like himself.



zoom

Introduction to Zoom Workshop

The Crawford County Commission on Aging and MSU Extension will offer another online Introduction to Zoom Workshop on **Friday, August 21st from 2:00-3:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

As we continue to have more activities offered online including Zumba, Aerobic Drumming, and online games, as we want everyone to be able to take full advantage of the opportunities. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call.

Classes currently being offered online include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. More classes will be available online soon. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! Registration is required: visit https://msu.zoom.us/meeting/register/tJEvcOutqDoiHNPbBjC_PSrcXuxT107Xs6IA to register online. After registering, you will receive a confirmation email containing information about joining the meeting. Please call (989) 348-7123 or (989) 710-0554 for assistance registering, logging on, or with any questions.



Mobile Pantry Distribution

at the Grayling Baptist Church
705 Madsen St.
Grayling, MI 49738

Distributions start at 11am

Thursday, August 6, 2020
Thursday, August 13, 2020
Thursday, August 20, 2020
Thursday, August 27, 2020

The Grayling Baptist Church is also hosting a Community Food Pantry open 1-5pm Monday through Friday.



New to Medicare Seminar

Are you turning age 65 in 2020? 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, August 26th at 5:00pm** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay, and MMAP Volunteer counselors 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 email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123. To join the seminar visit <https://tinyurl.com/medicare-aug20>



MUNSON HEALTHCARE Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital



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NorthernPinesAssistedLiving.org

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



Zoom Zumba

Let's spice it up! The Crawford County Commission on Aging & Senior Center will continue to offer fitness classes via Zoom. Zoom is a FREE easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate.

Zumba will continue to be offered on **Wednesdays and Thursdays at 10 am for a 30-minute class via Zoom.** Zumba is a dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. It also combines muscle conditioning and cardiovascular exercise. **Modifications will be given to accommodate all skill levels.**

All classes are **free** of charge. If you have questions, please email Kaitlyn (kgrieb@crawfordcoa.org). To join in on the live classes visit the following links:

- Wed: <https://tinyurl.com/coa-zumba-wed>
- Thurs: <https://tinyurl.com/coa-zumba-thurs>



Aerobic Drumming

The Crawford County Commission on Aging will continue to offer Aerobic Drumming via Zoom on **Mondays and Tuesdays at 10am.**

Join us for a class that incorporates dynamic movements of aerobic dance to the rhythms of the drum. This class can be done seated or standing depending on your skill level. **There are modifications given to make this workout match any skill level.**

You will need an exercise ball, a bucket, and some type of drumsticks to participate in this class. **You can borrow the equipment from our lending library** at the Commission on Aging. Please call when you arrive at the COA and we will bring the equipment out to your car 989-348-7123.

All classes are **free** of charge. If you have questions or would like more information, please email Kaitlyn (kgrieb@crawfordcoa.org). To join in on the live classes visit <https://tinyurl.com/coa-drumming/>.



Memory Support

Do you ever find yourself trying to remember what you ate for breakfast or what day of the week it is? Are you feeling forgetful? This could be due to a variety of reasons such as lack of sleep, level of physical activity, stress, and other factors. Strengthen the aging brain by incorporating the following list of foods into your diet. Research has shown an increase in cognitive function, enhanced memory, and alertness by including these foods.

- 1) **All the Greens:** Incorporate a variety of greens in your diet. Think of broccoli, cabbage, and dark leafy greens to help improve memory. These vegetables are rich in fiber and various vitamins and minerals.
- 2) **Berries & Cherries:** Try adding berries to cereal, smoothies, or having them for a snack. Research has shown berries to lower the risk of memory decline due to a compound called anthocyanidins. This compound has been shown to enhance memory and in some cases reverse age-related deficits of the working memory. Blueberries are noted to be most effective!
- 3) **Omega-3 Fatty Acids:** Food high in Omega-3 Fatty Acids include salmon, flax & chia seeds, and walnuts just to name a few. DHA (docosahexaenoic acid) is an Omega-3 Fatty Acid that helps to keep the brain functioning properly. Studies have shown DHA deficiency can result in cognitive problems and forgetfulness. Ensure you get enough of Omega-3 Fatty acids to avoid decreased brain function and lower the risk of developing Alzheimer's disease.

Incorporating these foods into your diet can help to reduce the risk of developing cognitive decline and help improve memory. Don't forget to stay physically active, engage your brain, and stay social to help in memory support.

The Brook, it's home.
BrookRetirement.com
 Independent, Assisted & Memory Care Living
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ONGOING SENIOR CENTER ACTIVITIES

<u>Activities</u>	<u>Fitness</u>	<u>Zumba</u>	<u>Table Games</u>
Bible Study Tuesdays, 10am	Aerobic Drumming Golden Beats, Mondays, 10am	Zumba Gold Tuesdays, 10am	
Bingo Medicine Shoppe Bingo one Thurs per month 3pm Penny Bingo, Thurs 1pm Pantry Bingo, Fridays 1pm	Clogging Beginning, Mondays, 12:30pm Regular, Mondays, 1:30pm		Bridge Mondays, 1pm
Birthday Dinner Tuesdays, once per month	Exercise Classes Stretch Fitness, Thurs 10am Equipped, Tuesdays, 10am		European Euchre Tuesdays, 1pm
Craft & Chat Club Wednesdays & Thursdays 10am	Line Dancing Tuesdays, 11am		Manjong Wednesdays, 1pm
Pool Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	Water Aerobics Must call to register Tues 5pm & Weds 10am @ Grayling Super 8 \$5.00 charge per class		Mexican Train Dominos Fridays, 10am (starts Apr 17)
Wii Bowling Wednesdays, 1pm	Yoga Chair Yoga, Thursdays, 6pm Gentle Yoga, Tuesdays, 1pm		Pinochle Fridays, 10am
			Pokeno Thursdays, 10am
			Scrabblers Thursdays, 10am

ON HOLD

Medical Equipment Available

The Crawford County Commission on Aging has many medical items available for older adults 60 and over for free. If you are interested in any of these items, please give Kathy a call at (989) 348-7123. All supplies are first come, first served.

Seated Walker with Wheels



Walker with 2 Front Wheels



Walker without Wheels



Side Step Walker



Bedside Commode



Adjustable Bed Rail for under mattress



Foldable Cane for the Blind



Misc. Canes w/ and w/o Feet



Support Stockings



Mirafone for the hearing-impaired



Also available are **Ensure** and **Boost** available for those with a prescription and, for your personal needs, **Depends** and **Pads** are ready for your pick up. Give the office a call for sizes we have on hand.



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

August 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	4 11:30a-12:30p Lunch Pork with Kraut, Green Beans, Banana 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	5 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	6 11:30a-12:30p Lunch Hamburger, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Shepard's Pie, Carrots, Pear	7 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
10 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	11 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Apple	12 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear	13 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Apple, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	14 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
17 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Orange	18 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	19 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	20 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	21 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
24 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple	25 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	26 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetable, Apple, Breadstick	27 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	28 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple
31 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	Curbside Pickup Available! Call in lunch and dinner orders between 9-11:30am. Pickup is available between 11:30-12:30pm. Upon arrival remain in your vehicle and call (989) 348-7123 to have meal(s) brought out to you. Weekend meals are available to congregate meal participants if they get a hot meal during the week. You may receive up to 4 frozen meals for the weekend. Donations are still being accepted but the correct change will be required as we are unable to make change at this time.			

August 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am Aerobic Drumming	4 10am Aerobic Drumming 11:30am Tai Chi 1pm Walk in the Woods @ Mason Tract	5 9:30am Commodities @ St. Mary's 10am Zoom Zumba	6 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30am Tai Chi 1-3pm Powerful Tools for Caregivers 1pm Walk in the Woods @ Marl Lake	7
10 NO Aerobic Drumming	11 NO Aerobic Drumming 11:30am Tai Chi	12 NO Zoom Zumba	13 NO Zoom Zumba 11am Grayling Baptist Food Truck 11:30am Tai Chi 1-3pm Powerful Tools for Caregivers	14 1pm-3:30pm Virtual Caregiver Conference
17 10am Aerobic Drumming 1pm TEFAP @ American Legion	18 10am Aerobic Drumming 11:30am Tai Chi	19 10am Zoom Zumba	20 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30am Tai Chi 1-3pm Powerful Tools for Caregivers	21 10am Stretch via Zoom 2pm Intro to Zoom Workshop
24 10am Aerobic Drumming	25 10am Aerobic Drumming	26 10am Zoom Zumba 5pm New to Medicare	27 10am Zoom Zumba 11am Grayling Baptist Food Truck 1-3pm Powerful Tools for Caregivers	28 10am Stretch via Zoom
31 10am Aerobic Drumming				

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 11:30-5:30pm
by InTeliCare - Friday, 11:30am-12:30pm

ON HOLD

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. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

ON HOLD

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 P. Thompson Law Office PLC
Free legal consultations available the 3rd Thursday of each month from 1-4pm

ON HOLD

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

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.

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.

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 June 2020!

At the Senior Center

- We served **577** Congregate Meals

In-Home Services

- Delivered **3,623** home delivered meals.
- Provided **89** hours of respite care.
- We provided **375** hours of homemaker services.
- We provided **99.75** 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

How to Change Your Name on Your Social Security Card

A Social Security number is important because you need it to work, collect Social Security benefits, and receive certain government services. The information on your Social Security card must always be up-to-date and correct.

If you legally change your name because of marriage, divorce, court order, or any other reason, you must tell us right away

so you can get a corrected card. You cannot apply to change your name online.

To update your Social Security card, you need to:



- Show the required documents, including proof of your identity. Sometimes you may also need to prove your current U.S. citizenship or lawful noncitizen status. See what documents you need at www.socialsecurity.gov/ssnumber/ss5doc.htm. Under the heading, "Type of Card," select "Corrected" for a list of the documents you need.
- Fill out and print the Application for a Social Security Card at www.socialsecurity.gov/forms/ss-5.pdf.
- Take or mail your application and documents to your local Social Security office. You can use our field office locator at www.socialsecurity.gov/locator

For complete instructions, visit our webpage at www.socialsecurity.gov/ssnumber. You can also read the publication Your Social Security Number and Card at www.socialsecurity.gov/pubs/EN-05-10002.pdf.

Remember, never keep your Social Security card in your wallet or purse. Keep it in a safe place to avoid identity theft.



Purple Loosestrife Workshop

Huron Pines is hosting a workshop focused on purple loosestrife, a prolific invasive plant species found in wetland areas, along shorelines, riverbanks and in ditches throughout Northern Michigan. Purple loosestrife can spread quickly, crowding out native plants and providing little nutritional value for wildlife.

The two-session virtual event will take place on **August 4th and 6th from 5:30-6:30pm via Zoom** and include an introduction to the species, how to identify it, how to collect and report data on purple loosestrife found in the region. Proper data collection and reporting helps to monitor and prevent the spread of invasive species.

Participants must attend Session 1 to attend Session 2. Workshop links will be emailed directly to participants who register by July 31. For more details and to register visit huronpines.org/events.

COVID-19 Infection Risk for Popular Activities

Mlive.com spoke with four health experts who assigned a score for activities and locations from 1 to 10, with a 10 being the riskiest and 1 being the least risky. The scores shown below are an average of scores given by the health experts, rounded to the nearest whole number.

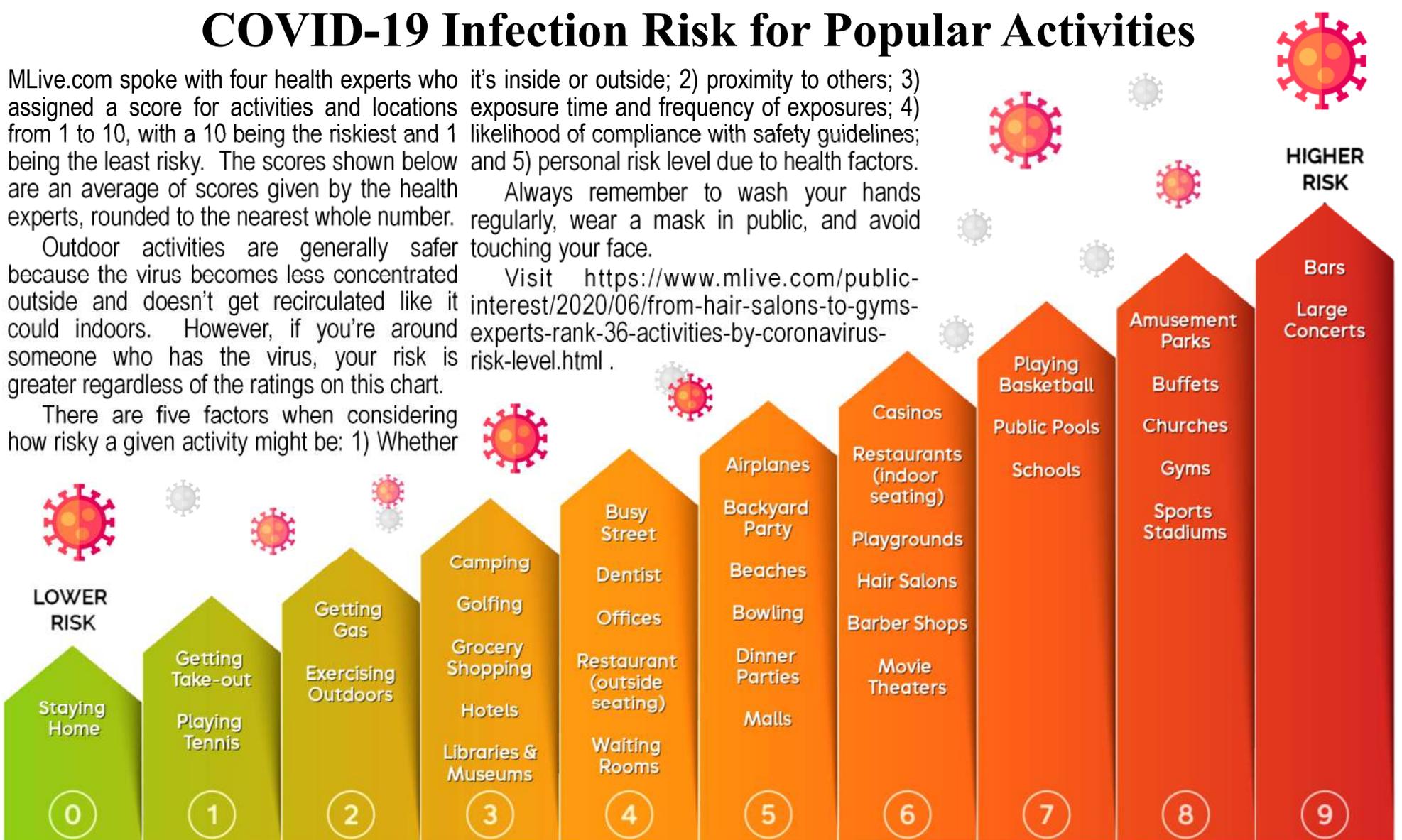
Outdoor activities are generally safer because the virus becomes less concentrated outside and doesn't get recirculated like it could indoors. However, if you're around someone who has the virus, your risk is greater regardless of the ratings on this chart.

There are five factors when considering how risky a given activity might be: 1) Whether

it's inside or outside; 2) proximity to others; 3) exposure time and frequency of exposures; 4) likelihood of compliance with safety guidelines; and 5) personal risk level due to health factors.

Always remember to wash your hands regularly, wear a mask in public, and avoid touching your face.

Visit <https://www.mlive.com/public-interest/2020/06/from-hair-salons-to-gyms-experts-rank-36-activities-by-coronavirus-risk-level.html>.



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.

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

1. algebraically
2. argos
3. benitoite
4. cabe
5. candidness
6. catkin
7. centuried
8. connection
9. counterplotted
10. decentralist
11. desmidian
12. despisableness
13. diffusate
14. drummer
15. endangerment
16. exigence
17. gastightness
18. hematozoon
19. inartificial
20. incongruity
21. liliaceous
22. martina
23. moonsif
24. naskhi
25. neanderthal
26. nex
27. nicolas
28. nonconversant
29. norbert
30. oscilloscope
31. placentate
32. poppy
33. preexecuting
34. preimagine
35. protuberancy
36. reassess
37. roborant
38. sardou
39. shinar
40. shrimper
41. sibyl
42. sixpences
43. smutch
44. speaker
45. subpetiolate
46. unannealed
47. underwriter
48. vaccinationist
49. venireman
50. volost

Cook's Corner Super Easy Lemon Pie



INGREDIENTS

- 1 (14 oz) Can Eagle Brand sweetened condensed milk
- 1/3 cup lemon juice
- 2 cups frozen whipped topping, thawed
- Yellow food coloring (optional)
- 1 graham cracker pie crust

DIRECTIONS

- 1) Stir together sweetened condensed milk and lemon juice in a medium bowl.
- 2) Fold in whipped topping and food coloring and pour into graham cracker pie crust.
- 3) Cover and chill for 2 hours or until set.
- 4) Garnish with additional whipped topping, graham cracker crumbs, lemon zest, and/or lemon slices as desired.

Submitted by Eileen Langhorne

To submit your recipe for the Cook's Corner please email svanduser@crawfordcoa.org or mail a copy to our offices!



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

**Ralph Oppermann D.D.S.
Jennifer Malicowski, D.D.S.**

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

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Keeping Your Brain Healthy

By Nicole Persing-Wethington, from Michigan State University Extension

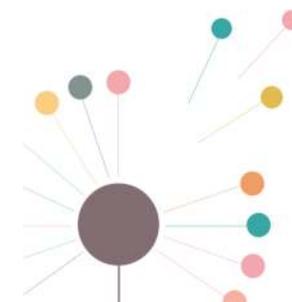
Our brain changes as we age. We may think it is not possible for us to learn new skills or remember information successfully, but that does not have to be the case. Research tells us that older adults can make new connections in their brains. The great news is that we can learn at any age. Here are some tips for keeping your brain healthy:

- Try something new to give your brain a workout—Harvard Medical School suggests engaging in intellectually challenging activities. Join a Zoom class, read a book, put together a puzzle, work on word problems; choose activities that are challenging and fun.
- Eating a healthy diet—Nutrition plays an important part in overall health, including your brain. Harvard suggests green-leafy vegetables, berries, fish, and walnuts.
- Physical activity—Research suggests that circulation could impact brain health.



Keep moving by walking, biking, or engaging in any safe exercise program you enjoy. We have the added benefit of better cardiovascular function.

- Limit stress—Stress hormones can impair how our brains function. Everything from synapse regulation to damaging cells. Practice mindfulness, take a walk, or manage expectations of situations to improve how you react to stress.
- Get some sleep—Sleep is imperative to brain health. Practice sleep hygiene by limiting electronic devices near bedtime and creating a routine. Check with your health care provider if you have concerns about your sleep or health.
- Build on small successes—Remember that learning new skills and making healthy choices can be as simple as picking up a book or taking a lap around your yard. These small changes can lead to big impacts for your health and wellbeing.



Advance Care Planning for Healthcare

Since we never know what may happen on any given day and life can bring unexpected twists and turns, it can be difficult to know what decisions may need to be made. A little planning now will save those dearest to your heart unneeded stress later. The best time to talk about the type of medical care you may or may not want is when you don't need it. Attend a free workshop and we can help you:

Discuss health care decisions that may impact quality of life now, in the future, and at end of life.

Recognize the importance of choosing the right person to communicate your wishes if you are ever unable to do so.

Learn how to have conversations with loved ones about your goals for living a meaningful life

A page by page walk-through of an Advanced Directive with instructions for how to complete one.

If you have questions regarding Advanced Care Planning for Healthcare or need an Advanced Care Directive form please call Steve Peterson at (989) 348-0296 or visit advancecareplanning@mhc.net. Due to COVID-19 precautions, workshops have been temporarily cancelled. Please call for updates.



Commodity Supplemental Food Program

The CSFP food assistance program is made available in Crawford County by the Northeast Michigan Community Service Agency. It is a monthly distribution available to Seniors 60 and above who meet income guidelines (currently \$313/week for individual or \$423/week for couple). Individuals self-certify their income based on household size—no documentation is required but it is necessary to fill out a form with their information and their monthly income.

Upcoming distributions will take place once monthly on the following dates on Wednesdays from 9:30am-10:30am at St. Mary's Catholic Church, Grayling, MI in the Family Center:

- August 5th
- September 9th

If you are interested in learning more about the CSFP or TEFAP food assistance programs call (989) 358-4700 or send an email to foodprograms@nemcsa.org.

Powerful Tools FOR Caregivers

Online Caregiver Class

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you! The classes give you tools to help with

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

This six-week class series gives you the confidence and support to better care for your friend or family member – and yourself.

This interactive online class will be **Thursdays from 1:00-3:00pm from August 6th through September 10th**. If you have any questions contact Nicole Wethington by calling (989) 344-3264 or email wethingn@msu.edu. **Register online by visiting <https://events.anr.msu.edu/ptcaugust2020/>**

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- Senior Discounts available for most repairs

Open Monday-Friday, 8:30am-5pm
4430 M-72 West, Grayling, MI 49738
(989) 348-3200



Walk in the Woods

The Crawford County Commission on Aging & Senior Center invites you to join us **Tuesday, August 4th, and Thursday, August 6th, at 1 pm** to explore two beautiful trails around Crawford and Roscommon County. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.

We will begin each walk with a stretch to enhance performance and end each walk with a cool down stretch. Do not forget to bring lots of water to stay hydrated during our trail adventures.

Due to the current pandemic, social distancing will be enforced on our walks and a health questionnaire will be provided before each walk. If you are feeling sick, have a fever, or cough please stay home. Cloth masks are encourage but not required as we will be outdoors.

If you have any questions or need more information please contact Kaitlyn Grieb at (989) 348-7123 or kgrieb@crowfordcoa.org. **You can join in the hikes at any time!** Check out our hiking locations below:

- August 4 – Mason Tract
- August 6 – Marl Lake



Grayling Community Garden Friends Growing Again

The Grayling Community Garden Friends are at it again this year growing produce for the community.

Last year around 1,700 pounds were given away to local agencies like the Christian Help Center Food Pantry, Riverhouse Women's Shelter, the Commission on Aging and Michelson Church's Monday Night Community Dinners.

Even though the garden didn't open up this year for the community to garden, a small set of volunteers have been keeping it alive! Thanks to a grant from the Munson Foundation and other private donors we continue to feed Crawford County fresh, healthy produce. Improvements this year

include wood chip paths created in the garden for walking and to create a weed free perimeter. A washing station has also been installed so produce can be washed right at the garden before it's picked up for distribution. Next up will be the purchase of a tiller which can be used for individual plots keeping the wood chipped paths in place.

If you would like to contribute to feeding our community healthy foods, please send your donation check made out to the COA, 308 Lawndale St., Grayling, MI 49738 with a note marking it for the Community Garden or you can do the same online at <https://www.crawfordcoa.org/make-a-donation> Thank you for your support!



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COVID-19 Scams and Fraud Self Defense Tips

- Don't give your Medicare number to anyone over the phone or to door to door solicitors offering to test for the Coronavirus COVID 19
- Beware of door to door solicitors, robocalls selling virus test kits, supplies, vaccines or treatments
- Do not give out your Medicare number, social security number or other personal information in response to unsolicited emails, calls, texts, home visits or booths at health fairs
- Know that Medicare will never call you for your Medicare # or Social Security #
- Watch out for fraudulent cures, therapies - Check with www.ftc.gov
- Ignore offers for vaccines and scam contact tracing calls
- Watch out for phishing emails, texts claiming to be from experts
- Hang up on robocalls
- Carefully research charities, investment opportunities www.charitynavigator
- Be cautious when ordering medical supplies
 - Do not give your Medicare # to strangers
 - Ask your own doctor to assess your condition and prescribe equipment
 - Refuse equipment, supplies received from unknown source
- Beware telemarketers selling health plans
 - Insurance companies with no former relationship can't initiate a call
 - Contact HICAP/SHIP for unbiased, free information about Medicare, MA plans
- Verify telehealth appointments with your own doctor
- Review medical statements for errors, fraudulent billing
 - Check for date of service; provider name; service description
- Keep current with Medicare, COVID 19 scams and healthcare fraud (www.cahealthadvocates.org)
- Report fraud to Senior Medicare Patrol - 855-613-7080

Notes of Encouragement

Many of you have sent us notes of encouragement during this tough time. We appreciate all the support of this community so much! Below are just a few of the comments we'd like to share with you.

Our seniors play a significant role in our County and I am grateful for the services you provide them. My Mother & Grandmother both loved and enjoyed your services and I want to make a continual effort to see this continue. Your staff is to be commended on the fine job they do. Thanks for your service.



Thank you for your dedication, perseverance and tireless efforts to meet the needs of our consumers! I have watched how you all have gone that extra step (or two, or three...) to maintain the services in this special time.

Kudos!!! As a board member I'm very impressed and proud.



Thank you very much for your continued care and support of Crawford County Seniors during this Covid 19 pandemic! God bless you and those you love and those you serve, this day and always!



Just a note of thanks to all who are on the FRONT Lines in the virus war. Your bravery, concern, and winning attitude are such a blessing. Keep on keeping on and know you are so very much appreciated.

The families here especially we seniors need love and appreciate each and every one of y'all. Keeping you in prayer.



Dear Ones,
Sending hugs n prayers. We are keeping you each in our hearts. Miss you tons n bunches. Stay well and cautious.



Emergency House Number Signs Available

During an emergency, are the first responders going to be able to locate your house quickly?

There are still homes in Crawford County which do not have good house number signs. Thanks to a grant by the Crawford County Emergency Management Department, the Crawford County Commission on Aging & Senior Center has emergency house number signs available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home (pictured above).

The Commission on Aging and Senior Center will assist Crawford County residents age 60 and older in obtaining a sign if you do not already have one. If you are interested contact Tammy Findlay, Advocacy and Resource Coordinator at the Commission on Aging at (989) 348-7123.

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Stroke Awareness: Know the Symptoms and BE FAST



- B** Balance: Sudden loss of balance
E Eyes: Vision loss in one or both eyes
F Face: Look for uneven smile
A Arms: Weakness in one or both arms
S Speech: Listen for slurred speech
T Time: Call **911** now

Minutes matter. If you see any of these signs of stroke, call **911** immediately. Learn more at munsonhealthcare.org/stroke.

Grayling Hospital for Animals



- Dr. Paul W. Mesack
- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig
- Dr. Heather Minkel

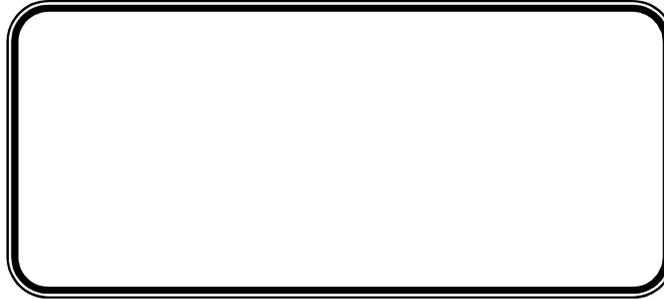
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Smartphone Scan
to our Website

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



Virtual Caregiver Empowerment Event

Senior Project Fresh Farmers Market Nutrition Program Call to Schedule your Appointment!

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. You must be a Crawford County resident and be age 60 or over with income below \$1,967 per month for a single household and \$2,658 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments by telephone. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

Registration is still open for part 2 of The Region 9 Area Agency on Aging's Caregiver Empowerment and Wellness Virtual Conference via Zoom. Join online Friday, August 14, 2020, from 1:00 pm to 2:30 pm. All caregivers are welcome to attend this free, informative, and interactive virtual conference.

The topic of focus for this 2nd part of the conference is Caring for Someone with Dementia and Stress Less with Mindfulness. You do not need to have attended part 1 of the conference to join.

This year's keynote speaker will be renowned dementia care trainer and author of *Personal Positioning for the Caregiver*, Jill Gafner Livingston. Jill will be presenting on Understanding Dementia. There will be great door prizes given out at the end of the virtual conference.

For more information or to register please email mainvilleb@nemcsa.org, call (989) 358-4616, or visit www.nemcsa.org/services/senior-services/caregiver.html.



Reaching Seniors and Beyond!