

# Crawford County *Senior Gazette* August 2021

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## Featured Article Tom & Janet Gaffke

### *“Embrace Every Moment”*

Tom and Janet Gaffke smile a lot and laugh together in the way couples do when their appreciation for one another hasn't faded with time.

Tom, 78 years old, was born and raised in the Bay City area; and Janet grew up on a farm near Munger, in the Thumb.

The two met at the suggestion of Janet's mother and Tom's office assistant, who was a lifelong friend of Janet's father. "They conspired to arrange a little picnic for us, but we said 'no' to that! That was too much for a first meeting," Janet said.

"Instead we talked for the first time on the telephone, and well... that was 41 years ago," Tom said. "We got married on 8-8-80 because it's easy

to remember. I would like to say we got married on 8-8-80 at 8, but it was at 7." His eyes twinkled as Janet nudged him playfully with her elbow and said, "At the end of that blind date, I knew."



Janet, 71, said, "Growing up, I was a 4-H kid, of course. My dad gave me my own acre of sugar beets for my project. I loved Home Ec. in school, and always knew I wanted a career that was somehow Home Ec. related." As a Registered Dietitian/Nutritionist, she followed that path right from the start. She attended Saginaw Valley University and worked summers and weekends a St. Luke's Hospital in Saginaw (Covenant Cooper Hospital at the time.) She then took an internship in Indianapolis, and upon completion of that, the woman who had been her mentor at St. Luke's

**Continued on Page 5**



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## HOURS OF OPERATION

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

**Tuesday-Thursday  
8:30am-6pm**

**308 Lawndale St  
Grayling, MI 49738**

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

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**The Senior Gazette**  
308 Lawndale St.  
Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging. The publication is distributed free to Crawford County residents by direct mail and at local businesses.

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

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## **New Staff Member: Ashely Conner Nutrition Manager**

Ashely has been working in the food service industry for over 20 years. She has enjoyed working in catering, restaurants and even cake decorating. Being the oldest and only girl of 6 children has made her a natural caregiver, that combined with her love of food makes her truly passionate about elder care. Ashely has been serving elder adults for over 12 years, mainly working in long term care facilities.

Ashely's career has taken her all over the state of Michigan and North Carolina. She met her husband and had her child in North Carolina. But, ultimately chose to move back home closer to family and surrounded by the beautiful great lakes. Outside of work Ashely loves being on the water, reading, playing board games with her son, and is passionate about music of all types.

## **Wish List Portable PA System - \$225**

As we are opening back up with fitness activities, the Crawford County Commission on Aging & Senior Center finds itself in need of a small portable PA system to use with the Bluetooth enabled headset for fitness instruction. Music can be also connected to the system for those classes that have the need. This portable system is needed because all the classes will be held at the new Senior Center building which will be available until construction begins. It will be exciting to be in the new building even if it's not renovated yet. Your donation of \$225 will go 100% toward the purchase of this portable PA system.

## **Stay in the Know!**

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about the  
Senior Center  
activities

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

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updates!



Like and follow us on Facebook to see information about new events and programs.

**[facebook.com/CrawfordCOA/](https://facebook.com/CrawfordCOA/)**

Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.

### ***Our Mission...***

The Mission of the Commission on Aging is to advocate and promote the well-being and independence of all older adults of Crawford County.

**The Senior Center is located at  
308 Lawndale St. behind  
Burger King in Grayling**



# 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:

Carole Chilton  
Diane Kolka  
Mary Lou Metro

Michelle Moore  
Christy Nagey  
St. Mary's Church

*Volunteers and Contributions received after July 16th will be acknowledged in the next edition of the Senior Gazette.*

## 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 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. You can also buy a Plaque to be displayed in the Dining Room.

## Legacy Giving

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

## 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

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The Care Team

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Birthday Lunch Flowers  
donated by Family Fare

Stretch to Fitness Sponsored  
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## Memorial Donations Made By:

Marilyn Fox; Patty Ziegler;  
and the Donovan, O'Donell,  
French, Hopper, Hlaxion,  
and Niemann Families

**In Memory of  
Alice Burak**

**Scott Foster  
In Memory of  
Tina Foster**

## 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 Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- No-Rinse Shower Caps
- Chux (Chucks) Pads
- Kleenex
- Cans of Air Freshener
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call the COA for details

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

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Method of Payment  Cash  Check **Amount Enclosed \$** \_\_\_\_\_

I would like to receive monthly emails about activities and events.

I would like to be contacted about Legacy Giving.

I would like to volunteer for the Commission on Aging.

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\*\*\***



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## A Special Thank You to the Crawford County Senior Gazette Volunteers and All COA Volunteers!

by Toby Neal, Senior Center Manager

Aristotle once said, "the essence of life is to serve others and do good." Volunteering your time and resources is a great way to serve and do good! Here at the Commission on Aging we have the most amazing volunteers you could ever ask for! One example of this is our Senior Gazette volunteers. This was my first time working on the Gazette and working with our amazing volunteers, and let me tell you there is a lot that they do! Whether it is getting the paper ready for delivery or make sure it makes it to all its readership each month; just know the paper you're reading wouldn't be possible without them!

I wanted to take this space to personally thank all those who have, are, and will volunteer their time to serve and do good with the Commission on Aging. I also want to show my appreciation to all our volunteers. If Aristotle was right (and I think he was), then our volunteers show us "the essence of life" by doing what they do!

To learn more about volunteer opportunities visit <https://www.crawfordcoa.org/volunteer/volunteer-application> to submit a volunteer application or call Alice Snyder, Executive Director, at (989) 348-7123. We are currently looking for a few individuals to become Meals on Wheels Drivers.

## Congregate Dinner is Back!

Here's what you need to know in order to enjoy COA dinner's once again! As things will be a little different, let's answer some FAQ's:

**When will dinner be served?** We will be serving dinner on the following evenings: Tuesday, Wednesday and Thursday from 4:30-5:30pm. Lunch will continue to be served daily 11:30am-12:30pm.

**Will the beverage station be opening back up?** Yes, it will! Starting in August our beverage station will be open for Congregate Meal usage including the water fountains, juice machine, coffee maker, and hot chocolate machine.

**Are takeout meal options still available?** Curbside Takeout Congregate Meal Service will remain in effect. Reservations must be made on the requested day, simply call the Senior Center at (989) 348-7123 between the hours of 9-11:30am to order lunch or between 1:30-4:30pm to order dinner for takeout. Curbside pickup will take place during serving hours.

You do not need to order/eat the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day. You can pick any of these options instead of the Hot Meal.

You can pick up enough frozen meals to last a few days, over the weekend, or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day.

Frozen meals will be available for take out for both dine in and takeout participants.

**Do I still need to make a reservation?** You do not need to make a reservation for dine-in congregare meals anymore but you will need to call ahead if you wish to pick up any hot or frozen meals curbside (see above).

**Will the Congregate Meal menus be changing anytime soon?** Yes! We are working on revamping our meal menus currently. Be sure to come for meals during August to share your input and look for changes to in September!

**Have Meal Prices changed?** As before meals for those over 60 years of age are by donation. Suggested donation for meals is \$3.50. Guests under 60 years of age are required to pay \$6.00 for any of our meals.

**Are masks and social distancing still required?** Social distancing requirements should be maintained whenever possible. We are requesting that anyone who has not yet been vaccinated wear a mask unless eating or drinking. Your honesty will help protect us all.

## August Birthdays

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

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## Tom & Janet Gaffke (Cont.)

Written by Ann Rowland

created a full-time position for her. "I spent three years in that position, in charge of ordering all the food; for patient care, and the cafeteria."

Her next career move was to the Veterans Administration Hospital in Saginaw as Program Director to provide nutritional education for the Tri-County area. "And then I met Tom."

Tom came to the marriage with two children from a former marriage, and Janet had a baby the first year of their married life together. Another child came along a few years later. Janet left her position at the hospital to raise kids and finish her Master of Science and Institutional Administration from MSU. But between the birth of their first child together and the second, four years later, she was the Food Service Director for Bay City Public Schools.

Janet said, "I had that job for 11 years. It was year-round, full-time and involved 60 employees, 6 kitchens, and 30 feeding locations." So when an offer from the Crawford AuSable Schools came along, the decision to move north was an easy one. "Five schools instead of 30...summers off...and most importantly, time to spend with our children. We'd had a cottage on Higgins Lake for years, so the transition was easy." She held that position for 14 years before "retiring" in 2008.

What about Tom? Tom quoted a study that indicates that most adults have an average of seven careers in their lifetime. It has been so for him.

He started out with a degree in criminal justice from MSU, and he accepted a position doing some undercover work. "It just wasn't a good fit for my personality type," he explained. So, he went to work for the Colgate Palmolive

Company as a Sales Rep. in Greensboro, North Carolina. But his father died suddenly, at the age of 52, and Tom returned to Bay City, taking a job as a purchasing agent for two companies. As bad luck would have it, a fire forced that business to close down but Tom found work with GM, in Quality Control. He then worked for Saginaw Steering Gear as a Security Officer, but again, "My personality



didn't lend itself to that line of work." He received his elementary education certification from Saginaw Valley University and, in time, earned a Master of Educational Leadership degree from CMU, which put him in the position of Director of Community Education in Essexville, where he stayed for 22 years. "I taught elementary school for about three years before they offered me that position."

After the move north, Tom took a position with a non-profit organization, Education Training Connection, in Midland that promotes and facilitates adult education and enrichment. "It was a lot of commuting and remote work, so it worked for us."

For Tom and Janet "retirement" is more of

an idea than a reality. Janet has worked for the Institute of Child Nutrition, a position that has taken her on the road for about 8 years. "We've been to Maine, Montana, Missouri, Minnesota, Colorado, Washington... Tom was my road manager and driver," she said with a grin. "He's my support. He makes all the travel arrangements." "Yes," he agreed, "Most times I'd drop her off and go exploring for something to do until it was time to pick her up. One year she visited 50 schools in Michigan."

Janet has also been the President of the School Nutrition Association of Michigan, and Michigan Academy of Nutrition and Dietetics.

Now they spend four months each year in Florida in The Villages, where they walk, bike, play Bridge, read, and he shoots pool. When at home in Grayling, they attend the Michelson Methodist church, where she plays keyboards with the praise band, and he has joined the handbell choir. "I'm not a musician," he said, "but playing handbells is more mathematical, and I can do that!" With the church reopened after the pandemic, they're both looking forward to getting involved with those enjoyments again.

And, naturally, Janet has a contract pending for another position as a Nutritionist; this one is 99% virtual. "It won't get in the way of anything we like to do," she said. But then, for a lady who has never wanted to do anything much more than be, in a sense, a Home Ec teacher, work and pleasure go hand in hand.

Hand in hand, like Janet and Tom. "We're never bored," he said. "If there's 'nothing to do' we create something to do. We cherish and enjoy each day. We embrace every moment."

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## Walk in the Woods

Hard to believe the last month of summer is here! It will not be long and the cooler weather will be coming in. One good thing about the heat ending is that Walk the Woods can begin! Whether it is trekking through the Old Growth at Hartwick Pines, enjoying the river scenery of the AuSable River Foot Trail, or watching the fall leaves come in around Hemlock Loop in Gaylord, these walks through the woods will help you gain the benefits of walking and being outside!

Our first Walk in the Woods will be on Wednesday September 8th and continue every Wednesday through the rest of September and October. We will meet at 1pm at each trailhead to walk as a group through the woods. If you have walking poles, bring them. There will be a couple pairs available to borrow. Location and times of each hike are subject to change due to weather/trail conditions. Any social distancing measures in place at the time will be taken.

If you have any questions or need more information, please contact Toby Neal at (989) 348-7123 or [seniorcentermgr@crawfordcoa.org](mailto:seniorcentermgr@crawfordcoa.org).

### Walk in the Woods location schedule:

- Sept 8 - Hartwick Pines Old Growth Trail, Grayling
- Sept 15 - Hanson Hills Pond Loop, Grayling
- Sept 22 - Marguerite Gahagan Nature Preserve, Roscommon
- Sept 28 - Wakeley Lake, Grayling
- Oct 6 - Hemlock Loop, Gaylord
- Oct 13 - AuSable River Foot Trail, Grayling
- Oct 20 - Marl Lake, Higgins Lake
- Oct 27 - Wellington Farms, Grayling

## Alzheimer Support

A safe place for caregiver, families and friends of persons with dementia to develop a support system; exchange practical information on caregiving challenges and possible solutions; talk through issues and ways of coping; share feelings, needs and concerns; and learn about community resources.

The monthly support group takes place on the 3rd Wednesday of each month and is open to all and is free to attend. Contact Sherry Haag at (989) 348-8547 for more information or just to talk.

## New Activities



## Geri-Fit® Senior Fitness Program Expands to Grayling!

The Crawford County Commission on Aging & Senior Center be offering a new exercise program for older adults called Geri-Fit®. The strength training exercise program is designed to help older adults with the following:

- Increase Muscular Strength
- Improve Balance and Coordination
- Increase Endurance
- Boost Motor Skills and Reaction Time
- Enhance Flexibility, Range of Motion, and Gait
- Lessen Arthritic Conditions
- Manage Chronic Disease

The program is led by a Certified Geri-Fit instructor who will guide the participants through a twice-weekly, 45-minute strength training exercise class. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!

Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights and there is no choreography, dancing or floorwork. Participants are encouraged to do the best they can and modifications will be provided throughout the class for those that have limitations. The instructor will also provide one-on-one correction when needed to assure that the exercises are being done correctly. As you become stronger, you can advance to using

heavier dumbbells in order to challenge yourself even more.

"Because one pound of muscle is lost each year past the age of 50, it's important that older adults retain and build muscle as they continue to age," states Geri-Fit founder, Francesca Fisher. "Although walking is an excellent form of exercise for older adults, it is not enough to build the muscular strength in the legs and hips." According to reports published by The American College of Sports Medicine, adults over the age of 60 should lift weights two times-a-week.

The classes will be held at the future location of the Senior Center, located at 4388 M-72 east of Grayling. Classes will be **starting August 11th on Wednesday from 10-10:45am and Friday from 10-10:45am.**

Classes are at no cost and are open to any older adult age 60 and over. Participants are encouraged bring their own set of light dumbbell weights, a stretch band, and water to drink. Weights and stretch bands will be provided for those without their own equipment.

Space is limited and reservations are required. To reserve your spot, call Toby Neal, Senior Center Manager at 989-348-7123.

## Solo Ballroom Dance

Ladies, do you love to ballroom dance or have always wanted too but don't have a partner, this is the class for you. This is a beginner Solo Ballroom dance class. Each week dance instructor Gaye Pizzi-Peters will work on technique and then choreography of a particular style of dance that you can work on and dance without a partner or brush up on your technique for when you dance with a partner. Active class and lots of fun! The classes will be held at the future location of the Senior Center, located at 4388 M-72 east of Grayling. Classes will be held on Mondays from 10-11am starting August 9th.

## Ballet Basics

Develop your strength, stability, and mobility as you explore the basics of Ballet with instructor Amanda Watkins from the AuSable Dance Studio. This hour long class is designed for you and geared toward older adults. Please wear comfortable clothes and we will be providing the shoes. The classes will be held at the future location of the Senior Center, located at 4388 M-72 east of Grayling. Classes will be on Tuesdays from 1-2pm starting August 10th.

# Returning Activities

## Add Years to Your Life & Life to Your Years ONGOING SENIOR CENTER ACTIVITIES

### Activities

**Bible Study**  
Tuesdays, 10am

**Bingo**  
Penny Bingo, Thurs 1pm  
Pantry Bingo, Fridays 1pm

**Birthdays Lunch**  
Thursdays, once per month

**Craft & Chat Club**  
Thursdays, 10am

**Pool**  
Fridays, 1pm

**Wii Bowling**  
Wednesdays, 1pm

### Fitness

**Ballet Basics**  
Tuesdays, 1pm

**Solo Ballroom**  
Mondays, 10am

**Stretch to Fitness**  
Thursdays, 10am

### Table Games

**Bridge**  
Mondays, 1pm

**Euchre**  
Tuesdays, 1pm

**Pinochle**  
Fridays, 10am

**Pokeno**  
Thursdays, 10am

## Stretch to Fitness

See improvement in balance, reduction in falls, increased flexibility & muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level. Facilitated by Wendy Clarkson, Licensed Massage Therapist. Sponsored by Munson Grayling Rehabilitation Services.

Visit the future location of the Senior Center, located at 4388 M-72 east of Grayling on Thursdays at 10am to participate in this FREE class!

## Craft & Chat

A time to chat with other crafters while you spend time working on YOUR craft. Whether you knit, crochet, color, or just love to chat, you are invited to attend! Craft & Chat takes place every Thursday morning at 10am in the Dining Room.

## Fresh Custom-Made Omelets Are Back

With COVID restrictions lessening we are happy to announce that we will be open for dinner on Tuesday, Wednesday and Thursdays (see page 4 for more information)!

To celebrate this wonderful occasion the COA will be hosting a dinner August 18th featuring made-to-order omelets. Fresh cut fillings such as green peppers, onion, mushroom, ham and cheese will be available to choose from along with redskin potatoes and broccoli-cauliflower blend vegetables. Our incredible COA cooks will make your omelet customized just for you right in the dining room! Come on in and enjoy some delicious food and friendly faces.

## Zumba Gold

Zumba is coming back! **Starting in September** the Senior Center will be offering a low-intensity Zumba class, Zumba Gold on Tuesdays at 10am with a Certified Zumba Instructor. Zumba Gold is our low-intensity dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. Zumba Gold will be held at the future location of the Senior Center, located at 4388 M-72 east of Grayling.

## Pool

Starting in August Pool will now be offered only on Fridays at 1pm instead of Wednesdays and Fridays.

## Wii Bowling

Starting in August Wii Bowling is moving to Wednesdays at 1pm.

## Birthdays Lunch

Join us on Thursday, August 26th for our monthly Birthdays Lunch plus Cake & Ice Cream and help us celebrate our August birthdays! Sponsored by Family Fare.

Open to the public, no reservations needed. Suggested donation \$3.50 for those 60+. Cost \$6.00 for those under 60.

## Blood Pressure/ Blood Sugar Checks

Tuesdays starting in August at the Crawford County COA Senior Center from 4:30p-5:30p Munson Health Care will be providing a free Blood Pressure and Blood Sugar Clinic.

Friday's starting in August at the Crawford County COA Senior Center from 11:30-12:30pm The Care Team will be performing Blood Pressure Checks for anyone interested.

## Clogging

Clogging is back! The Crawford County Commission on Aging and Senior Center welcomes you to participate in this fun and easy to learn folk dance! Classes will be held on Wednesday at 12pm, **starting September 8th** at the future home of the Senior Center on 4388 M-72 Hwy. This class is free to both men and women. No dance experience or tap shoes are required, just come as you are!

## Foot Clinic

The Comfort Keepers Foot Clinic will be held every fourth Monday of the month from 1-4pm at the future location of the Senior Center, located at 4388 M-72 east of Grayling. The cost is \$25.

## Euchre

Looking for a friendly Euchre game? The Senior Center has a group of Euchre players looking to expand and welcome new players to join! For centuries, Euchre has been passed down from generation to generation. Easy to learn and Fun to play, Euchre offers both beginners and experienced players the opportunity to develop valuable card playing strategy and techniques. Come Tuesdays at 1pm in the Senior Center Dining Room to play. Beginners are welcome!

## Bridge

Want to play a game of Bridge but don't have a partner? Join us at the Senior Center for weekly Bridge Games on Mondays at 1pm! Teams will be made upon arrival. Bridge is a trick-taking card game using a standard 52-card deck. Bridge is great for building your mental acuity by increasing concentration, organization, memory, and problem solving.

## Pinochle

Join other older adults Friday mornings at 10am to play Pinochle in the Dining Room of the Senior Center. Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck.

## Pokeno

Join in on our weekly Pokeno games at the Senior Center on Thursdays at 10am. Everyone is welcome!

# August 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	<b>3</b> 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	<b>4</b> 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	<b>5</b> 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 4:30-5:30pm Dinner Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes	<b>6</b> 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
<b>9</b> 11:30-12:30 Lunch Beef Tips, Brown Rice, Corn, Applesauce	<b>10</b> 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	<b>11</b> 11:30a-12:30p Lunch Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	<b>12</b> 11:30am-1pm Hog Roast Luncheon Pulled Pork, Cole Slaw and Corn, Michigan Fruit Blend, Apple Pie 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange	<b>13</b> 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries
<b>16</b> 11:30-12:30 Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange	<b>17</b> 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	<b>18</b> 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	<b>19</b> 11:30a-12:30p Lunch Chicken Fajitas, Green Beans, Tossed Salad with Tomatoes, Apple 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	<b>20</b> 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>23</b> 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	<b>24</b> 11:30a-12:30p Lunch Taco Salad, Roasted Corn and Black Bean Fiesta, Broccoli, Apricots 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	<b>25</b> 11:30a-12:30p Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	<b>26</b> 11:30a-12:30p Birthday Lunch Sloppy Joe on a Bun, Green Beans, Corn, Burst O' Berries, Cake & Ice Cream 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	<b>27</b> 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
<b>30</b> 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	<b>31</b> 11:30a-12:30p Lunch Chicken Taco, Corn, Pinto Beans, Grapes 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	<p><b>NEW MENU COMING</b></p> <h1>SEPTEMBER</h1> <p>Join us for meals in August to give us menu feedback!</p>		

# August 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 1pm Bridge – Lawndale	<b>3</b> 10am Bible Study – Lawndale 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>4</b> 9:30-10:30am Commodities – St. Mary's Church 1pm Wii Bowling – Lawndale	<b>5</b> 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	<b>6</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>9</b> 10am Solo Ballroom – E M72 1pm Bridge – Lawndale 1-2:30pm – TEFAP Quarterly Food Distribution @ American Legion	<b>10</b> 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>11</b> 10am Geri-Fit – E M72 1pm Wii Bowling – Lawndale	<b>12</b> 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30-1 Hog Roast Luncheon—Take Out Only at Lawndale St. 1pm Penny Bingo – Lawndale	<b>13</b> 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>16</b> 10am Solo Ballroom – E M72 1pm Bridge – Lawndale	<b>17</b> 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30pm Board Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>18</b> 10am Geri-Fit – E M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Intro to Zoom – via Zoom 1pm Wii Bowling – Lawndale	<b>19</b> 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	<b>20</b> 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>23</b> 10am Solo Ballroom – E M72 1pm Bridge – Lawndale 1-4pm Foot Clinic — Appt. Req. – E M72	<b>24</b> 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>25</b> 10am Geri-Fit – E M72 10am New to Medicare Seminar – via Zoom 1pm Wii Bowling – Lawndale	<b>26</b> 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30a-12:30p Birthday Lunch 1pm Penny Bingo – Lawndale	<b>27</b> 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>30</b> 10am Solo Ballroom – E M72 1pm Bridge – Lawndale	<b>31</b> 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30pm Board Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<p>We ask that participants social distance whenever possible.</p> <p><b>We are still requesting that anyone who has not yet been vaccinated wear a mask unless eating or drinking.</b></p> <p>Your honesty will help protect us all.</p>		



## Assistance to Help You Maintain Your Independence

# COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

### Health Services

#### **Blood Pressure & Sugar Checks**

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

by InTeliCare - Friday, 11am-12pm, BP only

#### **Foot Care Clinic - by appointment**

**\$25 per visit** - by Comfort Keepers

4th Monday, 1-4pm at 4388 M-72 E, Grayling

#### **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 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  
August, November, February, May.

### Resources

#### **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 by calling (989) 348-7123.

#### **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 2021!**

#### **At the Senior Center**

- We served **496** Congregate Meals

#### **In-Home Services**

- Delivered **2,495** home delivered meals.
- Provided **94.25** hours of respite care.
- We provided **404.25** hours of homemaker services.
- We provided **59.50** hours of bathing assistance services.

**Tune into the Community Calendar for our Calendar of Events aired daily on all the Blarney Stone Broadcasting Stations or go to [q100-fm.com](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com), or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**



# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Replacement or Corrected Social Security Cards during the Covid-19 Pandemic

Social Security offices are currently open only for in-person appointments for limited, critical situations, depending upon local office conditions. However, you can continue to apply for a replacement Social Security card online and by mail. Before requesting a replacement card, please remember that you might not need the physical card. Most of the time, simply knowing your Social Security number is enough.

If you have a critical situation that requires you to have a physical card and you cannot apply by mail or online, you should call your local Social Security office. Please visit our Coronavirus (COVID-19) Updates page for more information at [www.ssa.gov/coronavirus](http://www.ssa.gov/coronavirus).

**Applying Online:** If you don't need any changes to your Social Security Number record (such as a name or date of birth change), applying for a replacement card online is your most convenient option. You don't need to mail proof or visit an office.

You can use our online application if you are an adult, have a State-issued drivers' license or non-driver identification card, and live in the District of Columbia or one of the 45 States that verifies State-issued documents for us. All you need to do is create a my Social Security account to access and complete the online application at [www.ssa.gov/myaccount/replacement-card.html](http://www.ssa.gov/myaccount/replacement-card.html).

If you live in one of the five States that do not participate — Minnesota, Nevada, New Hampshire, Oklahoma, and West Virginia — know that we are working hard to bring this service to you as soon as possible.

**Applying by Mail:** We require proof of your identity with your replacement card application ([www.ssa.gov/forms/ss-5.pdf](http://www.ssa.gov/forms/ss-5.pdf)), usually a State-issued drivers' license or non-

driver identification card, or U.S. passport. We call these documents "primary" identity proofs. We understand mailing primary identity proofs with your replacement card application can be challenging. To help, we are temporarily expanding our policy to accept alternative identity documents—or what we call "secondary proofs" — when you cannot mail primary proof.



Acceptable secondary proofs include, but are not limited to:

- Employee identification card.
- School identification card.
- Health insurance card (not a Medicare card).
- U.S. military identification card.

These proofs must be current (not expired), show your name and identifying information (such as your date of birth or age), and be an original or a certified copy.

If you need to change your name, when you mail your replacement card application, you will need to submit proof of identity plus proof of the name change. The proof of identity can be primary or secondary proof. Proof of the name change could be a marriage certificate, divorce decree, Certificate of Naturalization showing the new name, or a court order approving the name change.

You may be able to submit one document to serve as proof of your name change and identity. For example, you may submit a marriage certificate as proof of name change and identity if the certificate shows the marriage occurred within the prior two years and:

- Includes your prior name.
- Includes your age, birth date or parents' names.
- This information matches your Social Security Number record.

We will return any documents you send us.



## Use Your Bridge Card for Congregate Meals!

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging?

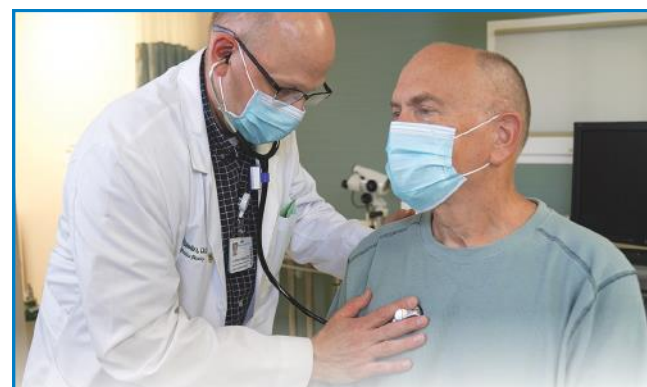
Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler.

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.



Reaching Seniors and Beyond!



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[munsonhealthcare.org/hereforyou](http://munsonhealthcare.org/hereforyou)

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p: (989)344-2010 · f: (989) 344-2011

# Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.  
We are currently considering resuming puzzle collection in the future.

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

1. agalwood
2. aphetic
3. argentum
4. arytaenoid
5. barotseland
6. carbonous
7. chopper
8. cincture
9. concessively
10. cuneiform
11. declutch
12. delphyne
13. dure
14. epicedial
15. extraordinarily
16. faucet
17. fpa
18. frantically
19. genealogy
20. gibuses
21. grits
22. honied
23. loneliness
24. maikop
25. marathonian
26. mucigenous
27. neurasthenia
28. nonregulative
29. overdistention
30. paravent
31. pauperizing
32. pavior
33. plasticine
34. plumosely
35. preexecuted
36. promilitary
37. prostitute
38. psittacosis
39. sand
40. scabrous
41. splanchnic
42. subinfeudate
43. teenier
44. titus
45. tizwin
46. transgressive
47. undependent
48. unexploited
49. welty
50. whitetail

## Cook's Corner Mounds Balls



This delicious treat comes from our famous Bingo caller, Mary Garcia! If you are a fan of the Mounds candy bar you will love these treats!

### INGREDIENTS

- ¾ cup of Light Corn Syrup
- 2½ cups coconut
- 1 bag semi-sweet chocolate chips

### DIRECTIONS

- 1) Heat corn syrup till bubbly but not boiling.
- 2) Stir in coconut mix well. Let stand until cool.
- 3) Form into balls or desired shape. Refrigerate until cold.
- 4) Dip cold coconut balls in melted chocolate. Place on wax or parchment paper until chocolate has been hardened (may refrigerate). Before chocolate has hardened you can garnish with more shredded coconut if desired.

*Recipe submitted by Mary Garcia*

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

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Purchase of  
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**NO SMOKING** Thank You



## Health Benefits of Quitting Smoking

August 1 is World Lung Cancer Day, a day dedicated to recognizing those who have fought lung cancer and how to prevent lung cancer for future generations.

Lung cancer is the leading cause of cancer deaths. Caused by a multitude of environmental and lifestyle factors, the leading cause of lung cancer is choosing to smoke. The NIH estimates that smokable tobacco products are responsible for 90% of lung cancer found in men and 80% of lung cancer found in women. In many instances, these lung cancer cases can be prevented, primarily from quitting smoking. By quitting smoking, a person can reduce their risk of lung cancer significantly. This month, for World Lung Cancer Day and for your health, consider quitting smoking.

### When you quit smoking...

- Your heart and blood pressure return to

- normal levels after 20 minutes.
- Your lung function increases after 2 weeks.
- Shortness of breath reduces after 1 month, improving breath quality.
- Your risks of all cancers, including lung cancer, is cut in half compared to those who smoke after 5 years.

The data is clear- your lungs and entire body will thank you for quitting smoking. As we know, quitting tobacco can be the best decision for your health, but it is easier said than done. District Health Department #10 (DHD#10) can help you with your quitting journey. If you are interested in receiving support and resources with quitting from DHD#10, call 231-876-3813 to enroll in DHD#10's Tobacco Dependence Treatment Program.



## Upcoming Classes

Our Community Partners are offering free classes. To register or to learn more about the classes visit the links below.

- Chronic Pain PATH Toolkit**  
Tuesdays, Aug 3-Sept 7, 9-10am  
<https://events.anr.msu.edu/toolkit/>
- Tai Chi for Arthritis & Falls Prevention**  
Tuesday, Aug 3, 9:30-10:30am  
<https://tinyurl.com/tai-chi-aug-21>
- Changing Negative Self-Talk**  
Tuesday, Aug 3, 12:00-1:00pm  
<https://events.anr.msu.edu/selftalkA/>
- Wellness Initiative for Senior Education**  
Thursdays, Aug 5-Sept 9, 3-5:30pm  
<https://tinyurl.com/wise->
- Chronic Disease PATH Toolkit**  
Fridays, Aug 6-Sept 10, 9-10am  
<https://events.anr.msu.edu/toolkit/>
- Caring for the Caregiver Lunch & Learn**  
Wednesday, Aug 11, 12-1pm  
<https://tinyurl.com/lunch-learn-8-11-21>
- Chronic Pain PATH Toolkit**  
Wednesdays, Aug 18-Sept 22, 11a-12p  
<https://events.anr.msu.edu/toolkit/>
- Chronic Disease PATH Toolkit**  
Thursdays, Aug 19-Sept 23, 10-11am  
<https://events.anr.msu.edu/toolkit/>
- Chronic Pain PATH Toolkit**  
Fridays, Aug 20-Sept 24, 1-2pm  
<https://events.anr.msu.edu/toolkit/>
- Protecting Your Identity**  
Tuesday, Aug 24, 12-1pm  
<https://tinyurl.com/identity-aug21>
- RELAX: Alternatives to Anger**  
Tuesday-Friday, Aug 24-27, 9-10am  
<https://events.anr.msu.edu/relaxaug21/>
- Stress Less with Mindfulness**  
Monday-Friday, Aug 30-Sept 3, 9-10am  
<https://events.anr.msu.edu/slmaug21/>
- Chronic Pain PATH Toolkit**  
Thursdays, Sept 2-Oct 14, 12-1pm  
<https://events.anr.msu.edu/toolkit/>
- Chronic Pain PATH Toolkit**  
Tuesdays, Sept 14-Oct 19, 2-3pm  
<https://events.anr.msu.edu/toolkit/>
- Creating Confident Caregivers**  
Tuesdays, Oct 19-Nov 23, 1-3pm  
<https://tinyurl.com/nemcsa-ccc>



## DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.



## We Need You!

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. Becoming a Meals on Wheels Driver is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags. All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.

Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application> or contact Alice Snyder at (989) 348-7123.

**\$10.00**

Senior Discount on Septic Tank Cleaning

**Jack Millikin, Inc.**  
4680 North Down River Rd.  
Grayling, MI 49738

Coupon cannot be used with any other offer or discount.

Call us today at **989-348-8411** to make an Appointment!

Senior Discount on Septic Tank Cleaning

**\$10.00**

Expires 12/31/21

**Free Congregate Meal For Seniors 60+**

Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located Behind Burger King

**Must be a first time meal.**

# Chronic Pain PATH Toolkits

The Centers for Disease Control and Prevention reports that sixty percent of Americans have one or more chronic diseases. Chronic disease can come in many forms such as diabetes, heart disease, and cancer. The CDC also estimates that twenty percent of adults experience chronic pain.

Michigan State University Extension has a new program to help people with these conditions improve their self-management. PATH (Personal Action Towards Health) Toolkits are similar to traditional health education but are now available over the phone. These programs allow participants to join a small group call using their telephone or Zoom. Each program meets for one-hour sessions for six weeks. After registering and completing the pre-survey, participants will be mailed a toolkit that is theirs to keep. The funding for these toolkits is supported by a State Opioid Response grant from the Michigan Department of Health and Human Service, making the program free for all participants.

When you attend the course, you will learn tools to:

- Work with health care providers.
- Manage symptoms such as pain, fatigue, difficult emotions, sleep problems, and depression.
- Make lifestyle changes such as healthy eating and physical activity.
- Set goals and accomplish them.

Participants report these benefits:

- Sharing with others who understand.
- Taking ownership of your condition.
- Knowing you are not alone.
- Having your voice heard.

There are several date options available for registration and registration can be completed online at <https://events.anr.msu.edu/toolkit/>.

- Chronic Pain PATH Toolkit, Tuesdays, August 3-September 7, 9-10 a.m. ET
- Chronic Disease PATH Toolkit, Fridays, August 6-September 10, 9-10 a.m. ET
- Chronic Pain PATH Toolkit, Wednesdays, August 18-September 22, 11 a.m.-12 p.m. ET
- Chronic Disease PATH Toolkit, Thursdays, August 19-September 23, 10-11 a.m. ET
- Chronic Pain PATH Toolkit, Fridays, August 20-September 24, 1-2 p.m. ET
- Chronic Pain PATH Toolkit, Thursdays, September 2-October 14, 12-1 p.m. ET
- Chronic Pain PATH Toolkit, Tuesdays, September 14-October 19, 2-3 p.m. ET

If you need assistance registering, please call Nicole at 989-710-0554.

# How to Survive a Prolonged Power Outage

## 1. Write Important Information on Paper

During an outage, your cell phone is your lifeline and you're likely to want to keep it charged in case of an emergency.

Because you can't depend on your phone indefinitely, write down phone numbers and addresses you might need, such as a nearby hospital, a school that's providing supplies, the local library or storm shelter, or other public places that might have power—places where you'll be able to go to recharge your electronics and contact loved ones.

Then conserve your phone's battery life by switching the phone to a power-saving setting, such as airplane mode on an iPhone or economy mode on an Android device. When you make your way to a local shelter or library, it's a smart idea to take a power strip.

## 2. Use Gas to Cook Food That Will Spoil

In homes that have lost power but suffered little other damage, you can safely cook on a gas stove. But you'll probably need to light the burner with a match or lighter because the electronic ignition on a stove won't work if the power is out. And if you have a gas grill, cooking with it is another option.

## 3. If You Have a Generator, Use It Safely

Running a generator improperly can kill you in as little as 5 minutes if the concentration of carbon monoxide is high enough. Operate a generator as far from the house as possible—Consumers Report recommends at least 20 feet—and direct the exhaust away from doors or windows. If you don't have a transfer switch installed, you can run an outdoor-rated

extension cord of the appropriate gauge from the generator's outlets to individual appliances, provided the cords are properly rated and you follow certain precautions. The gauge of extension cord your generator requires will be specified in the user manual.

## 4. No Generator? Unplug Your Appliances.

This includes anything with electrical circuitry, from your microwave to your refrigerator to your television. There isn't a particular order to follow, you just need to pull the plugs from the outlets to prevent potential electrical damage. Unplugging your appliances can prevent damage to those appliances from a power surge when the utility company restores power.

## 5. Check on Nearby Neighbors

If your family and home are safe and sound, communicate with neighbors and family members to let them know. Check to see if elderly neighbors are able to navigate when the lights aren't on—or if they might want or need your help. Devise a system to update everyone, if necessary.

If there seems to be no end in sight to the power outage, the Federal Emergency Management Agency recommends seeking out an alternate location with power and heating or cooling—assuming you're able to safely drive on the roads. Take your go bag or medical go bag, and any other supplies you might need. Let your neighbors and family know where you plan to go.

*(consumersreport.org) February 15, 2021*



## New to Medicare Seminar

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, August 25th at 10am** 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@crowfordcoa.org](mailto:tfindlay@crowfordcoa.org) or call (989) 348-7123.



## 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, August 18th 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.

# The Importance of Adult Sibling Relationships

By Holly Tiret, from Michigan State University Extension

Sibling relationships are more important as we age. One thing you can rely on is that people change as they age, and so do their relationships with siblings. Having a clear understanding of healthy adult sibling roles starts with re-evaluating what existing relationships are. Some siblings get stuck in childhood roles. For example “the youngest needs protection” or “the oldest has the most responsibility.” This can lead to resentment, tension and unfair sharing of family responsibilities, especially if you share the care of aging parents. It could help to take a fair and realistic look at your own siblings as they are now – as adults, with adult responsibilities and capabilities. Ask yourself if your expectations and perceptions are accurate or outdated.

Another thing to think about is what type of relationship you have with your adult siblings. Most research shows that there are at least five types of sibling relationships.

**Intimate** – extremely devoted, placing sibling relationship above all others.

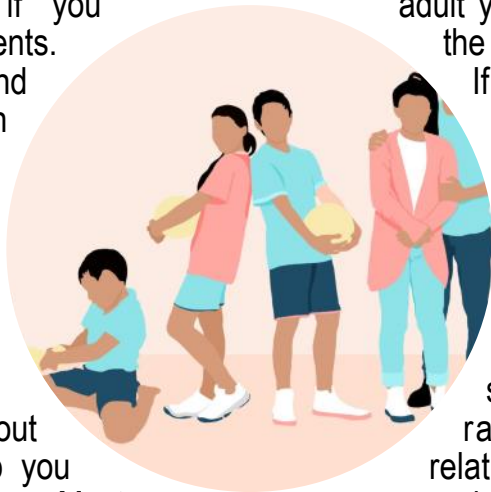
**Congenial** – close and caring friends, but place a higher value on marriage and parent/child relationships.

**Loyal** – based on common family history, maintain regular contact, participate in family gatherings and are there in times of crisis.

**Apathetic** – don’t really feel connected and have infrequent to no contact.

**Hostile** – based on resentment and anger.

Of those five types, the healthiest adult sibling relationships are either congenial or loyal. Viewing your siblings as close friends and having some family loyalty can come in handy as you get older and your social circle shrinks. Many older adults find sibling relationships more satisfying and reliable in their lives. Some look at sibling relationships as an hour glass effect. Very close in the early years, slim to none in the teen to young adult years, then growing closer as the years go by.



If you have a sister, consider yourself extremely lucky. Research shows that sister/sister relationships remain a constant strong bond throughout life. Even brother/sister relationships are reported as strong and supportive. Both of those out rank the brother/brother relationships. This has been somewhat attributed to a female’s

emotional expressiveness and a traditional role as a nurturer.

As a parent, you can have a huge impact on your children’s older adult life by encouraging healthy, supportive sibling bonds. It may also affect your own health and wellbeing because siblings with already established healthy relationships are much more equipped to take care of you as you age. Michigan State University Extension has many articles and resources for establishing and maintaining healthy relationships.



## Free Equipment: Blood Pressure Monitor

- Included: Automatic blood pressure unit, Adult cuff, and 4 - AA batteries
- Revolutionary design and proprietary programming provide automatic inflation and error detection
- Customized inflation levels for each individual
- Color gauge for quick detection
- Provides quick digital readings of systolic / diastolic pressure and pulse rate
- Easy-to-use one-push button design
- Stores the 90 most recent measurements for 2 users
- Large digital readout shows date and time

The Crawford County Commission on Aging has a few available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Also available is Boost for those with a prescription. We have 3 flavors, Chocolate, Strawberry, and vanilla. Each case has 27 – 8oz cartons and the cost is \$29.00.



## Hog Roast Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Hog Roast Luncheon on **Thursday, August 12th from 11:30–1pm**. On the menu will be Pulled Pork, Cole Slaw and Corn, Michigan Fruit Blend, and Apple Pie.

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.

## Sharps Disposal

The District Health Department #10 has started a program to make disposing of dangerous sharps easy and free throughout their service area.

- Syringes/needles must be in an approved container (i.e. sharps container or laundry detergent jug that is taped shut and labeled "sharps")
- Loose needles will only be accepted in the outdoor disposal box and in small quantities
- FREE sharps containers available
- Medications will NOT be accepted

Those in and around Crawford County can dispose of their sharps at the Crawford County Office at 501 Norway St. in Grayling between 8am and 4:30pm. For questions contact Angie Gullekson at [agullekson@dhd10.org](mailto:agullekson@dhd10.org) or 231-876-3813.

## Drop Off Your Old, Unused & Expired Medications

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

**Anytime at Crawford County Sheriff’s Department, Grayling City Hall, Munson Healthcare Grayling Hospital. During business hours at The Medicine Shoppe.**

*Help Us Protect our Rivers & Lakes!*





## Program Provides Free Fruits and Vegetables

Crawford County residents ages 18+ can earn \$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 classes and return a post-session survey. To register call (231) 437-3481. See below for upcoming available classes and times:

- Aug 5-Sept 9, Thursdays, 10am  
Cooking for One
- August 16-Sept 20, Self-Paced  
My Way to Wellness



## Food Assistance

The next CSFP Food Distribution will be Wednesday, August 4th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

The next TEFAP Quarterly Food Distribution will be Monday, August 9th from 1-2:30pm at the American Legion Hall. Call (989) 358-4700 for more information.

There will be a free food distribution Saturday, August 7th at 11am at Mount Hope Lutheran Church.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday to anyone living in Crawford County.



## Pet Assistance

The AuSable Valley Animal Shelter has partnered with McLean's Ace Hardware Store in Grayling to provide food for dogs and cats that are in need during this crisis.

If you are having financial difficulty feeding your pet, please contact Lanice Rutter immediately by calling (989) 745-8951.



## Senior Project Fresh Farmers Market Nutrition Program

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. You must be a Crawford County resident and be age 60 or over with income below \$1,985 per month for a single household and \$2,685 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.



## Caregiver Webinar Series

Caregiving for a loved one comes with unique challenges that can lead to increased stress. NEMCSA Region 9 Area Agency on Aging is hosting a free Caregiver Webinar Series via Zoom, on the second Friday of each month from 1-2pm. See below for dates and topics:

- August 13th: Assistive Devices
- September 10th: Preparing for the Future

This month's session, Understanding and Responding to Dementia, teaches the latest research about the science of Alzheimer's disease and how to get involved in local research.

This session is open to healthcare professionals, older adults, and caregivers of all types, whether caring for someone with dementia or a chronic illness to attend.

To register visit <https://tinyurl.com/cargiver-webinar-2021>. For more information or to register, contact Brooke at [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org) or 989-358-4616.



## 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. The Crawford County Commission on Aging & Senior Center has a few emergency house number signs still available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home.

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.