

Crawford County *Senior Gazette* August 2025

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Laying Wreaths, Making a Difference, The Story of Bob Green's Volunteer Journey

By Toby Neal



Some wounds don't bleed. Some battle scars don't leave marks. Some traumas come home wearing uniforms and sit silently for decades at kitchen tables, in quiet basements, or behind haunted eyes.

And sometimes, healing begins with a seat on a plane. Sometimes, transformation starts with a single person deciding to listen, to honor, and to serve.

That's what happened to Bob Green, and that's why he's doing what he does now. In 2014, Bob accompanied his father, a Korean War veteran, on an Honor Flight to Washington, D.C. He expected to help out. What he didn't expect was to meet a version of his father he'd never known. "He started talking about things he had never spoken of my entire life," Green recalled. After visiting the various war memorials, the two sat down to enjoy a Dove Ice Cream bar and a cold Pepsi from a concession stand nearby. It was there that Bob's father opened up to him about many of the things he had held back his whole life. "There was something about that trip," Bob said. Green's father passed away in 2019 and Bob still has ice cream and Pepsi in that same location every Honor Flight to remember him.

That trip was more than sightseeing. It was sacred. It created a bond between father and son that hadn't existed before, and it offered something that's still too rare for veterans: a safe space to grieve, remember, and be seen. That flight changed things for Bob. Within weeks, he'd gone from participant to volunteer, and soon after, he was invited onto the board of directors for the Mid Michigan Honor Flight. Today, Bob Green is the President of the Michigan Honor Flight Hub, leading efforts that span 52 counties and help fly hundreds of veterans each year to Washington, D.C., free of charge.

Since 2004, the Honor Flight Network has transported over 300,000 veterans from 138 hubs across the country.

Continued on Page 5

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.

Find Us By Searching

Crawford County
Commission on Aging &
Senior Center



Hours of Operation

Monday - Friday
8:30 a.m. - 4:30 p.m.

4388 W. M-72 Hwy
Grayling, MI, 49738
www.crawfordcoa.org

director@crawfordcoa.org

www.facebook.com/crawfordcoa



director@crawfordcoa.org
Fax: (989) 348-8342
Phone: (989) 348-7123
Grayling, MI 49738
4388 West M-72 Hwy
& Senior Center
Commission on Aging
to our Website
Smartphone Scan



Senior Gazette Staff

Editor — Brian McLaughlin
Contributing Writers
Toby Neal, Kate Moshier,
Tammy Findlay, Sarah Pollock, Jan
Williamson, and Carlie Wilson

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Manager
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Homemakers:
Kathy, Jill, Susan & Danette

August Birthdays

Mason Stephan 8/8
Sharon O'Neill 8/13
Christa Preinl 8/16
Lois Davis 8/19
Lois Stradling 8/31
Birthday Lunch is
August 28th @ 12:00 pm

Permission forms are at the
Senior Center so we can share
your birthday in this Gazette.
Please fill one out!

Thank You, Parade
Participants!

This summer, the COA made
some fun history! Parade
participation was the highest it's
been in years, breaking the 2015
record of 22 participants. This
year, the COA set a brand-new
record of 28 participants. These
participants helped to hand out
popsicles, blow bubbles, pass out
candy, and sing along to some
patriotic tunes. A huge thank-you
to Cynthia Ducker, Nanci &
Norbert Gasiewicz, Bob Gerring,
Clara Gibbs, Sue Hensler, Glenn
& Lorelei King, Cathy Lester,
Sandy Marshall, Dean McCray,
Kary & Roger Moshier, Wayne &
Rosemary Nelson, Helen Nolan,
Lisa Pamame, Tom & Deb
Rawlings, Carlie Wilson, for
participating. A special shoutout
to the Moshier Family for helping
with logistics and pulling the float,
and to the McLaughlin Family for
helping pass out candy and riding
their motorcycles. A big thank-
you to everyone who donated
candy to make the fun possible.
We're already counting down to
next year!



Support Groups:

Alcoholics Anonymous
St. Francis Episcopal Church, Grayling
Sun. (O/ST) / Tue. (C/D) / Fri. (C/B)
@ 7:00 pm
Mon. / Fri. (C/D) @NOON
Wed. (W/C/D) (Women's) @ 7:00 pm
St. John Lutheran Church, Grayling
Sat. (B/C) @ NOON / Thurs.
(C/D)@7:00 pm
Frederic Twp. Hall
SAT. @ 6:00 pm (C/H)

Alzheimer's Support Group
3rd Wednesday, 11 am
The Brook of Grayling, 503 Rose St.
Info call: COA Senior Center
(989) 348-7123

Choices Group
Anger Management for Women
Mondays, 1:00-2:30 pm
At River House Inc. in Grayling
Register: (989)348-3169 Lynn or
Danyelle

GLUED
Tuesdays, 4:00-5:30pm, for 1st-6th
graders
at River House Inc. in Grayling
who have experienced domestic
violence
(directly / indirectly) sexual abuse or
bullying.
River House info: (989) 348-3169

Grayling Al-Anon
Tuesdays 11am
St. Francis Episcopal Church,
Grayling
Call: (989)348-5850

Healthy Relationships Group
Thursdays, 2:00-3:30pm
At River House Inc. in Grayling
Register: (989)348-3169 Barbara

Long COVID - Support Group
First Thursday each month, 5-6:30pm
via Zoom, call (231) 935-0951 to
register

Narcotics Anonymous
Wednesdays, 8pm
Saturdays, 4pm
St. Francis Episcopal Church,
Grayling

Weight Loss & Support group
Thursdays 10:30am – 11:30am
St. John Lutheran Church, Grayling
Info: (989)348-1398 Mary Kay

Faith Based Grief Group
Wednesday, 6-8pm—(Aug 2 to Oct
25 Class)
Grayling Baptist Church,
705 Madsen St. (989) 390-0831
www.griefshare.org/about
www.griefshare.org/groups/169551



General Giving



Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies and Crawford United we could not do what we do without also having the support of people just like you. You can donate online at crawfordcoa.org/make-a-donation, in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, Mi, 49738.

Make Your Mark: Leave a Legacy

By including the Crawford County Commission on Aging (COA) in your estate plans, you can help ensure that our mission of advocating and promoting the well-being and independence of older adults endures long after you're gone. Here are a few ways you can gain tax or estate benefits while also supporting the COA. If you're not sure where to start, we encourage you to consult with an attorney or financial advisor to determine the best option for you.

Bequest

You can designate a specific amount or percentage of assets that you would like to leave to COA as part of your will or trust and your gift will be exempt from federal estate taxes.

Retirement Plan Beneficiary

You can name the COA as a beneficiary of an IRS, 401(k) or 403(b). A change of beneficiary form is required from your plan administrator.

Life Insurance Beneficiary

You can assign a charitable organization as the beneficiary of your life insurance policy which can provide tax benefits while helping to sustain arts and culture.

Charitable Trusts

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes.

By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure everyone receives a meal, in-home services, and the advocacy needed to support the needs of older adults in our community.

Thank you for your consideration.

Sponsors

Silver Sneakers

Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic

by Linda Russel

Hearing Clinic Offered

by Advantage Audiology

Birthday Lunch Flowers

donated by Family Fare

Legal Aid Offered

by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo

by The Grayling Pharmacy

Fit for the Aging

by Sami Szydzik of Stronger
Fitness

Housing Counseling

by Laurie Jamison

General Donations

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Betty Bresmon

Judy Smith

Nanci & Norbert

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Gasiewicz

Roger Wilcox

Pam Jerome

Ron & Margaret Yon

Eileen Langhorne

Moore's Automotive

Kirsten Lietz

Feeny Ford of Grayling

David Markle

Thank You!

Thank You, Donors

Hometown Heroes

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Thank You!

Be a hero in your hometown, claim your day, and change a life! Celebrate a birthday, honor a loved one, unite your family, team, or workplace for a cause that delivers more than just meals. Every adopted day helps provide hot, nutritious meals to homebound seniors who depend on them. July 25th was donated in memory of Eugene Marcinek's birthday July 26th. He was a much-loved uncle & Godfather whose caring and thoughtful personality touched many people. August 20th was donated by Randy Blaszcuk.

Memorials

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 that promote the well-being and independence of all older adults of Crawford County. You can also buy a memorial plaque to be displayed in our Dining Room. If you are interested in making a donation in memorial of someone, call 989-348-7123 for more information.

Want to Become a Volunteer?

Volunteers are always needed at the Commission on Aging. If you'd like to register to become one of our volunteers, fill out the online application at <https://www.crawfordcoa.org/volunteer/volunteer-application>. Paper copies are available upon request at the COA. For more information, call 989-348-7123.

Memorial Donations

Farrell Thomas in memory of Linda
Brooks Thomas



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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

Method of Payment o Cash o Check Amount Enclosed \$ _____

Please make check payable to "COA" at 4388 West M-72 Hwy, 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

- ☐ 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.

Thank You to Our COA Volunteers

Meredith Anderson
Bob Becks
Nancy Billingham
Ben & Pam Carr
Debbie Carrigan
Caroline Diponio
Diana Doremire
Donna Farren
Dave Felker
Richard Ferrigan
Linda Fielhauer
Tom & Janet Gaffke
Janet Gilbert
Sherry Haag
Donn Handy
Nancy Haywood
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Donna Hubbard
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Cindy & Jim Johnson
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Glenn & Lorelei King
Linda LaBrie
Eileen Langhorne
Jim Lawless
Nancy Lemmen
Cathy Lester
Kirsten Lietz
Judy Marchlewicz
Dave Markle
Sandy Marshall
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Ron Pagereski
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Jackson Pollock
Keith Radwanski
Al Reynolds
Chuck & Robin Rodgers
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Jon Shazri
Sally Slicker
Richard Smith
Arlene Smith
Cheryl Starr
Tanya & Randy Stephens
Dave & Ann Stephenson
Brad Summers
Tim & Susie Swedine
Sami Szydzik
Farrell Thomas
Ellen Thompson
Ken Thurston
Scott Ulery
Zoella Wethington
Carol Wilder
Ernie & Ruthann Windolph
Sandy Woods

Pencil Us In for these Activities in August



Wii Bowling
August 6th, 1:30-3:30p

Looking for laughs, light movement, and a little friendly competition? Grab your virtual bowling shoes and join the COA's Wii Bowling Club. No heavy balls, no slippery lanes, just good times, great company, and the thrill of a perfect strike from the comfort of a chair. Wii Bowling will be in the fitness room, every Wednesday from 1:30 pm - 3:30 pm.

Housing Counseling
August 12th, 9:00a-12:00p

If life changes have affected your income, credit, or housing stability, we're here to help. Northern Homes CDC offers free, one-on-one support with a certified HUD Housing Counselor to guide you. Contact the COA at 989-348-7123 or visit the front desk to schedule a one-on-one session with Laurie on August 12th.

Blood Drive
August 11th, 11:00a-3:30p

Donate blood and make a difference in just minutes. One donation can help save up to three lives, and every drop counts. Join us at our upcoming blood drive and be a hero in your hometown.

Matter of Balance
August 18th, 9:30a

Concerned about falling or want to improve your balance and confidence? A Matter of Balance helps older adults reduce fall risk through gentle exercises and proven strategies all in a supportive, group setting. Take control, stay active, and enjoy life with more confidence!

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Tree Dedication Ceremony

Join us for the Grand Opening and Dedication Ceremony of the Crawford County Commission on Aging Memorial Tree Garden on Friday, September 19th, from 3:00 to 4:30 pm. Following the program and tree dedication, there will be light refreshments and snacks in the dining room. The COA hopes that you will attend the ceremony on September 19th from 3:00 to 4:30 pm.



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Want to See Something New?

Is there an activity or a program you'd like to see come to the Crawford County Commission on Aging and Senior Center? Do you have a suggestion for a trip or a new class? Call Senior Center Manager, Carlie Wilson, at 989-348-7123 to submit your request today.



Michigan flies out of Grand Rapids, Flint, and Traverse City, with each flight carrying about 80–100 veterans and costing roughly \$130,000. The demand is great, with hundreds of veterans in Michigan alone still on the waiting list. But what’s even greater is the impact these flights have. Bob has seen the power of these trips firsthand again and again. That’s the magic of Honor Flight. It’s not just about traveling to memorials; it’s about offering a return to wholeness.

But Bob didn’t stop with the flights. In 2023, he was invited to speak at the Wreaths Across America ceremony in Gaylord, Michigan. The event moved him deeply. The sight of community members, young and old, placing wreaths by hand on the graves of local veterans was powerful. “It was a beautiful, humbling moment,” Bob says. “I knew we had to bring this home to Crawford County.”

And so, he did. Bob partnered with fellow veteran Doug Sherman, a 20-year Air Force retiree, to form the Crawford County chapter of Wreaths Across America. Their goal: ensure that every veteran grave in the county is remembered each December with a fresh wreath, a solemn bow, and their name spoken at their grave. “There is this belief that when someone’s name isn’t spoken again, they are forgotten,” Green explained. “When we lay the wreath and say their names we are ensuring they are never forgotten.”

This year, the chapter aims to place wreaths on every grave of every veteran at Elmwood Cemetery and those at Camp Grayling and Hanson Hill. “So, we will need around 480 wreaths,” Bob shared. Each wreath costs \$17, and every dollar raised goes toward honoring veterans who can no longer speak for themselves. “Some of these graves haven’t been visited in years,” Bob says. “But they mattered then, and they matter now. Laying a wreath is a small gesture with deep meaning.”

Bob’s service isn’t driven by obligation; it’s fueled by a deep personal mission. “I want others to feel what I felt with my dad,” he says. “I want other families to have that moment.”

His passion is evident. Whether he’s planning a fundraising event, boarding a flight with a group of veterans, or coordinating volunteers for a cold December morning of wreath-laying, Bob shows up with his whole heart.

And he’s not alone. One of the most beautiful things about both the Honor Flight and Wreaths Across America is how they invite everyone to participate, not just veterans or their families. “You don’t have to be a soldier to serve,” Bob says. “You just have to show up.” And show up, people do. From school children writing letters to veterans, to volunteers helping push wheelchairs through memorial parks, to families bundling up in the snow to lay wreaths, these are the modern-day acts of service that hold sacred weight.

Bob sees it every time a veteran tears up at the sight of the “Welcome Home” banner at the airport. He sees it when a volunteer kneels by a grave they’ve never visited before and says a soldier’s name. And he hears it in the stories, sometimes shared for the first time, by veterans who finally feel safe enough to speak.

Bob has collected more stories than he can count. Some are joyful. Some are gut-wrenching. One veteran recalled being spit on at the airport after returning from Vietnam, a moment that haunted him for decades. Another spoke of being unloaded with livestock due to a dockworker strike during WWII. These aren’t the stories that make it into the textbooks, but they’re real, and they deserve to be remembered.

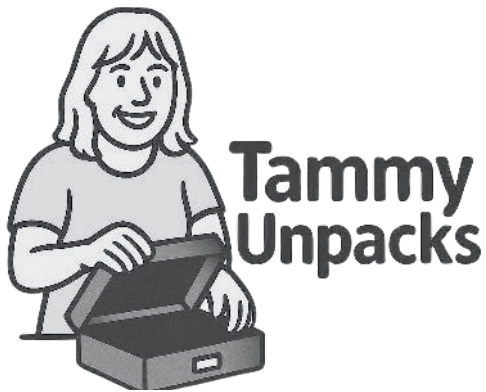
Bob’s work, both with Honor Flight and Wreaths Across America, depends entirely on community support. Here’s how you can be part of it. If you’re under 65 and able-bodied, apply to serve as a Guardian on an upcoming Honor Flight. You’ll accompany a veteran for the full trip, helping with logistics, mobility, and emotional support. Donate \$17 to cover the cost of a wreath that will be laid this December at Elmwood Cemetery or Camp Grayling. Show up to help place wreaths by hand. Bring your family. Make it an annual tradition. Talk about this. Share the mission with your workplace, church, or civic group. Invite others to get involved. Every flight, every wreath, every act of remembrance depends on grassroots generosity. Whether it’s \$5 or \$5,000, your support matters.

At its core, this work isn’t about programs or plaques. It’s about presence. It’s about looking a veteran in the eyes and saying, “I see you. I hear you. You’re not forgotten.” It’s about healing wounds that never made it into medical charts—but live on in the hearts of those who served. And it’s about honoring the truth that service doesn’t end when the war does.

Sometimes, the greatest act of patriotism isn’t waving a flag, it’s walking beside someone who carried the weight of one. Just like Bob did with his dad. Just like you can do now.

Photos courtesy of Mid Michigan Honor Flight Photographers.





The Crawford County Commission

on Aging & Senior Center (COA) has been awarded a grant from Meals on Wheels of America and Pet Smart Charities. This grant continues a pet project program



at the COA to assist low income Crawford County older adults with the purchase of pet food, limited veterinary assistance and kitty litter. To be eligible for this assistance, you must be a resident of Crawford County and be age 60 or older. This program is designed to supplement, not replace, a person's pet food or veterinary spending. Please call Tammy Findlay, Advocacy/Resource Coordinator at 989-348-7123, to see if you qualify.



Monthly Commodities

Commodities will be available for pick-up on Wednesday, August 27th, between 2:00 and 4:00 pm. If you are currently receiving commodities or plan to pick them up, please be sure to collect your items by the end of the day on Friday, August 29th. To find out if you're eligible and to get signed up, contact Tammy Findlay at 989-348-7123. For a list of qualifications or if you have additional questions about the commodities program, Tammy can help. She'll be happy to walk you through the requirements and help you get started.



Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor on Wednesday, August 20 @ 10:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. Understand the potential risks of late enrollment and gaps in coverage.



To ensure your pets stay safe and comfortable during the summer, prioritize hydration, shade, and avoiding hot surfaces. Keep fresh water readily available, provide shaded areas for them to rest, and be mindful of hot pavement that can burn their paws. Limit outdoor activity during peak heat hours and watch for signs of overheating, such as excessive panting or drooling.



To change your official address with Medicare, you have to contact Social Security Administration (SSA).

Emergency Signs

Emergency address signs are now available for free at the Commission on Aging. Emergency address signs play a crucial role in ensuring the safety and well-being of residents, particularly in rural or challenging-to-navigate areas. To get your free emergency address sign, visit the Crawford County Commission on Aging & Senior Center at 4388 M-72, in Grayling. You can also call 989-348-7123 to get one ordered for pick up. These signs might just save your life.



How to Observe National Dog Month

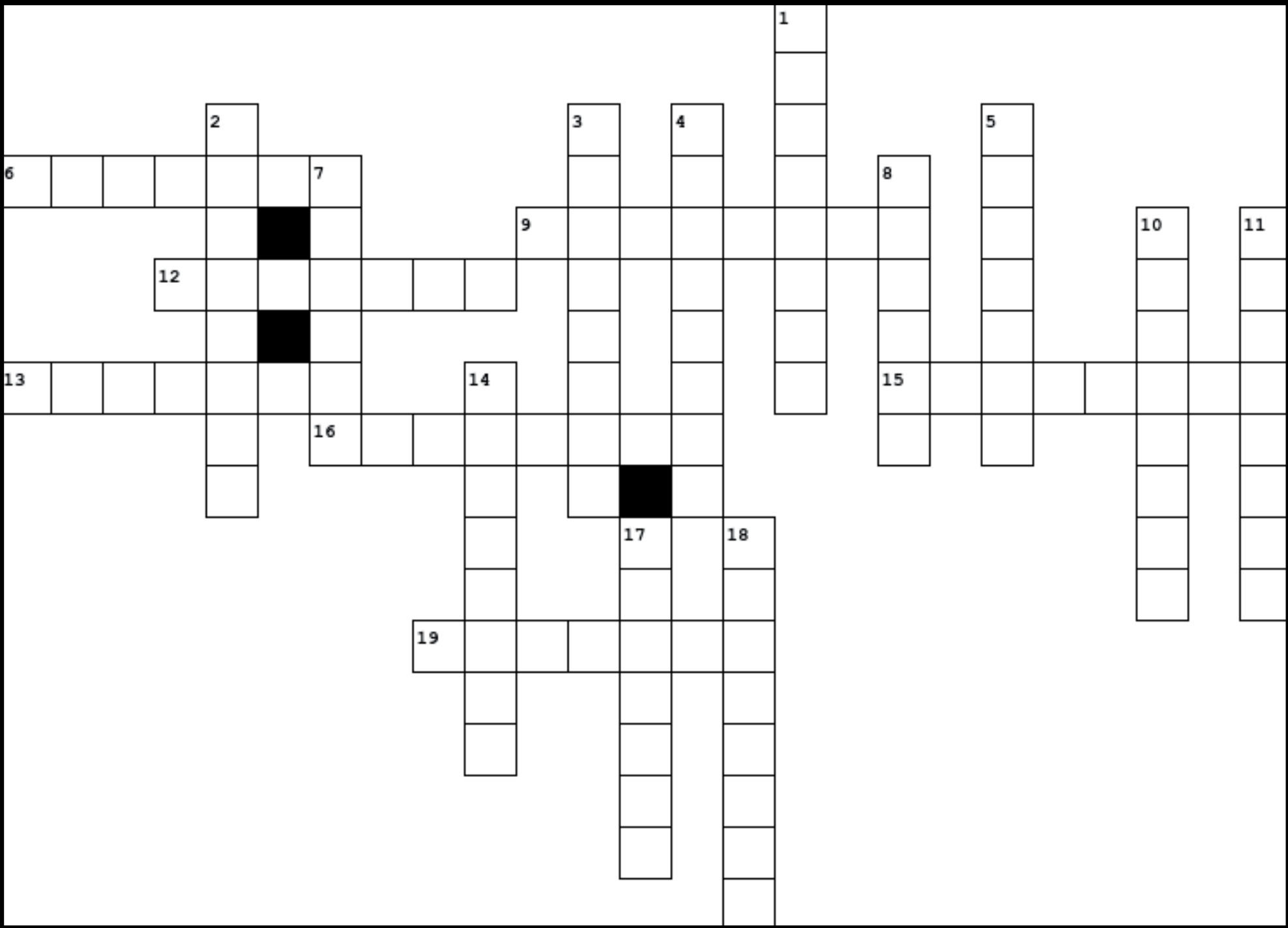
This is the easy part. Celebrate with your best pal. Take an extra-long walk. Play fetch or spare an extra Milk-Bone treat. Get your dog the toy he's been wanting or visit the dog park. Speaking of visits, make your next veterinarian appointment to ensure your pet stays healthy and strong. Donate to your local shelter or to the COA's Pet Program. You can also volunteer your services. Not only will the dogs appreciate the support, but so will their future human companions. However you celebrate, be sure to use #NationalDogMonth to post on social media.



National Dog Month

During the month of August, National Dog Month celebrates our loveable canine pals smack in the middle of the dog days of summer. Whether your dog burrows under the blankets with you at night, plays in the sprinkler, or alerts you to a health need, we know they are constantly improving our lives and making them more fun.

August Crossword Puzzle



Across

- 6. Stifling stretch of summer, traditionally ending in August
- 9. What August fruit becomes if ignored too long
- 12. August occasion for family name tags and potato salad
- 13. Big, blazing night gathering
- 15. Position in a sport often played under August sun
- 16. Juicy red sign that the garden is peaking
- 19. Rustic transport, popular at late summer fairs

Down

- 1. August festivity with rides and cotton candy
- 2. What summer days start doing in August
- 3. Shaded structure at summer picnics
- 4. The only way to guess if the picnic's a go
- 5. Chirping summer sound makers (not crickets)
- 7. Golden daily event that creeps earlier in August
- 8. Open field that buzzes with August life
- 10. It opens with potential and closes with memories
- 11. Breezy outfit choice for August heat
- 14. It's loaded up for the return to routine
- 17. How you feel at the end of a hot August hike
- 18. What you might do with peaches before fall

To Reveal the Answers, Flip this Newspaper
Upside Down and Use a Magnifying Glass to
Check your Work!

(1) Carnival (2) Tapering (3) Pavilion (4) Forecast (5) Locusts (6) Dogdays (7) Sunset (8) Meadow (9) Overripe (10) Notebook (11) Sundress (12) Reunion (13) Bonfire (14) Backpack (15) Outfield (16) Tomatoes (17) Thirsty (18) Preserve (19) Hayride

August 2025 – Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 25th was donated last month in memory of Eugene Marcinek's Birthday (July 26th).</p> 				<p>1 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus Italian Blend, Red Grapes</p>
<p>4 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</p>	<p>5 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Fresh Orange</p>	<p>6 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</p>	<p>7 11:30a-12:30p Lunch Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Meatloaf, Potatoes with Beef Gravy, Brussels Sprouts, Apple</p>	<p>8 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Sourdough Roll, Apple</p>
<p>11 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana</p>	<p>12 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew</p>	<p>13 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</p>	<p>14 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend Hog Roast Special Dinner 4:00p – 6:00 pm BBQ Pulled Pork Sandwiches with Green Apple Coleslaw, Roasted Maple Seasoned Sweet Potatoes, and Peach Raspberry Pie</p>	<p>15 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas</p>
<p>18 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear</p>	<p>19 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks</p>	<p>20 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots</p>  <p>Donated by Randy Blaszczuk</p>	<p>21 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes</p>	<p>22 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange</p>
<p>25 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi</p>	<p>26 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana</p>	<p>27 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange</p>	<p>28 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce MEAL DAY</p>	<p>29 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend</p>
<p>Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi</p>	<p>Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine</p>	<p>Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce</p>	<p>Light Bites – Dine in Only Mojo Chicken, Red Grapes</p>	<p>Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana</p>

August 2025 – Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
4 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	5 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	6 7:30a Detroit Tiger's Trip 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics (*RESCHEDULED) 12:30p Mahjong 1:30-3:30p Wii Bowling	7 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	8 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
11 10a Silver Sneakers 11a-3:30p Versiti Blood Drive 1-4p Chess Club 2-3p Diamond Art Club	12 9a-12p Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	13 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 CANCELLED 12:30p Mahjong 1:30-3:30p Wii Bowling	14 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Hog Roast Special Dinner	15 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
18 9:30a Matter of Balance 10a Silver Sneakers 1-4p Chess Club 1p Penny Bingo 2-3p Diamond Art Club	19 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 4:30p COA Board Meeting	20 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 10a New to Medicare 11a Alzheimer's Support @ the Brook 12:30p Mahjong 1:30-3:30p Wii Bowling	21 9:30a Matter of Balance 9a Zumba Gold A 10a Zumba Gold B 11a-3p Health Carnival 1p Penny Bingo <u>MOVED to 8/18</u> 1p Legal Assistance	22 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
25 9a-4:30p Footcare 10a-3p Secretary of State Mobile Office 9:30a Matter of Balance 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	26 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	27 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 12:30p Mahjong 1:30-3:30p Wii Bowling 2p-4p Commodities	28 9a Zumba Gold A 9:30a Matter of Balance 10a Zumba Gold B 11:30a Birthday Lunch 1p Penny Bingo	29 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic - appointments only
\$25 per visit - by Linda Russell — 4th Mondays,
9:00 am –4:30 pm - 4388 West M-72 Hwy, Grayling

Hearing Clinic - appointments only by Advantage Audiology. Call COA Office for appt.

Blood Pressure Checks - every Wednesday from 8:30 am - 10:00 am.
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. \$30.00.

Commodities Food Distribution:
The 4th Wednesday of the month from 2:00 pm to 4:30 pm @ the Commission on Aging.

Congregate Meal Program:
Breakfasts: Mon-Fri from 8:30—9:30 am.
Lunches: Mon-Fri from 11:30--12:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

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 \$25 worth of coupons for fresh fruits & vegetables.

Resources

Information / Assistance:
(989) 348-7123

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

Legal Assistance:
by Jason R. Thompson, Law Office PLC
Free legal consultations available the 3rd Thursday of each month from 1-5pm

Housing Counseling
Get housing advice from Laurie Jamison from Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm. Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)
Trained counselors help seniors decide which health insurance options are best for them.

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.

Senior Gazette: This monthly newspaper which is full of information for seniors and caregivers.

Telephone Reassurance/Senior Companion:
COA provides weekly phone calls or home visits to older adults who want a reliable, caring phone call or home visit plus this is a safety check too.

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.

Tai Chi: Helps people with or without arthritis to improve balance.

Geri Fit:
Learn helpful skills to improve balance and strength.

Fitness Programs

Fit for the Aging: This class is held on Fridays, and focuses on maintaining safe fitness activities as we age. Seated and standing variations for every workout. Led by Volunteer: Sami Szydzik.

Silver Sneakers: Held on Mondays and Wednesdays at 10:00 am. It is an exercise program designed for older adults. Great workout and adaptable to you. Nation's leading fitness program for Seniors. Led by Volunteer: Rich Ferrigan.

Zumba Gold: Held on Tuesdays and Thursdays at 9:00 am and 10:00 am. It is a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson and Cindy Johnson.

Cost of Programs

Almost all COA services are available to Crawford County Residents on a suggested donation basis. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. However, our needs are greater than covered by these sources. Your support through donations helps us to help more. We are grateful!



How we Served You in June 2025

At the Senior Center
We served a total of 878 Congregate Meals

In-Home Services
HDM – 3,178
Respite – 79
Homemaker – 219.50
Bathing – 32.25

Important Phone Numbers:

Social Security
(800) 772-1213 or
(866) 739-4802
Medicare (800) 633-4227
Veterans Administration
(800) 827-1000
Alzheimer's Assistance
(800) 272-3900
Crawford County Commission
On Aging
& Senior Center
(989) 348-7123

Telephone Reassurance Service is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

to add events to calendar email: peyton@blarneystonebroadcasting.com



Region 9 Area Agency on Aging Webinars for August 2025

- **Healthy Living Webinar: Eye Care**
 - Date: Thursday, August 14th
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)
 - Healthy eyes are linked to healthy brains! Come learn about the importance of eye health, how to keep your eyes healthy, and signs of eye conditions you should be aware of.
- **LGBTQ+ Caregivers**
 - Date: Friday, August 8, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)

Registration
& Contact Info:
Phone:
989.358.4616
Email:
mainvilleb@nemcsa.org



Matter of Balance is Back This August

Jan Williamson and Mark Ostahowski are joining forces to bring back an important program. Matter of Balance will begin August 18th at 9:30 am. Please call 989-348-7123 to register.

Mount Hope Lutheran Church 2025 Food Truck Schedule

These food trucks will occur at Mt. Hope Lutheran Church, located at 905 N. I-75 Business Loop, in Grayling. Each truck will be on a Saturday and will begin at approximately 10:00 am.

Dates:

August 2nd
September 6th
October 4th

Coming Attractions: Save the Dates



Veteran's Coffee Hour Date

Date:
Thursday, August 14th
Time:
10:00-11:00 AM
At the American Legion Post #106
More Info: (989) 344-3861



COA Holiday & Party Schedule

September 8th
Grand Parent's Day

October 31st
Halloween Party

November 20th
Friends-Giving Party

December 30th
Noon Years Eve



Grief Group Coming in September to the COA

This grief support group offers a private and compassionate space for individuals who are currently grieving, as well as those who have experienced loss in the past. Open exclusively to those who have lost a loved one through death, the group provides both emotional support and educational guidance. Sessions will be held once a month on the second Tuesday, beginning September 9th, and will last 90 minutes. Space is limited to just 12 participants to ensure a supportive environment, so we kindly ask that you sign up in advance. If you'd like to register for the first meeting, please call the Crawford County Commission on Aging at 989-348-7123.



Versiti Blood Drive

Next scheduled drive is
August 11th.
All blood drives run from
11:00 am—3:30 pm.



Secretary of State Mobile Office Visit

August 25th, 10:00 am - 3:00 pm
Appointments are held at the Commission on Aging. Contact the COA to schedule an appointment within 30 days of the listed date. You can get your license, plates, and more taken care of all in one spot. Call 989-348-7123 to register. For pricing information, please contact the Secretary of State.

Christian Help Center Food Trucks

Thursday, August 21st
12:00 pm—5:00 pm,
Community Health Fair
Crawford County Commission on Aging
4388 E. M-72, Grayling

Thursday, September 18th
Grayling Free Methodist Church
6652 W. M-72 HWY, Grayling

Thursday, October 16th
Frederic Township Hall
6470 Manistee St., Frederic

Coping with the Holidays after a Death

This group is designed to help individuals navigate the challenges of grief during the holiday season. Whether your loss is recent or from years past, the holidays can stir up powerful emotions and memories. This session offers a supportive and understanding environment to explore those feelings, gain practical coping strategies, and connect with others who understand. The group will meet on Wednesday, October 22nd, from 10:00 am to 11:30 am. All are welcome, but registration is encouraged to help us prepare for the group size.

Yearly COA Raffle is Going On Now!

Proceeds Benefit Activities and Other Programs at the Senior Center
Sponsored By...

Cornell Insurance Agency

Feeny Ford of Grayling

NAPA Moore's Automotive

Tickets are \$1.00 each or \$5.00 for 6 tickets.

The drawing will be held at the 9/11/25 Southern Comfort Special Dinner. Need not be present to win.

Southern Comfort Special Dinner

Thurs, 9/11/25 - 4-6pm, at The Commission On Aging & Senior Center, 4388 W M-72, Grayling, MI, 49738 Raffle & Dinner - Open to the Public State Raffle Lic. # R81462

Suggested donation for those over 60 is \$4.00, the cost for dinner for those under 60 is \$8.00



Tickets are available for purchase beginning on July 28th.

Prizes are as follows:

First Prize is \$500

Second Prize is \$250

Third Prize is \$150

You do not have to be present to win. Winners will be called following the dinner on 9/11/2025.

How can a Housing Counselor help you?

It isn't about buying or selling, but preserving your environment.

- Has a life change impacted your household income?
- Need to build or repair your credit?
- Have changes impacted your need to make new housing or budgeting choices?
- Is your monthly spending plan leaving you stressed?
- Need help communicating with your creditors or mortgage company?
- Struggling with property taxes?

Everyone can benefit from our program.

Northern Homes Community Development Corp is a nonprofit organization offering one-on-one counseling and group education. If the topic includes maintaining your quality of life by being sure you have the security of the roof over your head, then we may be able to help. We are an approved HUD Housing Agency with HUD Certified Housing Counselors. Our services are provided at no cost to the client. Email laurie@northernhomes.org, call Laurie Jamison direct at (989) 390-2464, or stop at the front desk to register for a personal time to meet.

Health Carnival 2025

The Crawford Health Improvement Coalition invites you to an exciting day of fun, learning, and community connection at this summer's Health Carnival, taking place on Thursday, August 21st at the Crawford County Senior Center, located at 4388 West M-72 Hwy, Grayling, MI (just east of town).

This free event runs from 11:00 AM to 3:00 PM and offers something for everyone. Whether you're interested in healthy living resources, fun games, or just looking to spend the afternoon with friends and family, the Health Carnival is the perfect place to be.

What to Expect:

- Dozens of vendors from the healthcare field
- A Food Distribution Truck to help support nutrition in the community
- Red Cross Blood Mobile
- Blood Pressure Checks
- Engaging games and activities
- Prizes and giveaways
- Opportunities for learning about health, wellness, and local resources

This event is hosted in partnership with a number of local organizations, including the Crawford County Commission on Aging & Senior Center, District Health Department #10, Michigan State University Extension, Catholic Human Services, and more. It's free fun for all ages, and a great opportunity to come together as a community and focus on health and happiness. For more information, call the Crawford County Commission on Aging at (989) 348-7123.

GREAT LAKES HOME HEALTH CARE
SKILLED CARE HOME HEALTH CARE NURSING SERVICES
1-888-242-4759 [HTTPS://GLHCU.COM](https://glhcu.com)
Providing over 11 years of quality care to Mid-Michigan and beyond.

Senior Center Updates

After you "Like" us, our events, program posts, and many more pictures will link on your page. Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

When your friends & family visit your Facebook page, they will see our posts on your page feed. It's a great way to brag about the awesome activities, programs, and pictures we have for you plus include your family in events.

facebook.com/CrawfordCOA/
Like, Love or Share
Please help us grow our impact with free publicity.



Grayling Save a Lot

**Crystal Falls Drinking Water, \$1.99,
24 Pack, Limit 2 with Coupon
1 per family. Valid 08/01/2025-08/31/2025**

2333 S. I-75 Bus. Loop (989) 348-6690
More coupons at: www.SaveALot.com

Walk in the Woods September Schedule

September 3rd— 10 am - Rayburns

Meet at the M-72 E Trail Head

September 10th—10 am— Hanson Hills

Led by guide Wendy Kelso. Hanson Hills—7602 Old Lake Rd.

September 17th – 10 am - Aspen Park

239 Commerce Blvd, Gaylord, Mi, 49735.

There will not be an organized lunch for this walk.

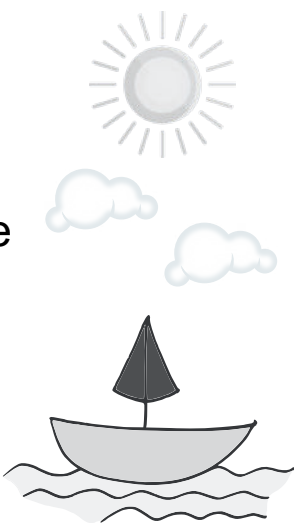
September 24th – 10 am - Wakeley Lake

Wakeley Lake is located in eastern Crawford County and is about 10 miles east of downtown Grayling. To get there from town, drive east on M-72 E until you see the entrance road and parking lot on the left (north) side of the road.

August Word Search

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

- | | | | | |
|--------------|--------------|-----------------|----------------|----------------|
| 1. August | 11. Campsite | 21. Quilted | 31. Sprinkler | 41. Sketchpad |
| 2. Heatwave | 12. Berries | 22. Shallow | 32. Watermelon | 42. Windsurf |
| 3. Parade | 13. Swelter | 23. Blanket | 33. Firepit | 43. Marigold |
| 4. Sunhat | 14. Zinnias | 24. Snapdragons | 34. Caravan | 44. Explorer |
| 5. Wading | 15. Overcast | 25. Orchard | 35. Lanterns | 45. Slipstream |
| 6. Lazyday | 16. Fanfare | 26. Meltdown | 36. Grilling | 46. Woodsmoke |
| 7. Icecream | 17. Pathway | 27. Bookmark | 37. Clambake | 47. Kayaking |
| 8. Lemonade | 18. Twilight | 28. Sunrise | 38. Bunkbed | 48. Breezeway |
| 9. Seashell | 19. Compass | 29. Skyline | 39. Mosquito | 49. Tangerine |
| 10. Vacation | 20. Ironing | 30. Buzzing | 40. Roadtrip | 50. Hammock |



Grandparents’ Day Cookie Contest!

Join the COA for a Cookie Contest on Monday, September 8th! Teams of up to 3 are invited to participate. Each team must submit one dozen (12) cookies. Cookies must be homemade, no store-bought or pre-packaged dough. We ask that all submissions include a recipe card with ingredients listed (for allergy awareness). Judging starts at 12:45 PM on September 8th. Cookies will be rated on taste, texture, appearance, and originality. Awards include Best Cookie, Most Creative, Best Original Flavor, and People’s Choice. Winners will be announced at the Southern Comfort Dinner on 9/11. To register, call 989-348-7123 or sign up at reception. Entries are due by 10:30 AM on 9/8.

Why is Balance Important for Older Adults?

Reduces the risk of falls:

- Falls are a major concern for older adults, often leading to injuries and a decline in quality of life. Balance exercises strengthen muscles and improve coordination, making it easier to recover from slips or stumbles.

Boosts confidence and reduces the fear of falling:

- As we age, we may develop a fear of falling, which can limit our activities. Balance exercises can build confidence in our physical abilities. This can give us more confidence to stay active and enjoy more activities.

Promotes overall health and well-being:

- Exercise, including balance training, can improve mental health by reducing symptoms of anxiety and depression.

How can I get involved in a balance exercise program?

- Crawford COA offers several exercise options for our clients. There is an upcoming class, specific to addressing balance and issues of falling. The class is called Matter of Balance. It provides eight 2 hour sessions to teach individuals about exercise, balance and fall prevention.

Do I have to wear special exercise clothes for this class?

- No. You can just wear your normal clothes. This is low impact exercise and is something you can do even sitting in a chair.

Anyone can attend this class whether you’re able to walk independently or you need assistive devices such as a cane, walker or wheelchair. These are exercises that adapt to each individual. First time attendees will be given priority. If you have taken MOB class before, you can still sign up and we will do our best to fit you into the class based on availability of spots.



Monthly Medical Loan Closet Spotlight

By Kathy Meisner

Disposable Adult Pull-Up Underwear for Men and Women

- MaxSorb™ Gel Technology which locks up moisture to help keep you feeling cleaner, fresher, and drier
- 100% Breathable with AirMax™ Layer helps you stay cool and comfortable by allowing air to circulate
- Dri-Fit™ helps you feel more natural by keeping your skin dry and comfortable
- Comfort-Shape® Plus with gentle elastics shape to your body for a more comfortable and discreet fit

Chux Pads

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

The Crawford County Commission on Aging has these products available for older adults 60 and over. Please call Kathy at (989) 348-7123.



Upcoming Online Classes from MSU Extension August 2025

Wits Workout - Take a Number!
August 4, 2025 1:00PM – 1:30PM Online

Mindfulness for Better SLEEP Online - August 2025
August 5, 2025 – September 9, 2025 Zoom

Walk With Ease Self-Paced Hybrid Series Online - August 2025
August 6, 2025 – September 17, 2025

Chronic Disease PATH Toolkit - August 2025
August 6, 2025 – September 17, 2025 Telephone

Preserving MI Harvest- Seal it Safe: Water Bath Canning
August 7, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Protecting Your Identity - Webinar - August 7, 2025
August 7, 2025 6:00PM – 7:00PM Zoom webinar

Serving Up Food Safety - Freezing Sweet Corn
August 11, 2025 12:00PM – 12:30AM Zoom Webinar

Wits Workout - Roam in Rome
August 11, 2025 1:00PM – 1:30PM Online

Property Tax Foreclosure Basics
August 13, 2025 12:00PM – 1:00PM Webinar

Wits Workout - Savor the Seasons
August 18, 2025 1:00PM – 1:30PM Online

Mindfulness for Better Sleep Online Series
August 18, 2025 – September 30, 2025 Zoom

Wits Workout - Star Gazing
August 25, 2025 1:00PM – 1:30PM Online

Mindfulness for Better SLEEP Online - Aug/Sept 2025
August 26, 2025 – September 30, 2025 Online via Zoom

Make a Spending Plan Work for You! (Webinar) - August 26, 2025
August 26, 2025 3:00PM – 4:00PM Zoom Webinar

Tips to Build and Protect Your Credit (Webinar) – August 27, 2025
August 27, 2025 6:00PM – 7:00PM Zoom

To register for any event visit: <https://www.canr.msu.edu/rlr/> and click on the Events tab



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Medicare Fraud Alert: Ambulance Fraud

Article Provided by Senior Medicare Patrol

Medicare will cover an ambulance ride to the hospital to diagnose or treat symptoms of an illness in an emergency. However, Medicare will not cover the cost of an ambulance if the reason for using the ambulance is not medically necessary, meaning the ride is not to treat or identify an illness. It will also not be covered by Medicare if other forms of transportation can move you safely, or if it is for a ride to your doctor's office, a community mental health center, or other health care appointments.

Ambulance fraud, errors, or abuse can occur when ambulances are used for medically unnecessary reasons.

Report potential telehealth fraud if:

- You were billed for more mileage than the actual distance traveled in the ambulance trip
- You think the cost of an ambulance ride is an unreasonable amount

Caregivers and family members, be on the lookout for:

- Calling for an ambulance for a loved one when it is not an emergency, and they should be using other ways to travel
- Charges on your loved ones' Medicare statements for ambulance trips that seem unreasonably high in cost, or the distance seems to be too far

To report fraud, visit:
<https://smpresource.org/you-can-help/report-fraud/>

CRAWFORD COUNTY COMMISSION ON AGING

WANTED: MEALS ON WHEELS DRIVERS

Volunteers urgently needed—flexible schedules and mileage stipends available. Apply online at www.crawfordcoa.org under the Volunteer tab. Questions? Call Sarah or Kathy at 989-348-7123.

Save the Date and RSVP: Fall Picnic

The Commission on Aging & Senior Center invites you to a fall picnic out at Hanson Hills Recreation Area. The picnic will be on September 25th from 11:30 am until 12:30 pm. The menu will be announced closer to the date. The cost is a suggested donation of \$4.00 for those over 60, and is a cost of \$8.00 for those under 60. Please register ahead by calling 989-348-7123. The COA is excited to bring picnics back. We hope to see you there.



THE KITCHEN
CORNER

Welcome to The Kitchen Corner

Make your way to the Kitchen Corner to visit with Kate Moshier for a monthly serving of culinary inspiration and community connection. On each visit Kate will have a recipe to share and also Special Dinner recaps and highlights, information about upcoming COA events, and anything else culinary or nutrition related. Whether you're looking for a new dish to try or you're curious about what's cooking at the Senior Center, The Kitchen Corner has something for everyone. Pull a chair up to the fire and stay awhile.

Basil Pesto Recipe



Yes, you can buy pesto in a jar at the store with much less effort, but nothing beats the taste, and smell, of freshly pureed basil from the garden. It is delicious as pasta sauce, pizza sauce, or sandwich spread and is customizable. I hope you try it!

Basil Pesto

- 2/3c olive oil
- 2 tsp. lemon juice
- ½ c pine nuts
- 2 c. packed basil leaves
- 3 garlic cloves
- ½ tsp. Kosher salt
- 1/8 tsp. black pepper
- ¼ c. freshly grated parmesan

1. Heat a medium sized skillet to medium-low heat and toast the pine nuts, stirring often for 5 minutes or until golden brown. Place the nuts in a food processor or blender.
2. Add the remaining ingredients and pulse until combined. If you want a traditional pesto to use as a sauce, be careful not to over blend, you want it to be oily with a slightly chunky texture and not smooth and creamy. If you would like it to be smooth and creamy for a sandwich spread, continue to blend until it is and add more cheese if desired for an extra creamy texture.

*Note: *The olive oil is prevalent in this recipe, so be sure to use one you like the taste of.*

- If using table salt vs. Kosher salt start with ¼ tsp and taste to see if more is needed.
- The cheese can be omitted altogether if you prefer. If you would like to do this and keep the creamy texture, substitute half of your pine nuts for cashews.
- Walnuts or cashews can be substituted for pine nuts and any green tender herb for the basil to create different tastes.

Special Dinner Recap & Preview

The Crawford County Commission on Aging transported guests to a Hawaiian paradise during the Luau Special Dinner on July 10th. Attendees were greeted with colorful Hawaiian leis and the sounds of island music, provided by the Roscommon Ukers.

Congratulations to Frank Kasper, who won the evening's door prize, and to Nancy Billingham, who took home the 50/50 grand prize of \$181.50! Mark your calendars for August 14th for the Hog Roast Special Dinner. The dinner is from 4:00 to 6:00 pm. The menu will feature BBQ Pulled Pork Sandwiches with Green Apple Coleslaw, Roasted Maple-Seasoned Sweet Potatoes, and a slice of Peach Raspberry Pie for dessert. This month's giveaway includes a 7-piece BBQ set, a digital thermometer, and a BBQ tool carrying case, generously donated by the Haag family. We hope to see you there!



Project Council 2025

September is almost here and that means its almost time for Project Council. This year's meeting will take place at the COA on September 10th directly following lunch at 12:30-1:30PM. For those of you that are new to it, once a year we ask that anyone who participates in our congregate meal program and would like their voice to be heard to meet and discuss everything that you want us to know. This is your chance to discuss our menus or anything else related to our meal programs and let us know what you think. To this end, we are looking for a volunteer participant to lead this meeting so that staff can stay uninvolved, as we would like you to feel free to speak your mind. As the leader, you will be responsible for taking the meeting minutes and prompting the group conversation to the next subject when necessary. If no one wishes to lead this meeting it will be necessary for a COA staff member to be present for these tasks. If you are interested in being our leader, please speak with Kate Moshier.