

Crawford County Senior Gazette August 2026

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Life is Learned in 64 Squares

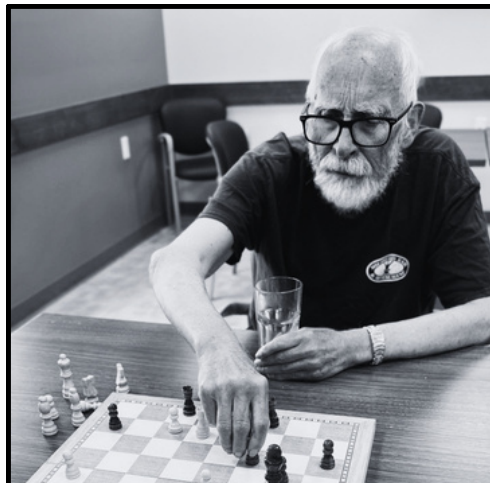
Written by Carlie Wilson

To most people, chess is just 64 squares and 32 pieces. To Chris Woltermann, the game of chess has been a lifelong teacher. From the age of six, Chris has spent decades learning not only how to play the game, but how to think through its endless possibilities.

When he was asked how he got into chess, "It was fun, and I was playing with either my father or mother," Chris recalled. "I liked the prospect of being able to beat either one of them."

What started as a childhood challenge quickly grew into a fascination. Unlike many games, chess offered something new every time he sat down at the board. Every move created new opportunities, new problems, and new ways of thinking. The more he played, the more he realized that improvement wasn't something that happened overnight. "I think the most important thing is practice," he says. "You get better at chess by playing chess. The rules of chess really are very simple. You have to build upon them, and the best way to build upon them is to practice." It's a lesson that applies just as well to life. Whether learning a new skill, beginning a career, or tackling a difficult challenge, growth comes through repetition, persistence, and a willingness to keep learning.

Like in chess, life asks us to make decisions without knowing exactly how they'll turn out. "Don't give up," Chris says. "An awful lot of times, your position seems hopeless, but you will find that your opponent will redeem you by doing something that allows you to come out on top. It happens all the time, and you have to keep that in mind." **Continued on Page 11**



Hours of Operation

Monday - Friday
8:30 am - 4:30 pm
4388 W. M-72 Hwy
Grayling, MI, 49738
www.crawfordcoa.org
Find us on Facebook!



SCAN ME

Find Us By Searching

Crawford County
Commission on Aging
& 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.



director@crawfordcoa.org
Fax: (989) 348-8342
Phone: (989) 348-7123
Grayling, MI 49738
4388 West M-72 Hwy

Smartphone Scan
to our Website



Upcoming Conferences and Save the Dates

Medicare/Medicaid Conference August 6th, 11:00 am - 12:30 pm

Navigating Medicare and Medicaid can be confusing, but an upcoming educational conference aims to make these important programs easier to understand. Join us on August 6 from 11:00 am to 12:30 pm for a Medicare/Medicaid Conference designed to provide valuable information for older adults, caregivers, and anyone interested in learning more about healthcare coverage options. Sponsored by Molina Healthcare of Michigan and the Michigan Association of Senior Centers, this free educational event will feature knowledgeable presenters who will explain key differences between Medicare and Medicaid, eligibility requirements, available benefits, and resources that may help reduce healthcare costs. The conference will also provide an opportunity to ask questions and gain a better understanding of available services and support programs. Whether you are approaching Medicare eligibility, helping a family member navigate coverage options, or simply looking to stay informed, this event offers practical and timely information. Participants will leave with a clearer understanding of their healthcare choices and where to turn for additional assistance. Mark your calendar and join us for an informative afternoon focused on helping you make confident healthcare decisions.

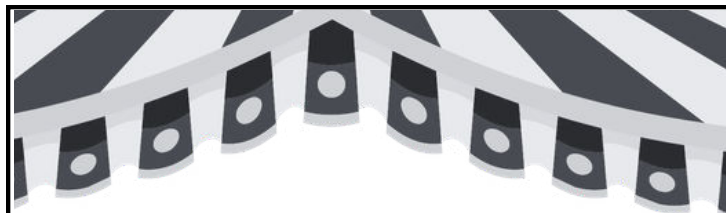
Caregiver Conference September 10th, 2026, 2:00 pm - 4:00 pm

Mark your calendars for September 10th, 2026! Join us for a valuable and engaging Caregiver Conference at the Crawford County Commission on Aging from 2:00 pm to 4:00 pm. This event is a wonderful opportunity for caregivers to connect, learn, and share experiences.

We understand that caring for someone can be challenging, which is why we're excited to offer on-site respite. Feel free to bring the people you care for; it's all about supporting each other on our caregiving journeys! Don't miss out on this chance to gather insights and make new friends in the caregiving community. We look forward to seeing you there! For more details, contact Sarah Pollock at 989-348-7123.

Elder Abuse, Neglect, and Exploitation Prevention Conference September 10th, 2026, 9:30 am - 1:00 pm

Join the Region 9 Area Agency on Aging on Thursday, September 10, 2026, from 9:30 am to 1:00 pm at Divine Shepherd Church (4335 M-61, Standish) for a free conference focused on preventing elder abuse, neglect, and exploitation. Learn about available resources and gain practical skills, information, and hear empowering messages to help protect older adults in our communities. Breakfast items, conference materials, and door prizes will be provided. This event is free and open to the public, but registration is required. For more information or to register, contact Amy Otto at 989-358-4650 or ottoa@nemcsa.org



Health Fair 2026 to be held on August 13th 11:00 am - 2:00 pm

The Crawford County Commission on Aging invites you to an exciting day of fun, learning, and community connection at this summer's Health Fair, taking place on Thursday, August 13th at the Crawford County Commission on Aging, located at 4388 West M-72 Hwy, Grayling, MI (just east of town).

This free event runs from 11:00 am to 2:00 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 Fair 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
- Versiti Blood will be doing blood typing
- Blood Pressure Checks
- Engaging games and activities
- Prizes and giveaways
- Opportunities for learning about health, wellness, and local resources

This event is funded in partnership with several local organizations, including the Crawford County Commission on Aging & Senior Center, Molina Healthcare of Michigan, and the Michigan Association of Senior Centers (MASC). It's free fun for all ages and a great opportunity to come together as a community while focusing on health and wellness. If you need assistance attending any of the health conferences, including the Health Fair, bus tickets are available.

For more information, call the Crawford County Commission on Aging at (989) 348-7123.

\$10.00

Senior
Discount
on
Septic Tank
Cleaning

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



1941 **85 Years** 2026

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

Expires 10/31/26

\$10.00

Senior
Discount
on
Septic Tank
Cleaning

\$10.00

Coupon cannot be
used with any other
offer or discount.

**Save
a lot**

**Crystal Falls Drinking Water, 2 for \$5.00, 24
Pack, Limit 2 with Coupon**

Please use only one Coupon per Family
Coupon Valid 8/1/2026-8/31/2026

Crawford County Commission on Aging & Senior Center Annual Raffle

All Proceeds Benefit the Activities & Programs at the Senior Center



Commission on Aging
& Senior Center

Sponsored By:

Fenny Ford of Grayling,
NAPA Moore's Automotive,
and Cornell Insurance Agency

1st Prize - \$500

2nd Prize - \$250

3rd Prize - \$150

Thursday Night Lights Special Dinner, September 17th 4:00 pm - 6:00 pm

Drawing immediately following the Special Dinner.

Do not need to be present to win.

The Commission on Aging & Senior Center is located at 4388 W. M-72 (East of Town)

Raffle & Dinner are Open to the Public

Tickets are \$1.00 each or \$5.00 for 6 Tickets, Raffle Lic. # R87577

You are Invited to the Grand Opening of our Pickleball Courts!

Mark your calendars now for the Grand Opening Celebration on August 3rd at 9:30 am! Thanks to the support of the City of Grayling and funding through a Michigan Department of Natural Resources Spark Grant, the Commission on Aging and Senior Center is thrilled to announce that construction on the brand-new pickleball courts is complete. We hope you will join us as we celebrate this exciting milestone and officially open the courts to the community.

Diabetes Path Toolkit Starts on August 3rd, 10:00 am

Take control of your health with this evidence-based diabetes self-management class. Open to adults of all ages with prediabetes, type 1 or type 2 diabetes, as well as family members and caregivers. Learn practical tools to manage symptoms, make informed health decisions, and build confidence in your daily care. Registration is required by calling 989-344-3264. A minimum of four participants is required for the class to be held.

Secretary of State Mobile Office Date Correction

In the July 2026 Senior Gazette, there was a misprint that indicated the Mobile Office would be at the Commission on Aging on Saturday, August 8th. **The Secretary of State Mobile Office is scheduled for Wednesday, August 5th, from 10:00 am - 3:00 pm.** You can renew licenses, obtain identification cards, register vehicles, and complete other important transactions without traveling to a branch office. Come out and see what the Mobile Office can do for you!



Michael J. Howe, MD
Interventional Cardiologist
Traverse Heart and Vascular

PEACE OF MIND. CLOSE BY.

This summer, here's to moments that linger, new adventures, and everything in between. With the reassurance that exceptional care is always close by. Learn more at: munsonhealthcare.org/commitment



Shred Day 2026 Recap

Shred Day 2026 was a tremendous success! Thanks to the support of our community, the event raised \$1,046.70 to benefit the Senior Center.

A heartfelt thank you to our event sponsor, North Central Area Credit Union, for helping make this day possible. We also extend our sincere appreciation to Tom Gaffke, Janet Gaffke, Jerry Larson, and Jack Pilon for volunteering their time and working so hard throughout the event. Your dedication helped make Shred Day another outstanding success!

Thank you to the County, the Waste Day team, and those who came out to support us on June 13th.



Welcome Our New Provider!

DR. HUNTER TRAVER

IS NOW ACCEPTING NEW PATIENTS



PARTICIPATING WITH
**MEDICARE &
MEDICARE PLUS BLUE**



989-348-4560



**114 E. MICHIGAN AVE.
GRAYLING, MI 49738**





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 IRA, 401(k), or 403(b). A change-of-beneficiary form is required from your plan administrator.

Life Insurance Beneficiary

You can designate a charitable organization as the beneficiary of your life insurance policy, which can provide tax benefits while helping 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 that everyone receives a meal, in-home services, and the advocacy needed to support 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

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

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 providing and initiating programs that promote the well-being and independence of all older adults in Crawford County. You can also buy a memorial plaque to be displayed in our Exercise Lobby. If you are interested in donating in memory of someone, call 989-348-7123 for more information.

General Donations

Linda Bertin
Michael Buschbacher
Christian Help Center
Daniel Ellis
Mike Everson
Tina Fisette
Janet Gugin
Sherry Haag
Pauline Hatfield
Kirsten Lietz
David Markle
Dennis & Mickie Meyers
Cheryl Millikin
Abby Moore
Sandy Moore
Dot Peacor
Claudine (Jeri) Selthoffer
Janis Smith
Richard and Nancy Wilcox
Jordan Williamson

Hometown Heroes

**\$300.00 per day supports a day
of Meals on Wheels**

**Running Tally of Support: 106 Days,
\$32,690. Thank You!**

Become a Hometown Hero by donating a day's worth of meals for local Meals on Wheels recipients!

July 13th was donated by Ellen Thompson
in memory of Bill & Ruth O'Mara

August 7th was donated by Keith
Radwanski and Erin Fanning in memory of
Caroline Dick and Steve Nelson

August 17th was donated by Scott and
Linda Bertin in memory of Madeline
Banker.

Memorial Donations

Farrell Thomas donated 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.

August Featured Activities

Pickleball Beginner Lessons Starts August 4th, 9:00 am

The Commission on Aging will offer free beginner lessons on Tuesdays and Thursdays starting in August, from 9:00 am to 10:00 am. Lessons require booking and are limited to four people per lesson. Please call the Crawford County Commission on Aging at 989-348-7123 to book your lesson.

Rosco Ukers Free Performance August 10th, 12:30 pm

Love live music? Mark your calendar for August 10! The Rosco Ukers are returning to the Senior Center for an afternoon of great music following lunch. Grab a seat and sing along to some classic tunes. Before the music begins, enjoy a lunch featuring Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, and a Banana. Come for the meal, stay for the music. We'd love to see you there.

Alzheimer's Association Presentation: Building Brain-Healthy Habits August 12th, 12:30 pm

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. The presentation, brought to you by Kristen Weber, is expected to last an hour.

Reminder: NO PENNY BINGO August 13th

As a reminder, there will be no Penny Bingo on August 13th due to the Health Fair. Penny Bingo will resume as normal the following Thursday, August 20th, at 1:00 pm.

Lynn Oldfield's Painting Class August 14th, 10:00 am

Unleash your creativity and join us for a Painting Class with Lynn Oldfield on Thursday, August 14, at 10:00 am. Whether you're an experienced painter or picking up a brush for the first time, this class is a fun and relaxing way to create something uniquely yours. The cost is just \$15 per person, and space is limited to 10 participants, so be sure to reserve your spot early!

Monthly Book Club August 26th, 10:00 am

August's book is *Don't Let Her Go* by Willow Rose. *Don't Let Her Go* is about a five-year-old girl who goes missing, leading Detective Billie Ann Wilde into a case that hits far closer to home than she ever imagined. As long-buried secrets resurface and the body count rises, Billie must confront a mistake from her past before a ruthless serial killer claims more victims. Join our monthly Book Club to discuss this gripping thriller filled with suspense, twists, and unforgettable characters.

GAYLORD SENIOR EXPO

Wednesday, September 16th, 2026
Hours: 1:00 pm - 4:00 pm

At Ellison Place, in Gaylord
THIS EVENT IS FREE TO ATTEND!

For more information, visit www.GaylordSeniorExpo.com or call 989-858-3400

Volunteers

Meredith Anderson	Dave & Mary LoPresto
Mark Anderson	Annette Lucido
Mary-Beth Brady	Mike Lutz
Betty-Jo Bresmon	Nancy Macdonald
Debbie Carrigan	Dave Markle
Carolyn Cochran	Sandy Marshall
Isabella Cooper	Rick McBride
Sarah Corey	Dan & Karen McCarthy
Jane Croze	Barb McNamara
Carolyn Diponio	Barb Miller
Kathy Dreffe	Tim & Olie Miller
Donna Farren	Brian Miller
Tom Fauntleroy	Suzanne & Mark
Richard Ferrigan	Ostahowski
Tom & Janet Gaffke	Ron Pagereski
Bob Gerring	Lois Platt
Janet Gilbert	Jackson Pollock
Karen Gribb	Keith Radwanski
Sherry Haag	Al Reynolds
Sharron Hagerman	Chuck & Robin Rodgers
Donn Handy	Karen & David Ross
Nancy Haywood	Jon & Gail Schultz
Ashley Hempel	Jon Sharzi
Susan Hensler	Sally Slicker
Debi Hool	Janis Smith
Cheryl Hopp	Richard Smith
Annette Hritz	Randy & Tanya
Liedewey Hunter	Stephens
Jim & Cindy Johnson	Brad Summers
John Kay	Tim & Susie Swedine
Ron & Eileen Kemerer	Samantha Szydzik
Glenn King	Farrell Thomas
Lorelei King	Ellen Thompson
Alice Lee	Ken Thurston
Nancy Lemmen	Scott Ulery
Patty Lemmons	Becky Walrath
Karen Leslie	Zoella Wethington
Cathy Lester	Laura Wood
Kristen Lietz	

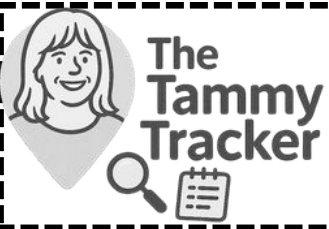
August Birthdays

Mason Stephan 8/8
Cynthia Haynes 8/9
Sharon O'Neill 8/13
Christa Preinl 8/16
Lois Stradling 8/31

Birthday Lunch is on Thursday, August 27th,
11:30 am - 12:30 pm. Want your birthday in the Senior
Gazette? Stop by Reception to fill out the form
to allow us to share.

Commodities Food Program Pick Up is August 26th, 1:00 pm - 3:00 pm

Commodities Pick-Up for August will take place on August 26th from 1:00 pm to 3:00 pm at the Crawford County Commission on Aging. For more information about July commodities or to register for the program, don't hesitate to contact Tammy Findlay at 989-348-7123.



Michigan state agencies are actively warning residents about a significant rise in Medicare fraud and imposter scams targeting seniors. Medicare will never make unsolicited phone calls to ask for personal data or money.

Upcoming Mobile Food Pantry Dates

August 13: Crawford County Commission on Aging, 11:00 am
September 17: Grayling Free Methodist Church, 10:30 am
October 22: Frederic Township Hall, 10:30 am

Mt. Hope Lutheran Church Saturday Food Distribution

August 1, 2026, 10:00 am -11:30 am
October 3, 2026 10:00 am -11:30 am



DHHS has Fiscal Year 2026 Emergency Services funds available in Alpena, Montmorency, Iosco, Alcona, Otsego, Crawford, and Oscoda counties (we have some funds available in Ogemaw & Roscommon too) that can assist with a portable or window AC unit. All the client needs to do is call Client Connect 844-464-3447, Monday-Friday 9:00 am to 3:00 pm, to make the request. No application is required. (If the client is under 55, they would need a doctor's note stating it is medically necessary.)



Medicare Open Enrollment is less than 12 weeks away for all prescription drug plans (PPOs and HMOs included). The COA will be travelling to all of Crawford County Township offices during Medicare Open Enrollment. One day for each office will be set aside. Look for the township dates in the September Gazette. The COA will be starting to take Open Enrollment appointments beginning Monday, October 5, 2026. Don't wait until the last minute to sign up for your Open Enrollment appointment (Oct 15-Dec 7).

The 7-7-7 Rule and Its Core Components of Dog Development

The 7-7-7 rule provides a framework to help your dog grow confidently and healthily. It covers seven key components: surfaces, objects, locations, people, challenges, food sources, and experiences. Each of these elements plays a significant role in your dog's ability to adapt, learn, and interact with the world around them.

1. 7 Surfaces: Walking on different surfaces teaches your dog balance, coordination, and resilience.
2. 7 Objects: Playing with various items promotes mental stimulation and helps with physical development.
3. 7 Locations: Exploring different areas exposes your dog to new environments and situations.
4. 7 People: Interacting with a variety of individuals fosters positive socialization.
5. 7 Challenges: Engaging with obstacles helps your dog build confidence and problem-solving skills.
6. 7 Food Sources/Places: Eating in different environments and from various containers prevents food-related anxiety and promotes healthy eating habits.

By focusing on these aspects, you're giving your dog a balanced and enriching environment that supports their overall well-being.

FEMA Disaster Assistance Available for Crawford County Residents

The Michigan State Police Emergency Management and Homeland Security Division (MSP/EMHSD), with support from the Federal Emergency Management Agency (FEMA), has established multiple locations across the state to connect eligible residents affected by April's severe storms, tornadoes, and flooding with federal disaster assistance. Documentation is required to begin the FEMA IA application process. Residents need to provide proof of identification, Social Security number, annual household income, contact information (address, phone number, and email), bank account information, and insurance information. Assistance may include:

- Temporary housing or lodging
- Home repair assistance
- Replacement of essential personal property
- Vehicle repair or replacement
- Medical, childcare, and funeral expenses related to the disaster
- Other disaster-related needs

FEMA is set up at the Crawford County Emergency Operations Center, located at 200 W. Michigan Ave, in Grayling.

Staff is available to assist eligible residents during these hours:

- Monday through Saturday: 8:00 am to 6:00 pm
- Sunday: 10:00 am to 3:00 pm

Staff is available to help residents apply for FEMA disaster assistance and answer questions about the recovery process.

For more information, you can visit:

<https://www.michigan.gov/mspnewsroom/news-releases/2026/07/10/michigan-disaster-recovery-centers-opening-statewide-to-connect-residents-with-fema-assistance>

Upcoming Online Classes from Michigan State Extension Office August 2026

THRIVING ON A FIXED INCOME! (WEBINAR) - AUGUST 4, 2026

August 4, 2026 10:00 am – 11:00 am Virtual – Zoom

CHRONIC DISEASE PATH WORKSHOP--AUG 4-SEPT 8, 2026, FROM 10:00 am -12:00 pm ET

August 4, 2026 – September 8, 2026 Zoom

RELAX: ALTERNATIVES TO ANGER 8.4

August 4, 2026 – August 25, 2026 Zoom webinar 11 am-12 pm

RETIREMENT MYTHS AND FACTS (WEBINAR) - AUGUST 4, 2026

August 4, 2026 12 pm – 1:00 pm Virtual – Zoom

EVERY PENNY COUNTS: SAVINGS STRATEGIES WEBINAR - AUGUST 4, 2026

August 4, 2026 2:00 pm – 3:00 pm Virtual via Zoom

WEALTH BUILDING ~ (WEBINAR) - AUGUST 11, 2026

August 11, 2026 12:00 pm – 1:00 pm Virtual – Zoom

SAVVY TIPS FOR STARTING A SMALL BUSINESS - (WEBINAR) - AUGUST 11, 2026

August 11, 2026 6:00 pm – 7:00 pm Virtual – Zoom

THE INFORMED RENTER - AUGUST 12, 2026

August 12, 2026 6:00 pm – 7:00 pm Online via Zoom

MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - AUGUST 19, 2026

August 19, 2026 4:00 pm – 5:00 pm Zoom

TIPS TO BUILD AND PROTECT YOUR CREDIT

August 26, 2026 12:00 pm – 1:00 pm Zoom

TAI CHI FOR BETTER SLEEP- TUESDAY & THURSDAY am - VIRTUAL

September 1, 2026 – October 29, 2026 9:00 am - 10:30 am ET

Medical Equipment Spotlight: Raised Toilet Seats

The durable raised toilet seat can be wiped down with regular household disinfectants or sanitizing wipes and does not interfere with the toilet bowl's regular cleaning. Adding five inches of height to any standard or elongated toilet bowl, the raised toilet seat with comfortable padded handles makes it easier and safer to sit or stand without bending. The Commission on Aging has a few available with handles, along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first-come, first-served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.

The Scoop with Jan Williamson: Am I Assertive?

What does an assertive person look/act like? How do I know the difference between being assertive and being aggressive? When is it important to be assertive?

In our Matter of Balance classes we conduct at Crawford COA, there is a significant focus on being assertive and the values of that behavior in taking control of our lives day to day. The definition of assertive behavior is: the ability to communicate your needs, feelings, and boundaries clearly and honestly, while firmly respecting the rights and opinions of others. So what does this mean in our day-to-day lives?

We all become vulnerable to a greater or lesser extent at some stage as we age. This can occur to a larger degree when we are ill. You do not have to have any form of dementia to become vulnerable. You may notice when receiving healthcare that some providers talk over you when you speak or appear to make assumptions about what choices you should make regarding your health. You may feel patronized by individuals in stores, financial institutions, or when buying a technology device. Or you may feel your family or friends exasperated when you ask for help.

So how do we handle these situations and keep control of our lives? Sometimes it requires changing our approach from using “you” statements to using “I” statements. An example of this is:

- “You need to help me reorganize my cupboards.” This generally puts someone on the defensive, and they feel we are demanding that they do this immediately.
- A possible better alternative might be stating: “I need your help to reorganize my cupboards and move the items I use every day to shelves where I can easily reach them. I don’t feel safe climbing on a stool anymore.

This provides more information about the task and the reason it is important to us. Our family/friends may respond more positively when it doesn’t feel like a demand.

When we receive healthcare, financial, or technical assistance, it is important to attend our appointments prepared with specific questions we need answered. This keeps the conversation on track, gets us the answers we need, and is respectful of the provider's time constraints.

However, don’t be afraid to ask additional questions if a new issue is identified. We should be able to expect answers to our questions. So we can take care of ourselves. Being assertive and advocating for ourselves is very important to maintaining control of our lives and well-being.



Informational Housing Workshop September 8th, 10:00 am - 11:30 am

If you’ve ever had questions about your property taxes, worried about scams targeting homeowners, or wondered how to manage housing costs better, come to the Senior Center on September 8th. This helpful session will cover a range of topics designed to support homeowners and renters alike. Housing specialist Laurie Jamison of the Northern Homes Community Development Corporation will lead the presentation. Whether you’re looking to protect your home, plan, or better understand your options, this workshop offers an opportunity to gain useful information in a supportive setting.

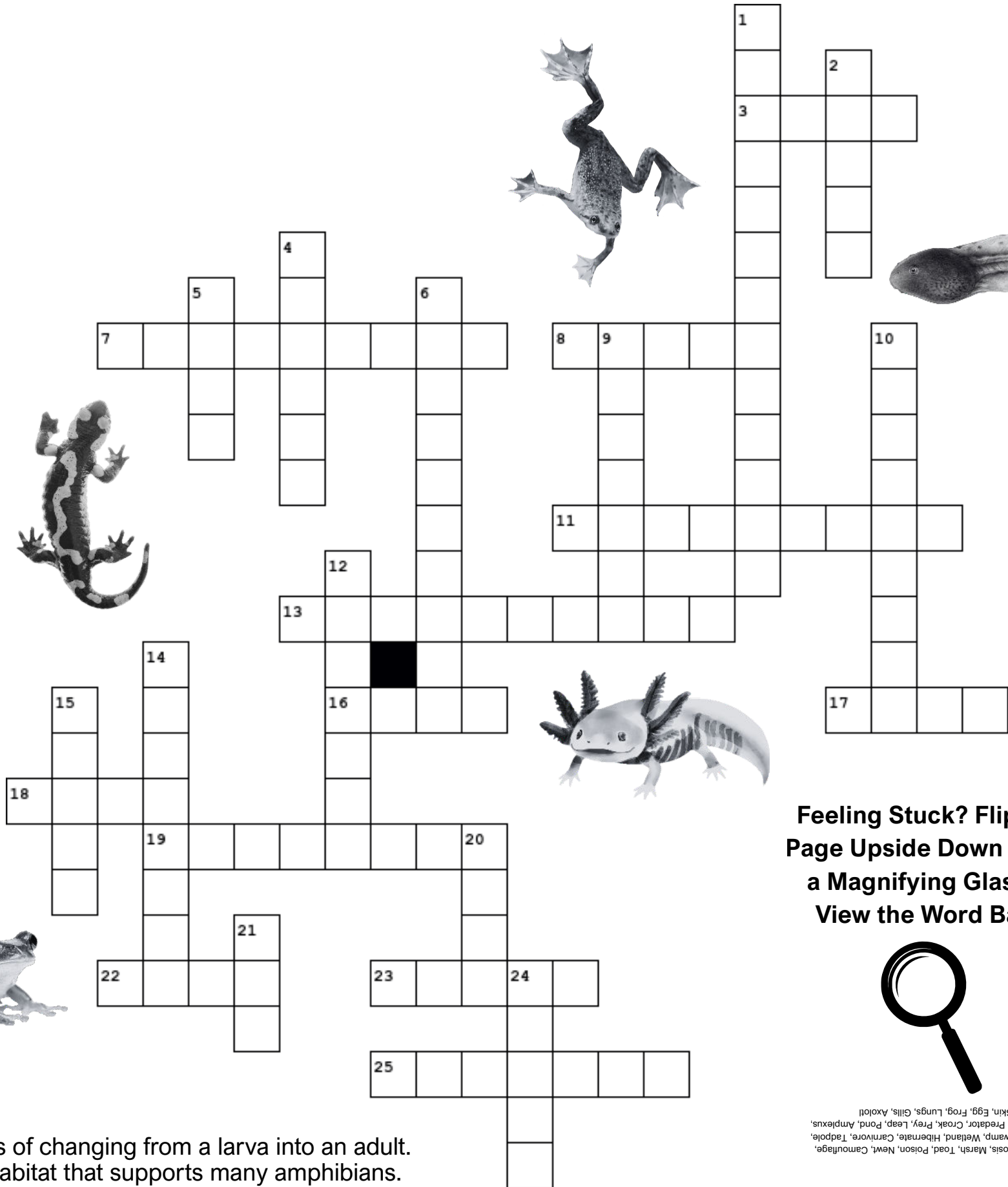
August 2026 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Baked Potato, Green beans, Pear	4 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Italian Stuffed Peppers, Corn, Roll, Red Grapes	5 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear	6 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Cucumber and Tomato Salad, Orange	7 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Dinner Roll, Kiwi  August 7 th was donated by Keith Radwanski & Erin Fanning in memory of Caroline Dick and Steve Nelson.
10 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana	11 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	12 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	13 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple	14 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi
17 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi  August 17 th was donated by Scott and Linda Bertin in memory of Madeline Banker	18 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Orange	19 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	20 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks 4:00p-6:00p Backyard BBQ Special Dinner Menu to be announced following the publication of the Senior Gazette. Please see Facebook or the website for menu information.	21 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear
24 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana	25 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	26 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana	27 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Birthday Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce	28 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Sloppy Joe, Redskin Potatoes, Green Beans, Apple
31 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	1 – MEAL DAY 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear			
Light Bites – Dine in Only Ham & Cheese Sub, Cole Slaw, Banana	Light Bites – Dine in Only Pierogi, Fried Cabbage with Bacon, Roll, Pear	Light Bites – Dine in Only Turkey Sub, Tri-Tortellini Salad, Banana	Light Bites – Dine in Only Mojo Chicken Bowl, Mandarin Oranges	Light Bites – Dine in Only BBQ Chicken Flat Bread, Garden Salad, Banana

August 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30a Tai Chi for Arthritis 9:30a Pickleball Court Grand Opening 10a Diabetes PATH Toolkit 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	4 9a Friends of a Feather Quilting Group 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 1:30p Tech Support (Appointments Only)	5 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Secretary of State Mobile Office 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	6 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 11a Medicare/Medicaid Conference 1p Penny Bingo 3:30p Grayling Pharmacy Bingo 3p Music for Life	7 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
10 8:30a Tai Chi for Arthritis 10a Diabetes PATH Toolkit 10a Silver Sneakers 12:30p Rosco Ukers Jam Session 1p Chess Club 2p Diamond Art Club	11 9a Beginner Pickleball Classes 9a Zumba Gold A 10a Zumba Gold B 10a Grief Group 12:30p Euchre 1p Cancer Support Group 1:30p Tech Support (Appointments Only) 4:30p COA Board Meeting	12 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Silver Sneakers 12:30p Mahjong 12:30p Alzheimer's Presentation 12:30p Wii Bowling	13 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 11a-2p Health Fair NO BINGO	14 10a Lynn Oldfield's Painting Class (\$15.00) 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
17 8:30a Tai Chi for Arthritis 10a Diabetes PATH Toolkit 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	18 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 1:30p Tech Support (Appointments Only)	19 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Silver Sneakers 11a Alzheimer's Support @ the Brook 12p New to Medicare 12:30p Mahjong 12:30p Wii Bowling	20 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice 4p Backyard BBQ Special Dinner	21 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
24 8:30a Tai Chi for Arthritis 9a Footcare 10a Diabetes PATH Toolkit 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	25 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 1:30p Tech Support (Appointments Only)	26 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Silver Sneakers 10a Book Club 12:30p Mahjong 12:30p Wii Bowling 1p-3p Commodities	27 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12p Birthday Lunch 1p Penny Bingo 3p Music for Life	28 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
31 8:30a Tai Chi for Arthritis 10a Diabetes PATH Toolkit 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club				

August Crossword: A is for Amphibians



Feeling Stuck? Flip this
Page Upside Down & Use
a Magnifying Glass to
View the Word Bank



Metamorphosis, Marsh, Toad, Poison, Newt, Camouflage,
Caecilian, Swamp, Wetland, Hibernation, Carnivore, Tadpole,
Salamander, Predator, Croak, Prey, Pond, Amphibian,
Skin, Egg, Frog, Lungs, Gills, Axolotl

DOWN

1. The process of changing from a larva into an adult.
2. A wetland habitat that supports many amphibians.
4. Any substance that can cause injury, illness, or death when introduced into a living body.
5. A type of salamander that spends time both on land and in water.
6. Coloration that helps an animal blend into its surroundings.
9. An area of land covered or saturated with water.
10. To spend the winter in a dormant state.
12. The aquatic larval stage of a frog or toad.
14. An animal that hunts and eats other animals.
15. The sound made by many frogs.
20. The moist outer covering that amphibians also use to breathe.
21. The first life stage of an amphibian.
24. Organs used by many amphibian larvae to breathe underwater.

ACROSS

3. A stout-bodied amphibian with dry, bumpy skin.
7. A limbless, worm-like amphibian that lives underground.
8. A forested wetland where amphibians are often found.
11. An animal that eats other animals.
13. A tailed amphibian with a long body and moist skin.
16. An animal that is hunted for food.
17. A long jump made by many frogs.
18. A common habitat where many amphibians breed.
19. The mating embrace used by frogs and toads.
22. A tailless amphibian known for jumping and croaking.
23. Organs used by most adult amphibians to breathe air.
25. A salamander that keeps its gills throughout its life.

Life is Learned in 64 Squares (Continued)

That philosophy has stayed with him far beyond the chessboard. Situations that seem hopeless often look different with patience, perspective, or simply one more move. Even when the path forward isn't obvious, opportunities have a way of revealing themselves to those willing to keep looking.

Chess has a term for one of its rarest and most unforgiving positions: zugzwang. Borrowed from German, the word literally means "compulsion to move." It describes a position in which every legal move worsens the player's situation. Ironically, the best move would be no move at all, but the rules of chess don't allow it. A move must be made, even if every option leads closer to defeat.

Life can certainly feel that way. There are moments when every choice seems to have consequences, and no direction appears to lead somewhere better. But unlike chess, life isn't confined to sixty-four squares. We can ask for advice, change direction, learn from our mistakes, or give ourselves time to discover possibilities we couldn't see before. What feels like checkmate today may be the beginning of a different game tomorrow. You aren't skewered, forked, or trapped. If you watch carefully for your next move, you can find your way out of just about anything.

One of Chris's favorite chess memories captures that lesson perfectly.

He remembers a game against a fellow player named Jim. At first glance, Jim appeared to have engineered the perfect trap. Jim had managed to fork Chris's queen and rook. A fork occurs when two or more targets are attacked with a single piece. Chris seemed destined to lose either his queen or his rook to a devastating knight fork. Most players would have accepted the loss of one of these critical pieces and moved on. Instead, Chris looked deeper.

"I saw his trap coming," he explains. "I played in such a manner that I was able to spring his own trap on him."

When Jim executed the fork, Chris responded by pinning the knight to Jim's king. Suddenly, the attacking piece couldn't move without exposing the king. The trap had become a liability,

and Jim ultimately lost the knight instead. "I felt really good about that," Chris says with a smile. Moments like those are satisfying because they reward careful thinking over quick reactions. They reinforce the idea that the obvious answer isn't always the only answer.

Perhaps the greatest lesson chess has taught Chris is to appreciate complexity rather than fear it.

"An appreciation of complexity and the opportunities that complexity can bring upon you," he says thoughtfully. "Life is complex, and we think of that as a burden. It is a burden, but it also gives us all kinds of opportunities. That is the sort of thing that you want to appreciate in your daily life. Another thing is that chess helps you to see and take advantage of the unexpected."

For Chris, chess isn't about memorizing moves. It's about training the mind to stay curious. Every complicated position contains possibilities that aren't immediately obvious. The same can be true of everyday life.

That perspective proved valuable during his first year of college. Facing a difficult midterm exam, Chris encountered a question covering material he had deliberately chosen not to study because he assumed it was too obvious to appear on the test. At first, panic set in. Then he noticed something everyone else had overlooked. A missing comma completely changed the meaning of the question. Rather than answering the question the professor intended to ask, Chris answered it exactly as written. A week later, when the exams were returned, the professor addressed the class.

"When I composed the exam," the professor admitted, "I neglected to add a comma to the subordinate clause. But that's okay, because one of your classmates interpreted the question as if the comma shouldn't be there, and it wasn't, so I had to grade his answer on that basis."

Chris smiles when he remembers the story. To him, it was another reminder to examine a problem carefully before assuming there is only one solution. "Chess has reaffirmed my impression of the world as a complicated place with unexpected developments in it and lots of opportunities."

That may be the greatest lesson of all. Life rarely unfolds exactly as we expect. Plans change. Obstacles appear. Sometimes the best move isn't obvious until we slow down enough to see it. For those who have never considered learning the game, Chris offers simple encouragement.

"It's a great deal of fun, and it's not nearly as difficult to learn as you would think it would be. It's easy to learn, it's fun, and you can appreciate yourself getting better at it as you learn."

After a lifetime spent studying the board, Chris came to learn that chess has never been only about kings and queens. It is about learning to stay patient when success feels distant, to think beyond the obvious, and to trust that complicated situations often hide unexpected opportunities.

To most people, chess is just 64 squares and 32 pieces. To Chris Woltermann, it has always been a way of understanding life.

If you want to join Chris for a game of chess, he and the Commission on Aging's chess club meet every Monday, from 1:00 pm – 3:00 pm in the Activity Room. Come out, take a lesson, and see what chess is all about.



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Plan Your Financial Future with Social Security

By Hillary Hatch, Social Security Public Affairs
Specialist

Social Security is a vital part of your financial plan, and we offer a variety of resources and tools to help you make informed decisions about your retirement and overall financial wellness. Knowledge is power, and preparation starts with information.

Learning about your benefits, how we calculate them, and the right time to retire will be key to your planned retirement is the first step to a secure tomorrow. Our publications are powerful tools to help you begin planning. Start your planning with:

- Your Retirement Benefit: How It's Determined at www.ssa.gov/pubs/EN-05-10070.pdf.
- When To Start Receiving Retirement Benefits at www.ssa.gov/pubs/EN-05-10147.pdf.

You should start planning now by reviewing your Social Security Statement and understanding your potential benefits. Social Security is not meant to be your only source of income in retirement. To live comfortably, you will probably need other savings, investments, pensions, or retirement accounts in addition to your Social Security benefits.

Our infographic "Anytime is the Right Time to Save for Your Future," at www.ssa.gov/benefits/assets/materials/retirement/EN-05-10549.pdf shares valuable information as you begin planning.

Your free and secure My Social Security account is here to help.

- Sign in to your personal my Social Security account at www.ssa.gov/myaccount/ to access your Social Security Statement. This easy-to-read summary shows your estimated retirement, disability, and survivors' benefits.
- Explore the Plan for Retirement tool in your account to check various benefit estimate scenarios. Compare how different future earnings and retirement start dates impact your benefit amount.
- Take steps toward financial wellness by regularly reviewing your estimated benefits and planning for your future.

Sharing really is caring! It's time to take charge of your financial future. Use Social Security's resources and tools to make informed decisions and build a secure tomorrow.

You should encourage your friends and family to improve their financial knowledge and plan for their future by sharing this information and helping them create their personal Social Security account at www.ssa.gov/myaccount/.



Social Security

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic -Appointments Only - \$25

Provided by Linda Russell - 4th
Monday of the month, 9:00 am - 4:30
pm @ 4388 West M-72 Hwy, Grayling

Hearing Clinic - Appointments Only

By Advantage Audiology, call the COA
Office for an appointment.

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
1:00 pm to 3:00 pm @ the
Commission on Aging.

Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30-9:30
am.

Lunches: Mon-Fri from 11:30-12:30
pm.

Suggested donation for seniors 60+ is
\$4.00

For those under 60, the 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
available resources.

Legal Assistance:

by Jason R. Thompson, Law Office
PLC

Free legal consultations available on
the 3rd Thursday of each month from
1:00 pm - 5:00 pm
Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

Trained counselors educate seniors
on which health insurance options are
best for them.

Senior Gazette: This monthly
newspaper 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 call or visit, plus a
safety check.

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.

Matter of Balance: Participants learn
to see falls as preventable and set
realistic goals to stay active. They also
make simple home safety changes
and build strength and balance
through exercise.

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. The 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. Crawford
County millage taxes fund our
programs along with Federal,
State, and local grants.
However, our needs are greater
than these sources can cover.
Your support through donations
helps us to help more. We are
grateful!

How We Served You in June 2026

Congregate Meals – 1,090

In-Home Services

HDM – 2,984

Respite – 43.50

Homemaker – 273.50

Bathing – 38.25

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

It is for any older adult in
Crawford County who lives
alone, or for anyone, whether or
not they get COA services.
A phone call is made on Tuesday
or Thursday from 11:00 am to
1:00 pm 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.

Get to Know Iran

Puzzle by Cathy Lester

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

Aryan: an ancient word for people who lived in Iran and India. The country name "Iran" was first used by Ardashir I (180-242 AD), who wanted all the different people in his kingdom to feel at one with each other. His most famous quote was, "There can be no power without an army, no army without money, no money without farming, and no farming without justice."

Esfahan: The city where I taught English at the University and still have friends. It has an Armenian cathedral and several magnificent World Heritage sites. It was nicknamed "Half the World" when it was built around 1600.

Persia: another name for Iran. Persian is the main language, also known as Farsi (from the province of Fars, formerly known as Pars).

Qanat: an underground canal system invented about 3000 years ago to bring water from the mountains to desert villages.

Rumi: a mystical poet. Lots of popular translations are available.

Rostam: legendary ancient hero. Rostam's stories are told in both Medieval Persian poetry and modern English poetry.

Shiraz: a city where they still grow grapes and used to make Shiraz wine. Windcatcher: a tall structure with slots at the top that funnels cooler air down into the building below. Invented about the same time as qanats.

Zoroastrianism: Believed to be the oldest form of monotheism that still exists. It's thought that the three magi were learned priests.

★ Aryan	★ Esfahan	★ Kebab	★ Olives	★ Rumi
★ Bazaar	★ Farms	★ Lamb	★ Persian	★ Saffron
★ Carpet	★ Farsi	★ Literature	★ Picnic	★ Schools
★ Caspian	★ Friendly	★ Magi	★ Poetry	★ Shiraz
★ Cat	★ Fruit	★ Mosques	★ Pottery	★ Silk
★ Cathedral	★ Garden	★ Mountains	★ Polo	★ Soccer
★ Caviar	★ Gaz	★ Music	★ Qanat	★ Tea
★ Chess	★ Gulf	★ Naan	★ Rainforest	★ Windcatcher
★ Churches	★ Herbs	★ Nightingale	★ Rice	★ Yoghurt
★ Deserts	★ Jewelry	★ Nomads	★ Rustam	★ Zoroastrianism



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.

Celebrating National Sneak Zucchini onto Your Neighbor's Porch Day

August Nutrition Education: Sneak a Zucchini Day

Since the late 1980's, August 8th has been National "Sneak some zucchini onto your neighbor's porch" day, and you celebrate exactly like you would think, just wait for your neighbors to leave or be otherwise distracted and sneak some zucchini onto their porch. Considering the bounty a few plants can provide, you might be walking a fine line between blessing and burden after your harvest, and this is a fun and lighthearted way to share your overabundance with your friends and neighbors. It's traditional to include a zucchini recipe or a whimsical signature, like "From: The Zucchini Fairy," so that your target knows that your gift is intentional.

This isn't just a fun way to get rid of your produce; zucchini is extremely nutritious, so sharing is caring! It is a nutrient-dense food, which means it contains high concentrations of essential nutrients relative to its calorie content. 1 small or ½ a medium (or 100g or 3.5oz) raw zucchini, with the skin on, contains:

- Calories 17
- Sodium 8mg
- Total Carbohydrate 3g
- Dietary Fiber 1g
- Protein 1g
- Calcium 16mg
- Potassium 261mg
- Magnesium 18 mg
- Phosphorus 38 mg
- Vitamin C 18mg

It also contains Omegas 3 and 6, which may help with inflammation, and is a source of hydration and electrolytes. If you don't grow zucchini, consider growing some next year! They are beginner-friendly plants for inexperienced gardeners and can be easily grown in containers if there is no space for a garden. Gardening can count as moderate physical activity, increase your time spent outdoors absorbing Vitamin D, and has been proven to reduce stress, anxiety, and depression while promoting an overall sense of well-being. It's amazing what just a few plants and a little work can do for your nutritional, physical, and mental wellness, and I think that's worth celebrating. Happy, successful sneaking!

Read more about:

Sneak a Zucchini Day - almanac.com

Zucchini Nutrition – foodnutrients.org

Gardening Health Benefits – clevelandclinic.org

August Recipe: Zucchini Bread

If you choose to leave zucchini on anyone's porch and observe this holiday, please remember that with the online ordering options available in grocery stores, you don't need to live near someone or have the mobility to tend a garden to have one delivered. You don't even have to explain. You can leave them forever wondering about the single zucchini they don't remember ordering. However, if you want to really embrace the wholesome idea of surprising your neighbors with a gift and finding a purpose for your abundance of produce, here is a lovely, quick bread recipe to take your offering to the next level.

Lemon & Blueberry Zucchini Bread from
amandascookin.com

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 large eggs
- ½ cup canola oil
- ⅔ cup sugar
- ½ cup buttermilk- see notes
- 2 tablespoons fresh lemon juice, about one large lemon
- Zest from one lemon
- 1 cup zucchini, shredded and drained
- ¾ cup blueberries, fresh or frozen, not thawed

Instructions

- Preheat the oven to 350°F. Butter and flour a 9x5 loaf pan.
- Whisk together flour, baking powder, and salt, and set aside.
- Beat eggs with a mixer until light yellow.
- With mixer on low-medium speed, add oil and sugar, then buttermilk, lemon juice, and zest.
- Fold in zucchini.
- Stir in dry ingredients just until combined.
- Gently fold in blueberries.
- Transfer batter to prepared pan and bake for 45-55 minutes.
- Cool in the pan on a wire rack for 15 minutes.
- Remove from the pan and cool completely on a wire rack.

Notes: To make a buttermilk substitute, add 1 ½ tsp of vinegar or lemon juice to ½ c. milk and let it sit for 5 minutes before using as instructed.



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

Support Groups & Resources:

Alcoholics Anonymous

St. Francis Episcopal Church
Monday/Friday: 12:00 pm - 1:00 pm
Tuesday/Friday/Sunday:
7:00 pm - 8:00 pm

St. John's Lutheran Church

Thursday 7:00 pm - 8:00 pm
Sunday 12:00 pm - 1:00 pm

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

"Choices" is a 26-week education program for women who are in the court system, have experienced domestic violence and/or sexual assault, have fought back in abusive situations, have used force, and need help learning positive conflict resolution skills. For more information on group dates and times, contact River House at (989) 348-1719, opt #8.

Healthy Relationships Group

Please get in touch with an Outreach Advocate at the River House Shelter at (989) 348-1719, opt #5 to learn more about this group and where it meets. These meetings are confidential.

Long COVID - Support Group

First Thursday each month,
5:00 -6:30 pm
via Zoom, call (231) 935-0951

Narcotics Anonymous

Wednesdays, 8:30 pm - 9:30 pm
Saturdays, 4:00 pm - 5:00 pm
St. Francis Episcopal Church, Grayling

Grief Share Ministry

Grayling Baptist Church

This ministry provides support to those who have lost a loved one or to those supporting someone who has lost a loved one. This group meets every Wednesday from 6 pm to 8 pm.

Hope Begins Here

308 Lawndale St
(989) 745-6090

Drop-in Mental Health Assistance Center. Offers a haven for people with mental health disorders

New to Medicare Presentation

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 19th, at 12:00 pm for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance.

Monthly Veteran's Coffee Hour

Date: Thursday, August 13th
Time: 10:00 am - 11:00 am

The meeting is held at the American Legion Post #106
More Info: (989) 344-3861

August Special Dinner Menu

The Commission on Aging will announce the menu for the Backyard BBQ Special Dinner following the publication of the Senior Gazette. Please watch for a post on the Crawford County Commission on Aging's Facebook, located at www.facebook.com/CrawfordCOA, or for information at www.CrawfordCOA.org

VOLUNTEERS WANTED

Give Back. Stay Active. Connect.

For more information: visit www.nemcsa.org or call 1.877.222.9043

CLASSROOM GRANDPARENT PROGRAM (FGP)

Provide compassion, support, and one-on-one attention to students, helping them build confidence and develop a love for learning.

For adults 55+ in Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon Counties

SENIOR COMPANION PROGRAM (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization

- *20 hours per week.
- *Non-taxable stipend of \$4.00/hr.
- *Mileage reimbursement
- *Supplemental/excess insurance during service
- *Annual recognition event.

income eligibility requirements apply*

1.877.222.9043



Special Dinner Schedule

August 20th
Backyard BBQ
September 17th
Thursday Night Lights
October 22nd
Halloween
November 19th
Thanksgiving
December 17th
Christmas

Dinner is served from 4:00 pm to 6:00 pm. The cost of dinner for those over 60 is a suggested donation of \$4.00; for those under 60, the cost is \$8.00 per person!