

Crawford County Senior Gazette October 2026

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Run, Walk, Wag, and Get Involved: Help Fund the Pet Program

Written by Carlie Wilson

The cost of living is rising, and it has made it harder to cover everyday expenses. Gas, groceries, and utilities costs are skyrocketing. For older adults living on a fixed or limited income, there isn't always much room in the budget when those costs increase.



"We are seeing a lot of people in food and commodities lines. We are seeing an increase in the need for resources," shared Tammy Findlay, the Advocacy and Resource Coordinator for the Crawford County Commission on Aging.

The Crawford County Commission on Aging was built on the principle of people helping people. As an organization, that is what we were created to do. When everyday expenses become harder to manage, the need for those resources becomes even greater. For some older adults in our community, that challenge extends beyond their own needs and starts to affect their pets.

Imagine choosing between buying groceries for yourself or buying food for the pet who has been by your side for years. For some, that isn't an imaginary decision. It's a reality the Commission on Aging's Pet Program was created to address.

Unlike in previous years, the COA was not granted funding for the Pet Program. To help make up for that funding gap, the COA is hosting Run, Walk, Wag, a 5K fundraiser, to help support the Pet Program. Run, Walk, Wag is a friendly walk with your pet. There are no timers or ribbons, just treats at the end.

The event begins at 10:00 a.m. on Saturday, October 17, at Hanson Hills Recreation Area. In addition to the 5K, the day will include raffle prizes, a 50/50 drawing, and opportunities to make an additional donation to the Pet Program. By bringing your pet to the walk, you and your pet can create change right here in your own community.

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!



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





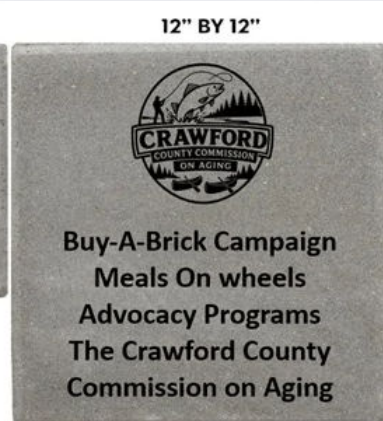
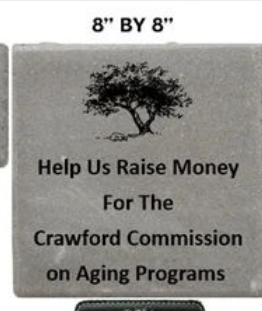
Help us create a permanent display celebrating and remembering the people, organizations, and community members who make Crawford County special.

Make your brick uniquely yours. Choose from three brick sizes and a wide variety of graphics, including all branches of the military. There are numerous logos and designs to choose from, or you can submit your own artwork.

More than a brick. It's a lasting legacy. Located near our new pickleball courts, this is not a pickleball fundraiser. Proceeds support Crawford County Commission on Aging programs, including Meals on Wheels, Advocacy, Fitness Classes, and more.

Show your support. Leave your legacy. Become part of our permanent display. You can purchase at: www.polarengraving.com/crawfordcoa

Brick Size	Price with Text only	Price with Text & Clip Art
4" x 8" Grey	\$100	\$106
8" x 8" Grey	\$200	\$206
12" x 12" Grey	\$400	\$406
4" x 4" Replica Leather Coaster \$25, same text as your larger brick. This keepsake coaster is available for purchase only in conjunction with your engraved brick.		



Scan here to visit our website and place your order today!



You can also buy several bricks and make a mosaic.



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A Non-Profit Faith-Based Organization

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

Daylight Diamonds
resumes on *Sundays*
at the **COA SENIOR CENTER**
starting **October 4, 2026**

from 3 to 4:30 pm

Class is free but we accept tips.

Sign up at the Senior Center
Instructor: Maze Stephan
Info: (989) 889-6054
Line Dancing Class

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

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2027 Special Dinner Schedule Announcement

January 21 – Winter Picnic
February 18 – Chinese New Year
March 18 – March Madness
April 15 – Spring Serenade
May 20 – Mother's Day
June 17 – Father's Day

July 15 – Hawaiian Luau
August 19 – Mexican Fiesta
September 16 – Thursday Night Lights
October 21 – Halloween
November 18 – Thanksgiving
December 16 – Christmas



TAMMY'S TIPS TO HELP YOU PREPARE FOR OPEN ENROLLMENT

Don't wait until the last minute. Open Enrollment is a good time to make sure your Medicare coverage still fits your needs for the coming year.

- Gather your Medicare information. Have your Medicare card, current plan information, and any insurance cards handy.
- Make a list of your medications. Write down the name, dosage, and how often you take each medication. Your prescription coverage can change from year to year.
- Check your doctors. Make sure your preferred doctors, specialists, and hospitals are still in your plan's network.
- Review your prescription costs. A medication that was affordable this year may cost more next year—or may no longer be covered by your plan.
- Look beyond the monthly premium. Consider deductibles, copays, coinsurance, prescription costs, and other out-of-pocket expenses.
- Think about what changed. Have your health needs, medications, doctors, or preferred pharmacy changed since you chose your current plan?
- Read your plan's Annual Notice of Change. This important document explains changes to your coverage and costs for the upcoming year.
- Be cautious of unsolicited calls. You don't have to give personal or Medicare information to someone who calls unexpectedly. If you're unsure, hang up and seek help from a trusted source.
- Ask questions. If you don't understand something about your Medicare coverage, don't guess. Get help from a trusted Medicare counselor or other qualified resource.
- Give yourself time. Don't feel pressured to make a decision during one phone call or meeting. Compare your options and choose what works best for you.

Most importantly: Don't assume your current plan is still your best option just because it worked well this year. Plans, costs, networks, and drug coverage can change every year. Taking a little time to review your options could save you money and prevent surprises later.

Angel Tree Applications Coming Soon

The Crawford County Commission on Aging is excited to announce the upcoming Angel Tree 2026! Starting October 1st, you can pick up Angel Tree Applications right in the COA lobby. Then, beginning November 2nd, we invite all generous hearts to visit the Angel Tree and help fulfill the wishes of those in need. It's a great way to help make the holidays a little brighter for someone in our community. Questions? Call us at 989-348-7123.

Let's come together and make this holiday season unforgettable!

Vaccine Clinics with DHD#10

Stay protected this season! COVID-19 vaccines are available at DHD#10, and most insurance plans cover the cost. No appointment is necessary. DHD#10 will be at the Commission on Aging on October 8th from 9:00 am - 11:00 am, and October 29th from 2:00 pm - 4:00 pm.

Vaccine availability may vary, so don't wait if you're due for your shot. Parents or guardians must accompany minors. Please check with your insurance provider beforehand to make sure DHD#10 is within your network, as not all insurance plans can be billed.



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Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

Upcoming Webinars on Behalf of Region 9 AAA

Dementia Webinar Series

- November 5, 2026: You Are Not Alone
- November 12, 2026: Caregiving During the Holidays
- November 19, 2026: The Three Golden Rules

Healthy Living Webinar Series

- February 4, 2027: Brain Health & Memory
- February 11, 2027: Making Your Home Work for You: Decluttering, Downsizing & Aging Comfortably
- February 18, 2027: Protect Yourself Against Fraud & Scams

Matter of Balance

- Roscommon COA - Houghton Lake Center: October 5, 2026 - October 28, 2026 (Mondays and Wednesdays) from 1:00 pm-3:00 pm
- Oscoda COA: October 26, 2026 - November 18, 2026 (Mondays and Wednesdays) from 1:00 pm-3:00 pm



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

800 E. Michigan Ave., Grayling, MI
(989) 344-2525 Fax (989) 348-9629

Save
a lot

October- J. Higgs Potato Chips 3 for \$4, Assorted Varieties, Limit 3 W/ Coupon

Please use only one Coupon per Family
Coupon Valid 10/1/2026-10/31/2026



The Crawford County Commission on Aging is supported by state and federal grants, Crawford County millage funds, and Crawford United. Even with this support, we could not do what we do without generous community members 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 the Commission on Aging's programs and services.

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 Russell

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

General Donations

Ann & Dan Bale

FBEM

Grayling Promotional Association

Huntington Bank

Kirsten Lietz

Dennis and Mickie Meyers

Dorothy Peacor

Connie Rowe

Helen Williams

Hometown Heroes

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

**Running Tally of Support: 108 Days,
\$33,290. Thank You!**

October 9 was donated by Keith Radwanski and Erin Fanning in memory of Kelly Fanning and Ora Walsh. October 16 was donated by Tom and Janet Gaffke, in honor of Kate, Megan, and Dalton for their dedication and hard work with the Meals on Wheels program. October 21 was donated by Tom and Janet Gaffke in honor of the dedicated volunteers who deliver Meals on Wheels to our participants.

Memorial Donations

Farrell Thomas donated in memory of his wife,
Linda (Brooks) Thomas
Lindy Peterson, in loving memory of Val Miller

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.

October Featured Activities



Pumpkin Glass Painting Class October 7th, 10:00 am

Join us Wednesday, October 7 at 10:00 am and create your very own Jack-o'-Lantern Glass with Debi Hool! You'll make a fun, festive piece to take home and enjoy all season long. Space is limited to just 10 people, so don't wait to sign up! Grab your spot and get ready for a morning of creativity, laughs, and a little Halloween spirit.

Grief Group October 13th, 10:00 am

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 and will last 90 minutes.

Lynn Oldfield's Painting Class October 16th, 10:00 am

Unleash your creativity and join us for a Painting Class with Lynn Oldfield on Friday, October 16th, 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!

Howl-O-Ween Pet Photography October 30th

The Commission on Aging is once again offering Halloween-themed pet photo sessions. The photos are free, but we are asking for donations. Donations include dog food, cat food, kitty litter, leashes, collars, and toys; we will also accept cash donations during the event. All of these items will support our Pet Program. Vaccination records are not required for the event, but they are encouraged. Pets must be on leashes for the duration of the event.

Drumming for Fun Tuesdays in October, 2:30 pm

Join Nancy Lemmen, Karen Ross, and Sherry Haag for an upbeat class that combines rhythmic drumming with simple movements to keep both body and mind active. Classes are first-come, first-served and limited to 18 participants. Please attend on a session-by-session basis rather than signing up for the entire series so that we can accommodate as many people as possible.

Commission on Aging Board Meeting Schedule

Unless otherwise noted below, all meetings will be held at the Crawford County Commission on Aging & Senior Center, located at 4388 W. M-72 HWY, east of Grayling. All meetings are scheduled for 4:30 pm unless otherwise noted. The dates for the meetings for 2027 are: November 17th, January 19th, March 16th, May 18th, July 20th, August 17th, and September 21st

Volunteers

Chris Aldridge
Mark Anderson
Meredith Anderson
Cheryl & Steve Batkoski
Nancy Billingham
Mary-Beth Brady
Debbie Carrigan
Carolyn Cochran
Sarah Corey
Jane Croze
Carolyn Diponio
Renee Deman
Kathy Dreffs
Donna Farren
Tom Fauntleroy
Rich Ferrigan
Linda Fielhauer
Anna Fradl
Tom & Janet Gaffke
Mary Geary
Janet Gilbert
Allison Goshorn
Karen Gribb
Sharron Hagerman
Sherry Haag
Donn Handy
Nancy Haywood
Ashley Hempel
Susan Hensler
Debi Hool
Cheryl Hopp
Annette Hritz
Liedewey Hunter
Cindy Johnson
Michael Jordan
John Kay
Ron & Eileen Kemerer
Glenn & Lorelei King
Alice Lee
Nancy Lemmen
Karen & Todd Leslie
Cathy Lester
Kristen Lietz

Dave & Mary LoPresto
Mike Lutz
Nancy MacDonald
Sandy Marshall
Dave Markle
Rick McBride
Dan & Karen McCarthy
Barb McNamara
Jessica Meek
Barb Miller
Brian Miller
Mike Miller
Tim & Olie Miller
Jackson Pollock
Keith Radwanski
Al Reynolds
Chuck & Robin Rodgers
Jeff Rosenberg
Karen & David Ross
Jon & Gail Schultz
Jon Shazri
Sally Slicker
Janis Smith
Richard & Margelynn Smith
Randy & Tanya Stephens
Barb & Brad Summers
Gwen Summers
Brad Summers
Tim & Susie Swedine
Samantha Szydzik
Ellen Thompson
Farrell Thomas
Ken Thurston
Scott Ulery
Becky Walrath
Zoella Wethington
Curtis Williams
Jan & Michael Williamson
Erika Wood
Ivy Fiona Wood
Laura Wood
Sandy Woods

October Birthdays

Beverly Ohsowski - 10/17
Trisha Snider - 10/26

Birthday Lunch is on Thursday, October 29th, 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.



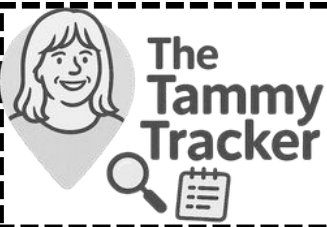
TAMMY'S TIPS FOR STAYING HEALTHY

Cold and flu season is here! Wash your hands often, especially before eating and after being in public. Try to avoid touching your eyes, nose, and mouth, where germs can easily enter the body. Get plenty of sleep, stay active, drink water, and eat nutritious foods to support your overall health. If you're feeling sick, stay home when possible to help prevent spreading illness to others. And don't forget to talk with your healthcare provider about which vaccines may be recommended for you.

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In the autumn, the warmth stored by the Great Lakes delays the first fall frost, extending the growing season near the shores. Conversely, the cold spring lakes delay the warming of nearby land.

When's the Medicare Open Enrollment Period?

- Every year, Medicare's open enrollment period is October 15 - December 7.
- What's the Medicare Open Enrollment Period?
- Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.
- When can people get information about next year's Medicare plans?
- Information for next year's plans will be available beginning October 15th.
- Where can people find Medicare plan information or compare plans? Contact Tammy Findlay, SHIP Counselor at the Commission on Aging, 989-348-7123

What to Know About the Commission on Aging's Pet Program

Over half of the older adults we serve live alone, and for many, their pet is their closest companion and a source of consistent comfort. Connecting pets to care is often an unmanageable obstacle for homebound older adults, many of whom live on fixed or limited incomes. The COA started a pet program 8 years ago, which was first funded by Meals on Wheels and Pet Smart Charity. Some years we have received grant funding; this year is not one of them. The COA Pet Program is asking for donations to continue to serve our older adult clients with pet needs. Donations can include monetary donations, dog/cat food, cat litter, and other pet supplies. If you are interested in supporting this program, contact Tammy Findlay at 989-348-7123



Medicare Fraud and Imposter Scams are on the Rise

Recent medical-related scams in Michigan include imposters posing as state officials from the Michigan Department of Licensing and Regulatory Affairs (LARA), claiming license enforcement issues, and schemes involving unsolicited durable medical equipment (like unwanted braces) billed to Medicare. Federal and state sweeps have also targeted large-scale fraudulent medical billing. Always review your Medicare Explanation of Benefits (EOB).

Official Rules of Medicare Contact

- No Cold Calls: Medicare will never make unsolicited phone calls to ask for personal data or money.
- No Home Visits: Official Medicare representatives never visit residential homes uninvited.
- Voluntary Prescription Plans: Medicare Part D is voluntary, and coverage cannot be terminated for refusing to join a specific prescription plan.
- Free Cards: Official replacement cards are completely free and sent automatically without requiring confirmation over the phone.

Fall Safety Checklists, Tips for Staying Safe This Fall

Michigan's fall is a vibrant season featuring brilliant autumn foliage, crisp cider mill traditions, and cooler outdoor recreation weather. Peak color progression moves from mid-September in the Upper Peninsula down to late October in the southern counties. With the foliage dropping from the trees driving can become hazardous, fog increases, deer activity increases and watch out for that low sun glare!

- Slick Wet Leaves: Piles of wet autumn leaves on cold pavement reduce tire traction as severely as black ice and can hide deep potholes or road markings.
- Thick Morning Fog: Crisp autumn air frequently produces dense ground fog that drops visibility to near-zero on major highways like I-75 and I-94, triggering multi-car pileups.
- Increased Deer Activity: Mating season peaks from October through December, making deer extremely active near roadways right during lower-visibility dawn and dusk hours.
- Low Sun Glare: Earlier sunsets and low-angle autumn sunrises create blinding road glare.

In addition to general fall safety, have you considered that safety should also be taken into consideration in your yard? Do a permiter check to keep your pets safe, too!

- Remove mushrooms daily: Check damp, shaded yard areas every morning for toxic wild mushrooms before letting your dog out.
- Clear leaf piles: Bag up fallen leaves quickly so your dog cannot ingest hidden mold, bacteria, or sharp hidden sticks.
- Keep tick prevention active: Ticks remain highly active in leaf litter during chilly autumn months until a hard freeze occurs.
- Watch for wildlife: Autumn is mating and migration season, increasing the chance of encounters with aggressive deer, raccoons, or skunks.

Upcoming Online Classes from MSU Extension-October 2026

Preserving MI Harvest-The Drying Game: Basics of Dehydrating October 1, 2026 1-2 pm and 6-7 pm ET Zoom Webinar

RELAX: Alternatives to Anger 10.2 October 2, 2026 1:00 pm – 2:00 pm zoom webinar

Mindful Moments: A Series of Mindfulness Workshops, Oct 2026 October 5, 2026 – October 19, 2026 Online via Zoom

Serving up Food Safety - Series: #1 What are PFAS and how to reduce exposure October 5, 2026 12:00 pm – 12:30 pm Zoom Webinar

Wits Workout - School Days October 5, 2026 1:00 pm – 1:30 pm Online

Mindfulness Pebbles: A Series of Discovery October 5, 2026 – November 9, 2026

Chronic Pain PATH Toolkit 10.6 October 6, 2026 10:00 am – 11:00 am zoom webinar

Retirement Myths and Facts - 10-6-2026 - Webinar October 6, 2026 12:00 pm – 1:00 pm Virtual – Zoom

Enjoy the Holidays on a Budget! - 10-7-2026 - Webinar October 7, 2026 6:00 pm – 7:00 pm Virtual Zoom

Preserving MI Harvest-Oh Deer, Preserving Venison October 8, 2026 1-2 pm and 6-7 pm ET Zoom

Every Penny Counts: Savings Strategies October 8, 2026 October 8, 2026 12:00 pm – 1:00 pm Zoom

Wits Workout - America's Pastime October 12, 2026 1:00 pm – 1:30 pm Online

Make a Spending Plan Work for You! (Webinar) October 13, 2026 12:00 pm – 1:00 pm Zoom

Preserving MI Harvest-Preserving Apples October 15, 2026 1-2 pm and 6-7 pm ET Zoom Webinar

Chronic Pain PATH Workshop - Virtual - Thursdays, October 15, 2026 – December 10, 2026 1:30 - 3:30 pm ET. Online via Zoom

Top Ten Credit Tips - October 19, 2026 12:00 pm – 1:00 pm Zoom Webinar

Wits Workout - Apple a Day October 19, 2026 1:00 pm – 1:30 pm Online

Wits Workout - Slumber Party October 26, 2026 1:00 pm – 1:30 pm Online

Brief Practices in Mindfulness, October 27, 2026 12:00 pm – 1:30 pm ET Online

Who Gets Grandma's Yellow Pie Plate - Passing on Personal Possessions - October 27, 2026 3:00 pm – 4:00 pm zoom webinar

Tips to Build and Protect Your Credit October 28, 2026 11:00 am – 12:00 pm Zoom

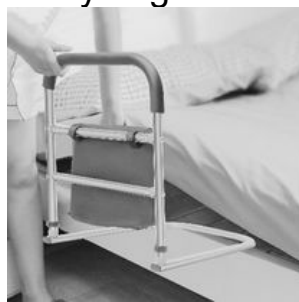
To register for any event visit:

<https://www.canr.msu.edu/rlr/> and click on the Events tab

Loan Closet Spotlight: Bed Safety Rail

Feel confident and supported every time you get in and out of bed with a bed safety rail.

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



The Scoop with Jan: Ideas for Working Smarter and Not Harder

Do you ever find yourself bemoaning the fact that you can't do the things you use to? Or do you decide to stop doing activities because it's too hard now? While it's a fact of life that as we age our flexibility and mobility change, it doesn't mean we have to stop doing things we need to do or things we enjoy doing.

I spent a few hours talking with older adults in our community and asked them "Are there things you do to work smarter, not harder?" Here's some of their ideas and some ideas from experts in healthcare. Take a minute to consider using some of these ideas. Working smarter, not harder, helps older adults stay active, independent, and safe while saving energy.

Home & Daily Living

- **Use grabbers.** Avoid bending down. This is something you can do both inside and outside. Picking up items from the floor or picking up sticks, etc on the lawn is made easier by using a grabber. P.S. Grabbers are an item that you can use your over-the-counter insurance benefit to purchase.

- **Slide items.** Avoid lifting heavy pots, bags of pet food, garden supplies, etc.

- **Use a dolly.** Moving heavy items from place to place is not always easy. Let the dolly do the work.

- **Sit down.** Use a stool while prepping food, working at a workbench, putting together an item, etc.

- **Install levers.** Replace hard-to-turn door knobs with flair door handles that allow you to push down to open.

- **Automate lights.** Use motion sensors in hallways.

- **Work at eye level.** Bending over causes back pain and limits what we can do. Put items on a work bench, countertop or other surface that allows you to stand up or sit on a stool to work on.

Technology & Organization

- **Voice control.** Dictate texts and control appliances with voice control.

- **Batch tasks.** Do all downstairs chores at once. Batch items that need to go upstairs together. Maybe use a small basket with a handle to carry them safely.

- **Robot vacuums.** Let technology clean floors daily.

- **App reminders.** Use your phone or Google or Alexa to set alarms for medications or activities you need to remember. (A family member or friend can help you set these up if you're not tech-savvy.)

Physical Energy

- **Take breaks.** Don't be afraid or embarrassed to take a break. Take regular five-minute sitting breaks. Conserving energy helps you do more each day.

- **Break up tasks.** Do tasks in smaller increments. The job still gets done!

- **Ergonomic tools.** Use padded, large-handle utensils.

- **Wheeled carts.** Move laundry, groceries, tools, and garden items easily with a small cart or wagon.

- **Use extenders.** Use extenders on items like ceiling fans and lights. This may be something as simple as a string, ribbon, shoelace, etc.. that allow you to turn the light or fan on and off without reaching or standing on a chair or stool.

- **Decrease weight of items.** For tasks like spraying lawn or gardens decrease the amount of liquid in the sprayer. (If you use to fill it to 2 gallons, cut the amount in half and just fill to one gallon.) The decreased weight makes it easier to handle and easier on your back, hips, knees, etc.

I'm sure we all have other ideas of things we have discovered that allows us to continue to be independent and stay in our homes. Don't be afraid to share these ideas with others. We all want to do as much as we can for as long as we can.



October 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	2 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Egg Roll, Tropical Fruit Salad
5 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Roll, Pear	6 8:30a-9:30a Breakfast Ham Slice, Fried Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Breadstick, Mixed Vegetables, Orange	7 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stew, Broccoli, Roll, Kiwi	8 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Prince Charles Vegetables, Pear	9 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/Gravy, Peas and Onions, Banana  <i>October 9th was donated by Keith Radwanski and Erin Fanning in Memory of Kelly Fanning and Ora Walsh</i>
12 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Baked Beans, Kiwi	13 8:30a-9:30a Breakfast Ham Slice, Fried Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Chicken Marsala, Garlic Mashed Potatoes, Italian Blend Vegetables, Applesauce	14 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Potato Crusted Whiting, Broccoli, Cheesy Mashed Potatoes, Apple	15 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	16 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Beef Pot Roast with Gravy, Garlic Mashed Potatoes, Carrots, Roll, Banana  <i>Donated by Tom and Janet Gaffke in honor of Kate, Megan and Dalton</i>
19 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Swedish Meatballs, Egg Noodles, Peas and Onions, Orange	20 8:30a-9:30a Breakfast Ham Slice, Fried Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	21 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Orange Chicken, Fried Rice, Sugar Snap Peas, Mandarin Oranges  <i>Donated by Tom and Janet Gaffke in honor of all who deliver Meals on Wheels</i>	22 8:30a-9:30a Breakfast Meatloaf, Carrots, Mashed Potatoes w/Gravy, Apple 4:00p – 6:00p Halloween Special Dinner Chili, Cornbread, Carrots, and Jello, Optional: Dirt Cup	23 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Hot Turkey OF Sandwich, Mashed Potatoes, Harvest Blend Vegetables, Banana
26 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Macaroni & Cheese, Harvest Blend Vegetables, Strawberry Yogurt	27 8:30a-9:30a Breakfast Ham Slice, Fried Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Honey Mustard Chicken Thighs, Herbes De Provence Potatoes, Peas and Onions, Roll, Pear	28 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Herb Seasoned Pork Loin, Mashed Sweet Potatoes, Green Beans, Pear	29 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Birthday Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	30 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Roll, Banana
Light Bites – Dine in Only Cabbage Rolls, Red Skin Potato, Roll, Banana	Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes	Light Bites – Dine in Only Bourbon Chicken, Vegetable Egg Roll, Sugar Snap Peas, Kiwi	Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Orange	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Banana

October 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*Please note, Diamond Dancers will be held on Sundays from 3:00 – 4:30 pm starting October 4th, and will not be marked on our regular calendar. Please see the bottom of this calendar. If classes are canceled for a particular week, they will be listed below. Thank you!</i>			1 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Grayling Pharmacy Bingo 3p Music for Life	2 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
5 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	6 9a Beginner Pickleball Lessons 9a Friends of a Feather 9a Zumba Gold A 9:30a Tech Support (By Appointment Only) 10a Zumba Gold B 12:30p Euchre 2:30p Drumming for Fun	7 8:30a Blood Pressure Checks 9a AuSable Quilt Guild 10a Pumpkin Glass Art Class 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	8 9a Beginner Pickleball Lessons 9a DHD#10 Vaccine Clinic 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	9 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
12 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	13 9a Zumba Gold A 9:30a Tech Support (By Appointment Only) 10a Grief Group 10a Zumba Gold B 12:30p Euchre 1p Cancer Support Group 2:30p Drumming for Fun	14 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	15 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice	16 10:00a Lynn Oldfield's Painting Class 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 17 10a Run, Walk, Wag 5k @ Hanson Hills
19 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	20 9a Zumba Gold A 9:30a Tech Support (By Appointment Only) 10a Zumba Gold B 12:30p Euchre 2:30p Drumming for Fun	21 8:30a Blood Pressure Checks 10a Silver Sneakers 11a Alzheimer's Support @ the Brook 12p New to Medicare 12:30p Mahjong 12:30p Wii Bowling	22 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p Halloween Special Dinner	23 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
26 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	27 9a Zumba Gold A 9:30a Tech Support (By Appointment Only) 10a Zumba Gold B 12:30p Euchre 2:30p Drumming for Fun	28 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Book Club 12:30p Mahjong 12:30p Wii Bowling 1p Commodities	29 9a Zumba Gold A 10a Zumba Gold B 12p Birthday Lunch 1p Penny Bingo 2p DHD #10 Vaccine Clinic	30 8:30a Pet Photography 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo

October Crossword: Michigan Legends



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



Creature, Ghost, Haunted, Legend, Paulding, Phantom, Shipwreck, Witch, Appartition, Werewolf, Phantom, Shipwreck, Wendigo, Curse, Cryptid, Mishpeshu, Folklore, Mothman, Mantou, Dogman, Monster, Beast, Specter, Dogman

ACROSS

2. A spirit of a dead person
4. Michigan town famous for mysterious lights
5. A traditional narrative often regarded as historical but unauthenticated
7. Something apparent to sense but with no substantial existence
11. Beyond what science considers natural
13. A person believed to use magic
15. A legendary underwater creature
16. The unstandardized, traditional culture of a society, transmitted informally through oral communication
17. A mysterious winged creature
19. A supernatural spell causing bad luck
22. A frightening ghost
23. A legendary cryptid described as a tall, bipedal creature with the body of a man and the head of a dog

DOWN

1. A living being, real or imaginary
3. Visited by supernatural beings
6. Detroit legend involving a mysterious red figure
8. A ghostly figure that suddenly appears
9. A person who transforms into a wolf
10. A mysterious or ghostly appearance
11. A sunken or destroyed ship
12. A terrifying creature from Indigenous folklore
14. An animal rumored to exist without scientific proof
17. A strange creature said to live in the woods
18. A supernatural spirit in Indigenous traditions
20. A frightening creature

Featured Article (Continued): Run, Walk, Wag, and Get Involved: Help Fund the Pet Program

The need for programs like this is not unique to Crawford County. Research from Meals on Wheels America found that nearly half of surveyed Meals on Wheels clients with pets had been unable to obtain needed veterinary care. Cost was the biggest barrier, followed closely by transportation. Nearly 30% reported going without their own personal care in order to provide for their pets. One in two also said they didn't have anyone else to help with their pet's needs besides Meals on Wheels pet programs. These numbers show that the cost of pet care can become much more than an inconvenience. For an older adult living on a limited income, an unexpected veterinary bill or the ongoing cost of food can become a barrier to providing the care their pet needs. That is where the Crawford County Commission on Aging's Pet Program comes in. "The Pet Assistance program helps provide funding for food and veterinary services for those 60 and older living in our community. In the past, we have received funding from Meals on Wheels and PetSmart Charities, and unfortunately, we did not receive that this year," shared Tammy Findlay, Advocacy and Resource Coordinator. The Pet Program helps eligible older adults with some of the costs and challenges that come with caring for a dog or cat. Pet food, litter, veterinary care and other assistance may seem like small things, but when someone is living on a limited income, those expenses can become very big obstacles.



The program is about more than helping someone purchase pet food or pay for veterinary care. It can help older adults continue caring for their pets without having to sacrifice other necessities. Meals on Wheels America found that more than 80% of pet-owning clients receiving pet support believed that the assistance made it possible for them to keep their pets. That is the impact we are trying to create here in Crawford County. "The reason why it's so important is that people are sacrificing their own needs to keep their pets alive, and we don't want people to have to make that choice," said Findlay. The loss of funding from PetSmart Charities and the Meals on Wheels Loves Pets fund means the COA has had to look for other ways to keep the Pet Program going. "We are reaching out, trying different avenues and initiatives to keep this program running," said Findlay. For the COA, keeping the Pet Program available means continuing to provide another resource for older adults who are already working to stretch their budgets as far as possible. "If we can have people come out and support us for this cause, we know that we'll be able to support more people this winter when times get even tougher," Findlay said. Run, Walk, Wag was created to give the community a way to help. The goal is to do so much more than raise money; it was built on the very same principle that the Commission on Aging was built on: People helping people. "So come out, bring your pet. It will be on a two-track. It'll be a gentle slope, and you don't have to do the full walk. Just come out and meet other people, meet new pets, and maybe even find a new place to walk," Findlay said.



Registration for Run, Walk, Wag is \$25 and includes a T-shirt and lunch on the day of the event. If running or walking isn't your thing, there are still plenty of ways to support Run, Walk & Wag. You can participate at your own pace, bring your family and your pet, enter the raffle, participate in the 50/50 drawing, make an additional donation to the Pet Program, or simply come out to support the cause. Every registration, every donation, and every person who joins us helps strengthen the Pet Program. The goal is straightforward: to help older adults continue caring for their pets without having to sacrifice their own basic needs to do it. Statistics and information presented in this article were provided by Meals on Wheels America. For more information: <https://www.mealsonwheelsamerica.org/research/supporting-social-connections-for-older-adults-pet-assistance-programs/>



Active Military and Veterans: Discover all you can do online with Social Security

By Hillary Hatch, Social Security Public Affairs Specialist

Whether for your next mission, your family's future or life after service, you already know the value of planning ahead. Your personal my Social Security account helps you do just that. It's the most convenient way to do business with Social Security, anytime and from any internet-connected device. If you have not created your personal my Social Security account yet, get started today at www.ssa.gov/myaccount.

What Veterans can do with an online account

With your my Social Security account, you can securely access your information, manage your benefits without visiting a field office and keep an eye on your personal records. Whether you're transitioning out of the military, working in a civilian career or already retired, your account moves with you.

If you're already receiving benefits, you can:

Set up or change direct deposit, including to a new bank after a relocation.

Get a Social Security 1099 (SSA-1099) form for tax time.

Print a benefit verification letter if a lender, landlord or other agency needs proof of income.

Change your address when your duty station or home address changes.

If you're not currently receiving benefits, you can:

Apply for benefits and check your application status online.

Access personalized retirement benefit estimates to help plan alongside your military retirement or VA benefits.

See estimates for your spouse's benefits to support your family's financial planning.

Get proof that you do not receive benefits if another agency or program requests it.

You can also request a replacement Social Security card (in most states and the District of Columbia) without visiting an office.

For a full list of services, including those for businesses, government agencies and organizational payees, visit Social Security's Online Services webpage at www.ssa.gov/onlineservices.

Expanded 24/7 access for your schedule

Whether you're working shifts, going to school on the G.I. Bill or balancing family and reserve duty, Social Security's online features are available around the clock. You can securely manage your information whenever it fits your schedule—not just during office hours.

Log in and get started

Visit Social Security's website to sign in or create your personal my Social Security account. Explore everything you can do online, securely, conveniently and at your fingertips.

Social Security also has a dedicated Information for Military and Veterans webpage at www.ssa.gov/people/veterans. There, you'll find: A side-by-side comparison of VA compensation and Social Security disability.

Details on expedited disability claims for some wounded warriors and Veterans.

Additional resources tailored to your military service and benefits.

Share this information with your family and Veteran network so they can go digital and sign up for their personal my Social Security account today.

Thank You, Volunteers

A Letter from Brian McLaughlin

Our Fiscal Year is October 1st through September 30th, and as we approach October 1st, we start to tally up all that we have done over the past Fiscal Year. As I look back on 2026 one thing repeatedly stands out to me, and that is how much our Volunteers do to help make this place run. I haven't compiled all of the numbers yet, because as of this writing, it's still September, and the numbers wouldn't be complete, but I can ballpark it for you. Every week Volunteers visit and check in with homebound residents both in person and on the phone, in total its over 500 hours of outreach. All of our programs that we have at the Senior Center are run by volunteers and between Fitness, Bingo, Support, Crafts and Games, there are over 1,000 hours of Volunteer Leadership. Then there is our Nutrition Program, where Volunteers Prep, Serve, Deliver, and Distribute over 10,000 in facility meals, 170,000 pounds of Shelf Stable food through Commodities and Food Trucks and 40,000 Home Delivered Meal through Meals on Wheels. More than 1,000 times a year people Volunteer to take a Meals on Wheels Delivery Route and deliver meals to homebound and disabled people in the community. The numbers are Staggering, the time is Immense, but the impact is immeasurable. Not only is the recipient impacted, but the family members are impacted by the relief they feel knowing their loved one is getting healthy nutrition, plus the impact on the community when vital resources are saved by enabling people to stay in their homes as opposed to being institutionalized, the ripple effect of our Volunteer's efforts keep going and going. We love and appreciate all of our Volunteers and want to take this opportunity to share the love so that the entire community hears about what they freely give with their Time, their Giant Hearts and Open Hands. So, Thank You from the bottom of my heart, and as always, We at The Commission on Aging are Nothing without You.

Help Us Keep the Senior Gazette a Free Publication

The Senior Gazette is provided free of charge so that older adults in our community can stay informed about programs, events, resources, and opportunities. Many readers may not realize that the advertisements throughout the Gazette help offset the cost of printing and distribution, allowing us to continue offering this publication at no cost. As printing and postage continue to rise, we invite those who enjoy and benefit from the Senior Gazette to consider donating to support it. Contributions of any size help ensure that this publication can remain free and accessible to everyone in our community. To donate, call 989-348-7123 or mail a check to the Commission on Aging, 4388 W.M.-72 Highway, Grayling, MI 49738.

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 help older adults understand their health insurance options and make informed decisions.

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. Zumba Gold is a lower-intensity version of traditional Zumba, designed for 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 August 2026

Congregate Meals – 916

In-Home Services HDM – 2,889

Respite – 68.50

Homemaker – 260.75

Bathing – 39.50

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.

Urban Legends Word Search

Puzzle by Cathy Lester

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

🍁 Abduction 🍁 Aliens 🍁 Babysitter 🍁 Bats 🍁 Bigfoot 🍁 Boogeyman 🍁 Bots 🍁 Candy 🍁 Child 🍁 Clown	🍁 Conspiracy 🍁 Creepy 🍁 Darkness 🍁 Dead 🍁 Dogman 🍁 Doll 🍁 Elvis 🍁 Eye 🍁 Extraterrestrial 🍁 Frog	🍁 Ghastly 🍁 Ghoul 🍁 Harassment 🍁 Haunted 🍁 Hitchhiker 🍁 Hypnotize 🍁 Insectoids 🍁 Kidnap 🍁 Lochness 🍁 Martians	🍁 Monster 🍁 Mummies 🍁 Murder 🍁 Mutilation 🍁 Mysterious 🍁 Paranormal 🍁 Peeping 🍁 Phantom 🍁 Plot 🍁 Poison	🍁 Poltergeist 🍁 Raggedy 🍁 Razor 🍁 Robot 🍁 Satanic 🍁 Spook 🍁 Spying 🍁 Stalking 🍁 Suicide 🍁 Vampire
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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.

Old Fashioned Southern Potato Cakes

This recipe was originally published in Aunt Bee's Mayberry Cookbook in 1991 and it is likely the first thing I ever made in the kitchen as a small child. My dad spent years looking for the "perfect" potato cake recipe that tasted the way his mom made them and once he found this recipe he passed the tradition on to me like his mom did with him. Any time you make mashed potatoes for dinner, make a double batch and make these the next day. Keep this recipe in mind for the day after Thanksgiving to breathe some new life into your leftovers.

Ingredients

- 1 cup mashed potatoes (prepared with plenty of butter and seasoned to taste)
- 1/3 cup plain all-purpose flour
- 1 whole egg
- A small splash of water or milk (as needed for moisture)
- Vegetable (or any neutral) oil for frying

Instructions

1. Prepare the Potatoes: Make smooth mashed potatoes using fresh or instant potatoes, mixing in generous amounts of butter and salt/pepper so they are fully seasoned. Allow them to cool slightly. Or, let refrigerated leftover potatoes sit out for 30 minutes or so to take the chill off and then proceed.
2. Combine Ingredients: In a mixing bowl, combine 1 cup of the seasoned mash, 1/3 cup of plain flour, and 1 whole egg.
3. Adjust Consistency: Stir the mixture well. Gradually add a tiny splash of water or milk. The batter should be loose enough to drop or fall easily off a spoon but not pancake batter runny. If your potatoes are already thinned out with milk or cream you may not need to add more moisture.
4. Fry the Cakes: Heat a thin layer of oil in a skillet over medium heat. Drop the mixture by spoonfuls (up to 1/4c) into the hot pan, flattening them slightly. Cook until golden brown on one side, flip, and brown the other side. Serve warm.

Notes: These are great plain, but I also like to season with garlic and onion powders to taste and top with a dollop of sour cream and green onion. Any toppings you like on mashed or baked potatoes will be perfect here.

Nutrition Education: Food Safety While At Home

With the holiday season approaching, we are all looking forward to things like quality time with family and friends, holiday activities, and lots of food, but what if you are responsible for the food? How do you keep everyone safe?

The two main causes of foodborne illness are not cooking food to safe temperatures and leaving leftovers out of refrigeration for too long. Both situations can be avoided by observing 2 things, time and temperature.

To know if your food is safe you need to know what its temperature is. I recommend investing in a food thermometer to ensure nothing is undercooked, you can find these as low as 5\$-10\$ at most grocery, dollar, or hardware stores. Take the temperature of your food in the middle of the thickest part of it. If you made multiple things in 1 pan (like pork chops or chicken breasts) take the temperature of a few in different spots to make sure all are safe.

Cook Food to Safe Temperatures

- 165° -All poultry, ground meats, casseroles, and reheated leftovers. If food has been cooled and is being reheated as a leftover it doesn't matter what the food is, it should be heated to 165°
- 145° -Beef, Pork, Veal, Ham & Lamb Steaks, Chops and Roasts, Fish & Seafood
- 150°-Eggs
- 135°- Vegetables and Potatoes
- If you have food that isn't meat but is cooked with meat, it needs to be cooked to the same temperature as the meat. For example, when you cook your stuffing inside your Thanksgiving turkey the stuffing also needs to be 165° because juice from the meat is going to be in the stuffing and carries the same bacterial risk as the rest of the bird.
- Your refrigerator should be set between 33°-41° Anything that needs to be kept cold or served cold needs to be kept within these temperatures, like that cranberry sauce and the whipped cream for your pies.

Keep Leftovers out of the Danger Zone

The "Danger Zone" is what we call the range of temperatures (41°-135°) in which bacteria thrive and can double or even triple in a short amount of time, causing foodborne illness. If your leftovers have been sitting out and have fallen within these temperatures for more than 2 hours, throw them away.

Some foods, like a whole turkey, will not cool to a safe temperature within 2 hours, even in the refrigerator, without a little help. Break down the whole bird into its thighs, legs, and breasts and slice any large pieces of meat, then cover and refrigerate. Breaking food into smaller pieces lets the cold air reach more surface area, cooling it quicker. Pour hot liquids, like gravy, into a shallow, long container, like a roasting pan, before refrigerating. Once it is cool, you can store it in something more convenient.

Visit USDA.gov for more detailed information

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For advertising inquiries or to be added 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 E Free Church

Monday 2:00 to 4:00 p.m. at the library external conference room. Information can be found at: griefshare.org. Contact information is: Jon Schultz, 989-390-0831, ausableman@gmail.com

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

Are you turning 65 soon? Are you receiving mail or phone calls from insurance companies about Medicare? Protect yourself from scams and fraud, and get help understanding your Medicare options. Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, October 21 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, October 8th
Time: 10:00 am - 11:00 am

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



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

- *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**

SENIOR COMPANION PROGRAM (SCP)

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



1.877.222.9043



Special Dinner Schedule

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!



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