

# Crawford County Senior Gazette December 2018

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## Featured Article

### "I Don't Hesitate to Help" Terry Tody

Terry Lynn (Schlegel) Tody is not a woman who sits still for very long. "When you sit down, you die," she said. "I'm not ready to die yet, so I keep going!" We had a chat one morning before she headed out for her weekly Bible Study and then her quilting group.

She said her parents would have given her the same name had she been a boy, back in 1946 when she was born. She is the third of four children, with two older sisters and a younger ("spoiled") brother, and was raised in Goodrich, MI.

"I graduated from Goodrich High School, and then went to Flint Junior College," she said. "I was going to be an elementary school teacher. Then I met and married my husband, Frank. He had four kids, so I was instantly a mother. The oldest was twelve years old, and I was only 22, so I grew up fast raising them. A lot of people, including his mom, thought I was taking on a lot. And I was, but eventually she accepted me as her daughter. I put those kids through college and raised them like they were my own."

Terry and Frank were married nearly 45 years before he passed away in 2014. "My faith is extremely important to me. I don't know how I would have gotten through without my faith," she said. "But I had 14 years with him



up here after we retired. Good years. He died on Ascension Day, so I wouldn't forget."

Terry said of moving to Grayling, "It was natural to come here. His parents had property up here, so he'd been coming here all his life. When we retired, he said 'wherever you want to go'. I wanted to be here." Before retirement, Frank worked for GM, and for 14 years, the couple had a restaurant called The Wooden Frog Eatery. "It was kind of a play on our name, I suppose. A toad is kind of a brown frog. The restaurant was my job for those years."

Hard work has never been a thing Terry tried to avoid, and since retiring, her work has been primarily as a volunteer for various help resource groups. "The reason is simple. There was a time when my husband and I had nothing. Food stamps. We had food stamps. I know what that is like, and I just feel I need to help where I can."

She's served on the District Board of the Lutheran Women's League, as well as the board of the Christian Help Center since 2008. She's also on the advisory board for RSVP. She works with the Mt. Hope food bank. Five times a year, semi-trucks full of food, paid for by Mt. Hope, distribute groceries for free to any resident of Crawford County who is in need. "We can't do it in the winter, because we don't have a facility. We never know what will be on the truck, but the most recent one had pallets of

Cont. Pg 5



See pg 4



Gardening Webinar  
See pg 6

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

## HOURS OF OPERATION

**Monday & Wednesday**  
8:30am to 6pm

**Tuesday & Thursday**  
8:30am to 7pm

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

**308 Lawndale St**  
**Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)**  
**Director**  
**[@crawfordcoa.org](mailto:@crawfordcoa.org)**



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

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*"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."*

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## We've Heard You! Responses to the Senior Center Suggestion Box

**Question:** Can we leave the kiwi uncut?

**Answer:** Sure! We will default to cutting kiwi so it's easy to eat, but please tell your server if you'd rather not have your kiwi cut.

**Question:** Can we have a bread stick with our spaghetti dinner?

**Answer:** Yes, we are making that happen. It may mean reducing the amount of pasta some, but it should work.

**Question:** Asparagus is tough and hard to eat. Can we purchase a better product?

**Answer:** We have looked at your request and will be switching from "cuts & tips" to "spears". Hopefully, this will be better. Let us know!

**Question:** Ate lunch, but didn't get milk.

**Answer:** We are very sorry about that! If for some reason your volunteer server doesn't get you what you need, please step back to the kitchen and ask for Chef Dale or come

to the Reception Window for assistance. We will make sure you get what you need!

**Question:** There were several undesirable remarks about the cranberry chicken.

**Answer:** After hearing all the comments, we have decided to remove the cranberry chicken off the menu. Thank you for your feedback!

**Question:** I can't believe you raised the price of meals.

**Answer:** Unfortunately, over the past 5 years since the last time we raised the Suggested Donation, our costs have gone up. Remember that is only a "suggested donation" and not a "cost". Please donate what you can. Everyone is welcome to eat no matter what the donation is.

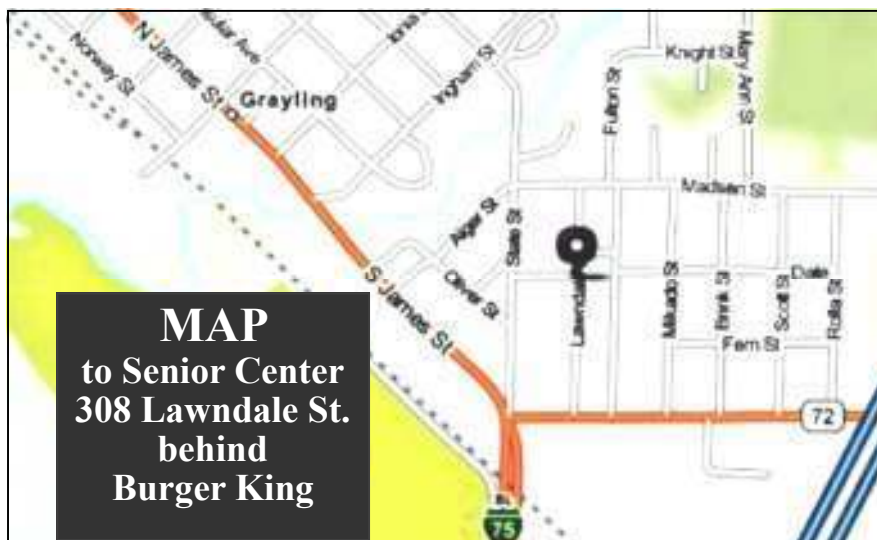


## Grayling COA Wii Traveling Team Brings Home the Gold

It was a gold bowling pin that represented the first place win in the final year end tournament held at the Kalkaska Commission on Aging. Along with the 8th Annual Traveling Wii Tournament, a Banquet and Awards Ceremony was held as well.

Six COA Wii Traveling teams competed from February to October, including Bellaire, Belle Oakes, Manton, Rapid City, Grayling, & Kalkaska.

2nd place winner was Rapid City and Kalkaska took 3rd. Congratulations to Grayling's COA team for taking home the Gold! Pictured right : Karen Gribb, Team Captain



### 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.



In Memory of  
**Bud & Jeanne Joyce**

Memorial Donations made by:  
Mike & Shirley Joyce

In Memory of  
**Dale Ruckle**

Memorial Donations made by:  
James & Sharon Hart

**Donate in Memory or Honor  
of Someone Special**

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory

of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

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



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

**Only Available  
in Black with Gold  
Lettering**

**2x4 Actual Size  
\$50 Donation**

**1x5 Actual Size  
\$25 Donation**

**2x5 Actual Size  
\$100 Donation**

**Senior Center Wish List...**

- Cans of Air Fresheners
- Boxes of Tissue
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper
- Poly-fill
- Fleece Material

**Important Phone Numbers**

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

**Medicare - 1-800-633-4227**

**Veterans Administration**  
1-800-827-1000

**Alzheimer's Assistance**  
1-800-272-3900

*Thank You*

**Our Sponsors**

**Blood Pressure Checks by**  
InTeliCare Health Services, LLC

**Blood Pressure/Sugar Checks by**  
Munson Home Health Care

**Birthday Dinner Flowers Donated by**  
Family Fare

**Bingo Coupons Donated by**  
The Medicine Shoppe

**Hearing Clinic Offered by**  
Advantage Audiology

**Foot Clinic Offered by**  
Comfort Keepers

**Legal Aid Offered by**  
Jason R. Thompson Law Office PLC

- Pantry Bingo Sponsored by**
- InTeliCare Health Services, LLC
  - The Brook
  - Grayling Nursing & Rehabilitation Community

**Zumba Sponsored by**  
Grayling Nursing & Rehabilitation Community

**Donations**

Charlotte Bloomquist  
Shirley Bordeaux  
Phyllis Bradley  
Diane Burtch  
Harold Eames  
Al Etson  
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Joyce Sorenson  
Roger Weatherly  
Bill Weigand  
Ron & Margaret Yon

**Sponsoring Agencies**



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

**Crawford County  
Commission on Aging  
& Senior Center**

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

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

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

**Method of Payment:** ☐ Cash ☐ Check **Gift Amount \$** \_\_\_\_\_

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

**\*\*\*All Gifts are Tax Deductible\*\*\***

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

★★★★★★★★★★★★★★★★★★★★  
★ **Volunteers and** ★  
★ **Contributions** ★  
★ **received after** ★  
★ **November 2nd will** ★  
★ **be acknowledged in** ★  
★ **the next edition of** ★  
★ **the Senior Gazette.** ★  
★★★★★★★★★★★★★★★★★★★★

**Donations & Payments  
of \$50.00 or more...**





## Thank you to our COA Volunteers



Sheryl Biggs  
Nancy Billinghurst  
Sandy Brody Sparks  
Roy Bryant  
Wendy Clarkson  
Marc Dedenbach  
Diana Doremire  
Lyn Dodge  
Richard Dodge  
Dolores Norton  
Greg Dulkowski  
Eileen Langhorne  
Tina Foster  
Mary Lou Hanks  
Sharron Hagerman  
Helen Hatfield  
Susan Hensler  
Bill Hollenbeck  
Karen Hollenbeck  
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Ann Mitchell  
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Mel Moore  
Judy Morford  
Nancy Pletzke  
Marcus Niedzielski  
Dee Niedzielski  
Dolores Norton  
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Deb Rawlings  
Jack Richards  
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Sharen Perkins  
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Ann Stephenson  
Gail Schultz  
John Schultz  
Cheryl Starr  
Vera Trimble  
Mary Trombley  
Ceriell VandeCastele  
Nicole Wethington  
Bev Wilcox  
Carol Wilder  
Sandra Woods  
Gary Worden

## We Are Grateful



The Community Garden Friends of Crawford County would like to thank Great Lakes Energy for their generous support of a \$4,365 grant from their People Fund.

This money will go toward further improvements of the Community Garden in the form of lighting, sidewalks and an outdoor spigot for gardeners. The plan is to have everything installed before the garden season starts in spring 2019. If you have Great Lakes Energy, this program is easy to join! Go to <https://www.gtlakes.com/program-details/> to sign up now. Your monthly bill will be rounded up to the nearest dollar and then be available to grant out to community projects like ours.



We need your new and unwrapped toy!

### Deadline is December 7th

Please help and support your local Toys for Tots campaign. We are expecting a large number of children that will need our support this year.

A toy may seem unimportant to some people, but to a child, at Christmas, it is the most important thing in the world. A shiny new toy sends a message to a needy child that someone cares.

If you would like to help provide a toy for a needy child, you may drop it off in the toy collection box located at the Senior Center or at the Crawford County Christian Help Center. REMINDER: The toy must be new and unwrapped.



## Making Your Medical Wishes Known

Munson Healthcare's

Advance Care Planning team encourages everyone to have conversations with loved ones about their medical wishes. Free workshops will help guide you through the process of talking about your wishes and completing an advance medical directive.

Our 2019 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

January 8 from 10 am - 12 pm

March 5 from 1 pm - 3 pm

May 21 from 10 am - 12 pm

July 16 from 1 pm - 3 pm

September 17 from 10 am - 12 pm

November 19 from 1 pm - 3 pm

Register by calling us at 989-348-0296.  
[munsonhealthcare.org/advancecareplanning](http://munsonhealthcare.org/advancecareplanning)

## December Birthdays

Donna Burke 12/2  
Orthella Proctor 12/2  
Clara Gibbs 12/3  
Ann Dumas 12/6  
Helen Graf 12/6  
Roxie Chumack 12/9  
Lois Jean Miller 12/10  
Jackie Gerhardi 12/11  
Richard Persing 12/15  
Jackie Farmer 12/16  
Betty Hawley 12/16  
Ruby Huffman 12/16  
Loren Crampton 12/21  
Marilyn Hawkins 12/26



Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake! Call us at 348-7123 before the meal to let us know you're coming. **Invite your friends & family to share your cake!** If your birthday falls on a day we are closed, we would be happy to make arrangements to celebrate your birthday on a different day!



You are invited to attend a Christmas Party at the Crawford County Commission on Aging & Senior Center

**Thursday, December 6th  
at 6pm**

*Human Christmas Tree Transformation*  
*Bucket List*  
*Charades*  
*Christmas Song Contest*

Just bring your sense of humor for a jolly good time!

Everything else will be provided.  
Including dessert!



# GENTLE Yoga



## Starting Tuesday January 8th

The Crawford County Commission on Aging & Senior Center is introducing Gentle Yoga starting on Tuesday January 8<sup>th</sup>! Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga.



Alignment focused and instructive, you will realize the benefits of your practice through improved flexibility and strength. Through a combination of movement, breath work and quieting of the mind, yoga provides a gateway to improved physical and emotional health.

Yoga meets you where you are and allows you to participate at your individual level of capability, requiring only the ability to get up and down from the floor without assistance. Come join us on Tuesdays at 1pm with Certified Yoga Instructor, Dianne South, and enjoy the many benefits!

## Terry Toby

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



turkeys. People went away with their Thanksgiving turkeys already, and a lot of other food too."

The church is collecting food for Christmas baskets too. "God gives to us," said Terry. "We need to give back." So, Terry gives her time wherever she can.

She helps with Toys for Tots, arranging for people to come and get the donated items.

"We serve between 200 and 250 kids a year through DHS Adopt-A-Family and also River House, which is the local domestic violence shelter."

"I think I said it before," she paused, then went on. "My faith is a very big part



of my life. There's a mission in your own back yard. I'm upset by how many homeless people there are in this area. God uses people to get the work done, and I don't hesitate to help. Frank, he was like that too. He was a giver, not a taker."

She is part of a quilting group that makes quilts for world Relief, and also for nursing homes. "We make and donate about 100 quilts a year," she said.

Terry even takes in rescue dogs. "My first one...an

English Bulldog, came from a Georgia puppy mill.

She'd been left out on the hot concrete until the pads were scorched off her paws." A dark look of disgust mixed with sorrow crossed

Terry's face. "I've had her almost five years now. She's my Peach. My Georgia Peach."

Terry Toby doesn't think any of the work she does is extraordinary. She simply sees ways to help and does them. "If people want to do something to help, they don't have to look far," she said. "Remember your neighbors. Check in with the elderly. Give some food. Donate some toys. We need to help where we can. We need to give back."



## Come visit us

at



**A Non-Profit,  
Faith-Based  
Organization**



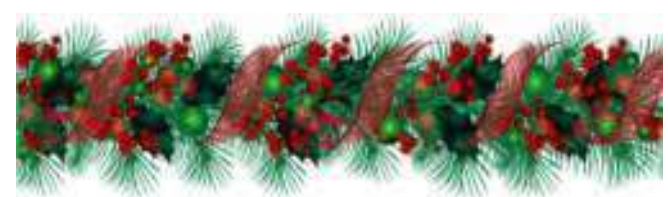
For Photos, Menus, Activities Calendars, and Monthly Newsletters, visit our website:

**NorthernPinesAssistedLiving.org**



a program of Baruch  
Senior Ministries

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



## Drop Off Your Old, Unused & Expired Medications

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

**Anytime at Crawford County Sheriff's Department and Grayling City Hall. During business hours at The Medicine Shoppe.**

*Help Us Protect our Rivers & Lakes!*



Department of  
**Environmental Quality**



## GREETING CARDS



**All year long Greeting cards are on SALE during regular office hours at the COA**

Plan on stopping by to see the wonderful variety of cards for many different occasions which are always available. Along with our usual assortment, we also have lots Christmas Cards. All cards are only .25 cent each or 5 for a \$1.00! Great for you and helpful for us. This is a year around fundraiser



and all proceeds go to the Commission on Aging & Senior Center. Pictured on left: Carol Wilder, a COA Volunteer, helps keep the cards organized so you can find the perfect one!



## Plan Next Year's Vegetable Garden with MSU Extension Smart Gardening Webinar

Get ready for MSU Extension Smart Gardening with Vegetables 101, an online class for novice vegetable gardeners that will be broadcast live in Grayling in January 2019.

Do you want to learn more about growing your own vegetables? Would you like to learn techniques that are smart for the environment and your pocketbook? The MSU Extension Smart Gardening with Vegetables 101 Webinar Series is designed specifically for introductory and beginning vegetable gardeners. It focuses on important factors to consider before beginning a vegetable garden, what is required for success and other smart gardening practices such as creating healthy soils, composting, plant selection and smart pest management.

Now in its sixth year, the Smart Gardening with Vegetables 101 Webinar Series has reached over 600 Michigan and neighboring state residents with sustainable practices to use within their vegetable gardens. A recent participant commented, "I enjoyed this type of format of learning."

Registration will begin in January by calling the Crawford County Commission on Aging at (989) 348-7123. Attend the live sessions, watching the webinar on the big screen and participating in the discussion following the

webinar. Dates and locations will be advertised as soon as the registration is announced. This event is free and open to the public of all ages. Use your new gardening skills at home or register for a free plot in the Community Garden.

For more information on a wide variety of Smart Gardening topics, visit the Gardening in Michigan website or contact MSU's toll-free Lawn and Garden Hotline at 1-888-678-3464.



**THIS HOLIDAY SEASON. BE THE GIFT Give Blood**

## Blood Drive

**Tuesday, December 4th from 12-4:15pm**

At the Crawford County Commission on Aging & Senior Center  
308 Lawndale St., Grayling

Attempt to donate and be entered for a chance to win a \$100 Meijer Gift Card!

Michigan Blood. Michigan Lives.  
Thanks for making a connection. Questions?  
Or to make an appointment, contact  
1-866-MIBLOOD or miblood.org

## The Friends

## The Freedom

## The Brook



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

Brookretirement.com  
**989-745-6500**

**The Brook** Retirement Communities  
Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin  
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch

## Gift or Secret Santa Ideas

**Call 348-7123 or stop by to purchase for an older adult in need or for that special Senior you LOVE!**

### 60 & older Hot Meal

Gift Coupons to be used at the Senior Center - \$3.50 for any lunch or dinner.

### Soup

Gift Coupons to be used at the Senior Center lunch or Dinner. \$1.00 each.

### Dial-A-Ride Tickets

Call 348-8215 and ask for Jackie to order. Cost is 50 cents per ride for seniors age 60+.



# Add Years to Your Life & Life to Your Years

## ONGOING ACTIVITIES

### Aerobic Drumming

Golden Beats  
Mondays, 10am  
Power Beats  
Mondays, 5pm

### Bible Study

Tuesdays, 10am

### Bingo

Medicine Shoppe Bingo  
once a month on "Thurs"  
Penny Bingo, Thurs 1pm  
Pantry Bingo, Fridays 1pm

### Bridge

Mondays, 1pm

### Clogging, Beginning

Mondays, 12:30pm

### Clogging, Regular

Mondays, 1:30pm

### Computer Club

Assistance by Appointment

### Color Craze

Thursdays, 10am

### Crafting

Wednesdays & Thurs, 10am

### Dinner

Mon.-Thurs., 4:30pm-5:30pm  
\$3.50 age 60+ \$5.50 under 60  
Birthday Dinner once a month

### Euchre

Tuesdays, 1pm

### Exercise

Thursday, 10am  
Friday, 10am

### Flower Arranging

Monday, 10am

### Legal Assistance

4th Wednesday, 1-4pm

### Lunch

Mon.-Fri., 11:30am-12:30pm  
\$3.50 age 60+ \$5.50 under 60  
Frederic Satellite 2nd Fri.  
Lovells Satellite 3rd Fri.

### Mahjong

Wednesdays, 1pm

### Pinochle

Fridays, 10am

### Pokeno

Thursdays, 10am

### Pool

Ball-in-Hand, Wednesdays,  
1pm Nine Ball, Fridays, 1pm

### Soup (2 choices per meal)

Lunch Monday-Friday starting  
at 11:30am. Dinner Monday-  
Thursday starting at 4:30pm.  
\$1.00 per bowl  
Also available to go

### Trips

Special trips for seniors are  
planned May through October.  
All priced under \$100.

### Unlucky 7's

Wednesdays, 2:30pm

### Wii Bowling

Wednesdays, 1pm

### Zumba

Zumba Gold  
Tuesdays, 10am  
Zumba Regular  
Tuesdays, 6pm

**Winners for the Harvest Dinner** - The door prize of a Harvest Scarecrow Figurines were won by Barb McCray, donated by Karen Gribb. Robert Lerquier won the 50/50 in the amount \$115.50

## Christmas Dinner

Thursday, December 13th 4 - 6pm

At the  
Commission  
on Aging  
& Senior  
Center

*Sliced Roast Beef  
Au Gratin Potatoes  
Midori Vegetables  
Cranberry Waldorf Salad  
Red Velvet Cake*

308  
Lawndale St.  
Grayling

Suggested donation for 60+ \$3.50  
Under 60 \$5.50

No  
Reservations  
Required!

## Support Groups

### 11th Step Meeting - Open Meeting

Mondays, 7pm

**St. Francis Episcopal Church, Grayling**

### Alzheimer's Support Group

3rd Wednesday, 11am

**The Brook of Grayling**, 503 Rose St.

For more info call the COA 348-7123

### Celebrate Recovery

Tuesdays, 6pm

**Free Methodist Church, M-72 West, Grayling**

For more info call Roger at 989-245-2561

### Choices (Anger Management)

Mondays, 2:30-4pm at **River House**

For more info call 348-3169

### Diabetes Support Group

4th Tuesday 4:30pm, Milltown Rm

**Munson Healthcare Grayling Hospital**

For more info call 344-4826

### Empowerment Group for Women

Thursdays, 4:30pm-6:00pm, at **River House**

For more info call 348-3169

### Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon

Sunday, Tuesday, Friday at 8pm

Women's Meeting, Thursdays at Noon

**At St. Francis Episcopal Church, Grayling**

Saturdays - Noon

**At Grayling Township Hall**

Thursdays, 7pm in the Crawford Rm,

**Munson Healthcare Grayling Hospital**

For more AA info call 866-336-9588

### Grayling Al-Anon

Tuesdays 11am & 8pm

Women's meeting, Thursdays at Noon

**St. Francis Episcopal Church, Grayling**

For more info call Greg at 348-1382

### Healing Together (Grief Support Program)

3rd Thursday 4:00pm

**The Brook of Grayling**, 503 Rose St.

For more info call 1-989-343-2470

### Munson Hospice Grief Support Group

4th Monday, 11am

**Munson Home Health**, 324 Meadows Dr.

### ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

**St. Francis Episcopal Church, Grayling**

### Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,

**Munson Healthcare Grayling Hospital**

For more info call Patsy 989-348-3073

### Narcotics Anonymous

Tuesdays 6:30pm,

Houghton Lake **Alano Club**, 2410 N. Markey Rd.

For more info call Ted 989-429-8100

### TOPS Weight Loss Class

Thursdays 4:30-6pm

**St. John Lutheran Church, Grayling**

More info, call Mary Kay at 348-1398



### Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.  
Dinner 4:30 - 5:30pm, Mon - Thurs.  
Lunch & Dinner suggested donation  
of \$3.50. Under 60 cost \$5.50.  
2 Choices of Soups served daily  
Soup is available starting 11:30/4:30  
To go soup is also available

**Bowl of Soup**  
\$1.00 per bowl

Piece of fresh  
fruit 50¢

Milk 30¢ with  
a bowl of soup

### Satellite Meals

**Frederic/Maple Forest**  
**@ Frederic Township Building**  
**Lovells @ Lovells Township Bldg**

*Please call the  
Senior Center at 348-7123 to make  
a reservation for a Satellite Meal.*

### Stay in the Know!

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

Receive the latest information about  
the Senior Center activities, delivered  
directly to your home via e-mail.

Signing up is easy; just send an email to  
**director@crawfordcoa.org**


The Senior Center respects  
your privacy and does not sell or  
make available to others our patrons  
e-mail list.

**Free Congregate Meal**  
**For Seniors 60+**  
Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located  
Behind  
Burger  
King

**Must be a  
first time  
meal.**



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat
2	3 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch –</b> Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner –</b> Smothered Pork Chop, Carrots, Broccoli & Cauliflower, Banana 5pm Aerobic Drumming Power Beats	4 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch –</b> Meatloaf, Mashed Potatoes, Broccoli, Strawberries 1pm Euchre <b>1pm Stress Less @ MSU Ext</b> <b>12-4:15pm Blood Drive</b> 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner –</b> Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes <b>5:45pm Christmas Carol Sing</b> 6pm Zumba Stepping it Up	5 <b>9:30am Commodities @ St. Mary's</b> 10am Crafting <b>11:30am-12:30pm Lunch –</b> Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner –</b> Lasagna, Tossed Salad w/Tomato, Apple	6 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30-6pm Foot Clinic-Need Appt</b> <b>11:30am-12:30pm Lunch –</b> Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo <b>4:30-5:30pm Dinner –</b> Lemon Baked fish, Redskin Potatoes, Peas & Carrots, Pear <b>5:30pm Mt Hope Christmas Concert</b> <b>6pm Christmas Party</b>	7 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch –</b> Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball	8
9	10 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch –</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner –</b> BBQ Chicken, Parsley Potatoes, Carrots, Strawberries 5pm Aerobic Drumming Power Beats	11 <b>9am Munson Free B-Fast Pres.</b> 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch –</b> Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre <b>1pm Stress Less @ MSU Ext</b> 4:30-5:30pm Blood Press/Sugar Ck <b>4:30-5:30pm Dinner –</b> Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries 6pm Zumba Stepping it Up	12 10am Craft & Chat <b>11:30am-12:30pm Lunch –</b> Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner –</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	13 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch –</b> Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo <b>4-6pm Christmas Dinner –</b> Sliced Roast Beef, Au Gratin Potatoes, Midori Vegetables, Cranberry Waldorf Salad, Red Velvet Cake	14 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch –</b> Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear <b>12pm Frederic Satellite</b> 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball	15
16	17 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch –</b> Chicken, Peas & Carrots, Apple 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner –</b> Shepherd's Pie, Carrots, Grapes 5pm Aerobic Drumming Power Beats	18 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch –</b> Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Euchre  4:30-5:30pm Blood Press/Sugar Ck <b>4:30-5:30pm Dinner –</b> Chicken Fajitas, Green Beans, Tossed Salad, Apple 6pm Zumba Stepping It Up 6pm COA Board Meeting	19 10am Craft & Chat <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>11:30am-12:30pm Lunch –</b> Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner –</b> Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries	20 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch –</b> Breaded Fish Fillet Sandwich, Broccoli & Cauliflower, Pear 1pm Penny Bingo 3pm Medicine Shoppe Bingo <b>4:30-5:30pm Birthday Dinner</b> <b>Celebrating Birthdays at 5pm</b> Swiss Steak, Mashed Potatoes, Italian Blend, Grapes, Cake & Ice Cream 5:45pm Cornhole	21 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch –</b> Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes <b>12pm Lovells Satellite</b> 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball	22
23	24 	25	26 10am Craft & Chat <b>11:30am-12:30pm Lunch –</b> Pork with Kraut, Green Beans, Applesauce <b>NO Legal Assist-Appt.</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner –</b> Chicken Taco, Corn, Pinto Beans, Apple	27 10am Craft & Chat & Color Craze 10am Pokeno NO Stretch to Fitness <b>11:30am-12:30pm Lunch –</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1pm Penny Bingo <b>4:30-5:30pm Dinner –</b> Beef Tips, Brown Rice, Asparagus, Applesauce	28 10am Pinochle NO Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch –</b> Pork Roast, Baked Potato, Green Beans, Pear 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball	29
30	31 					



# Assistance to Help You Maintain Your Independence SERVICES, CLASSES & RESOURCES

## Health Services

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

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

By InTeliCare - Friday, 11:30am-12:30pm

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

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

1st Thursday, 11:30-6pm

### **Hearing Clinic - by appointment**

by Advantage Audiology

3rd Monday, 1-4pm, no charge

### **Incontinence Supplies**

Supplies are available for a donation of \$5.00

### **Medical Equipment Loan Closet**

Items are available for a donation of \$5.00

## Nutrition Services

### **Boost Plus**

Discounted cost for liquid nutrition with a prescription from your doctor.

### **Commodities Food Distribution**

Monthly, 9:30-10:30am @ St. Mary's

### **Congregate Meal Program**

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Mon -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 cost.

### **Home Delivered Meals**

(Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

### **Senior Project Fresh**

Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables

### **Soup (2 choices served daily)**

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

### **T.E.F.A.P. Food Distribution**

Quarterly @ American Legion Hall

1-2:30pm March .2019

## Resources

### **Computers**

Internet computers are available at the Senior Center for your use, Mon & Wed

8:30-6pm, Tues & Thurs 8:30-7pm, and

Fri 8:30-4pm

### **Information and Assistance**

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

### **Medicaid/Medicare Assistance Program (MMAP)**

Trained counselors help seniors in deciding which health insurance options are best for them.

### **Medical Transportation**

We can assist in arranging transportation for seniors who have no other means.

### **Resource Center**

Bookcase of loan materials, both videos and books.

### **Senior Gazette**

A monthly Senior Gazette which is full of information for seniors and their caregivers.

## In-Home Services

For those who need a little assistance maintaining their independence.

### **Housekeeping**

### **Bathing Assistance**

### **Respite for Caregivers**

## Classes

### **Creating Confident Caregivers (CCC)**

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

### **AARP Driver Refresher Course**

Offered once each year.

### **Matter of Balance Program**

This program offers practical strategies to reduce falls. Offered once a year.

### **PATH (Personal Action Toward Health) Classes**

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

### **Powerful Tools for Caregivers**

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face

### **Stress Less with Mindfulness**

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression and anxiety.

## Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



## *How We Served You in October 2018!*

### At the Senior Center

- We served **1,133** Congregate Meals
- We served **309** Soups
- Activities/Events Attendance **951**
- Average # of Daily Visitors **70**

### In-Home Services

- Delivered **2,783** home delivered meals.
- Provided **108.50** hours of respite care.
- We provided **492.75** hours of homemaker services.
- We provided **49** hours of bathing assistance services.



**Tune into the Chemical Bank Creating Community  
Chemistry Calendar to listen for our Calendar of Events!**



**Airing daily  
on these  
fine stations!**



# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## SOCIAL SECURITY IS HOME FOR THE HOLIDAYS

It's the holiday season. That means time to do the holiday shopping, prepare the festive dinner, decorate the house, invite the guests, wrap the gifts, write and send the holiday greetings. Not to mention, it also means the usual time-consumers, like working, taking care of the family, and doing all of the daily chores.

There's a lot to do during the holiday season. Probably the last thing on your list is spending precious time at a Social Security office (or on the phone) waiting to conduct business — especially if you don't need to. However, if contacting Social Security is something you need to do during the holiday rush, let us give you some tips on the best way to save yourself some time and still get your business done.

The busiest times for Social Security field offices and the agency's toll free telephone number are early in the week and early in the

month. So if your business can wait, it's best to contact us at other times. The same is true during the holiday season — especially the week between Christmas and New Year's. If you must do business with Social Security during the holidays, you may experience more busy signals on the telephone and longer wait times in local offices.

There's an even better way to conduct your business: online at [www.socialsecurity.gov](http://www.socialsecurity.gov). There you'll find a wealth of information and online services. For example, you can apply online for Social Security benefits or for Medicare, and then you can check on the status of your pending application. If you already receive Social Security benefits, you can go online to change your address, phone number, or your direct deposit

information, get a replacement Medicare card, or request a proof of income letter.

Visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) and save yourself a call or a trip to our office. It's fast, easy, and secure to conduct your business with Social Security online.

But if you do need to speak to a Social Security representative one-on-one, we'll be there for you. Call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office.



## Medicare Open Enrollment

*Prescription Drug plans and Medicare Advantage plans change every year.*

*The change can be as simple as a change in the premium amount or be as extensive as having not as many covered medications.*

*Some plans could even terminate. It is important for **EVERY** Medicare recipient to review his/her coverage and be certain that the plan you will have for 2019 is the best plan for you.*

## 2018 Ends December 7th

Call the Commission on Aging & Senior Center to make an appointment with one of our trained counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year.

You can also do this review yourself by going online to the Medicare website. If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show you or talk you through it over the telephone.

Crawford County residents with further questions can call 989-348-7123.

## ***VOLUNTEERS we need you!*** ***Take your leotard out of storage & iron your cape..*** **What is your SUPERPOWER?**

### Drivers

- **Medical Transport Drivers** are on an "as needed basis" when older adults have a medical appointment. Mileage is reimbursed by the older adult.



- Start your volunteer journey with becoming a **Meals on Wheels Driver**. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story

and leave with a new pep in your step! Able to lift heavy bags.

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

### Kitchen

- We could use a **Dishwasher**, and help with making sandwiches, cupping fruit, and packing bags.
- **Servers** are needed to serve Lunch from 11:30am to 12:30pm and Dinner from 4:30pm– 5:30pm. No roller skates required.
- Our **Stock Person** helps with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.



### Activities

We love Bingo! Do you? If so, this could be the perfect fit for you.

**Bingo Callers** along with set-up of Bingo on Thursdays and Fridays at 1:00pm is needed.



**MUNSON HEALTHCARE**  
Grayling Community Health Center

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

(989) 348-0314

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



# Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)

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

1. sharpy
2. bearableness
3. guitarfish
4. siey
5. decidua
6. fractional
7. stingiest
8. labialising
9. mammillary
10. outstaturing
11. divining
12. spiritedness
13. smoking
14. arched
15. armouries
16. unforbidden
17. groundably
18. crispat
19. intertubular
20. essaouira
21. stainableness
22. toylike
23. winterized
24. otoscope
25. purposeful
26. cibaria
27. supersanguine
28. belletrist
29. unplucked
30. kathleen
31. unpersuasive
32. termitic
33. biometer
34. abstinently
35. gravitative
36. reirrigated
37. hydrogen
38. precollegiate
39. competitiveness
40. amish
41. titivated
42. iambe
43. raspiest
44. overglance
45. mouthpart
46. nontrial
47. wedgelike
48. williamsburg
49. melitta
50. rig

## Forest of Fear Donates to the Community!



Pictured above is Assistant Director Melanie Conway of the COA, along with other recipients in the Community accepting their donations.

The Commission on Aging and Meals on Wheels Program was one of several community programs that was given donations on behalf of Forest of Fear.

Thank you Forest of Fear, Tom Cojocor and his wonderful volunteers for the generous donation of \$800.00 for the Meals on Wheels Program.

## Cook's Corner

### Sweet Potatoe Casserole

#### INGREDIENTS

- 3 Cups mashed sweet potatoes
- 2 eggs beaten
- 1 cup sweet milk (evaporated)
- 1/2 stick melted butter
- 1 tsp vanilla



Mix & put in casserole dish

#### TOPPING

- 1/2 stick melted butter
- 1/2 cup flour
- 1 cup chopped pecans
- 1 cup brown sugar

#### INSTRUCTIONS

Bake at 350 for 1 hour

Submitted by Carolyn Rakoczy

**Grayling Save a Lot**  
Purchase of  
**Pepsi Products 2 Liters** **79¢**  
Plus Deposit Assorted Varieties  
Valid Dec 1, 2018 thru Dec 31, 2018 Limit 2 Please with coupon  
2333 S. I-75 Business Loop 348-6690  
Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

**MUNSON HEALTHCARE**  
**Crawford Continuing Care Center**  
1100 E. Michigan Ave.  
Grayling, MI 49738  
(989) 348-0317  
[munsonhealthcare.org](http://munsonhealthcare.org)

Rewarding Experiences. Remarkable Care.

**McLEAN'S ACE HARDWARE**  
The helpful place.  
For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.  
STORE HOURS: Mon-Fri 7:30-6 / Sat 8-5:30 / Sun 10-3  
Phone: 989-348-2931

**Fix it and save a buck!**  
Conveniently located next door!  
REPAIR SHOP HOURS:  
Mon-Fri 8-5:30 / Sat 8-5 / Sun 10-3  
Phone: 989-348-1003



# Sleep Plays a Key Role in our Health

By Nicole Persing-Wethington, from Michigan State University Extension

Insufficient sleep has been connected to several chronic diseases, including type 2 diabetes, obesity, depression, and cardiovascular disease. Adults need 7 or more hours of sleep per night to maintain health and wellbeing. The Centers for Disease Control and Prevention reports that one third or more of adults do not get enough sleep. Sleep hygiene is a relatively new term that is used to describe our healthy sleep habits.

## Sleep hygiene tips:

- Turn off electronics at least 30 minutes before bed, though some researchers say 2 to 3 hours is significantly better. The blue light that cell phones emit can disrupt sleep. TVs and computer screens are bright enough to disturb sleep as well. A Harvard study found that light as dim as a small table lamp can still affect sleep. Instead of scrolling through your phone or watching TV, try reading, stretching, crocheting, or another activity that you

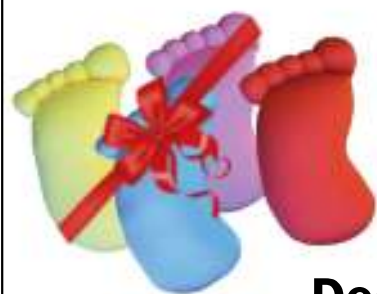


find relaxing.

- What you eat, drink, and do matters. Avoid caffeine later in the day, make sure you are not eating right before bed, and exercise during the day.
- Create a routine that works for you. Doing the same things each night helps remind our bodies that it is time to sleep. Adding a relaxation technique, like meditation or breathing exercises, to your routine can make a big difference. Getting up at the same time each day (even weekends) helps to keep our sleep patterns regular. We are used to setting an alarm to wake-up, but setting an alarm to remind us to go to bed can keep us on schedule.
- Make your bed a relaxing environment. When it is too light, cold, hot, stimulating, etc., we cannot fall asleep easily.

If you struggle with sleep, try adopting some of these new habits to support a restful night's sleep.

## PILLOW PROJECT



**Bring in  
your  
finished  
Foot  
Pillows by  
December 7th**

We had many volunteers working on the Pillow Project this year. Many of you have been busy cutting, sewing and stuffing these giant foot pillows. Many of you have donated items, such as fleece, flannel or polyfil, but now is the time, if you haven't already, to finish and bring in your foot pillows.

We will be presenting the pillows to the Christian Help Center where they will then distribute the pillows to children in the Crawford County area for Christmas.

Let's continue our success of 300 pillows this year!

Please drop off your finished foot pillows to the Crawford County Commission on Aging and Senior Center no later than Dec. 7th.

We are also asking if you contributed in any way to be here on Monday, December 10th for the presentation of the pillows and for a photo with the Christian Help Center.

For more information or questions, please call the Crawford County Commission on Aging & Senior Center at 989-348-7123.

## CHRISTMAS CAROL Sing-A-Long

**Tuesday, December 4<sup>th</sup>  
At 5:45pm**

The community is invited to the Crawford County Commission on Aging & Senior Center for a Christmas Carol Sing-A-Long. Vocalist, Pat Fowler and Pianist, Mari Ann Henion will be present to lead the Christmas Caroling. They will be bringing joyous music of the season for your singing pleasure. We encourage you to come and lift your voices with joy of the season.

There is not a charge for this event. Everyone is welcome to come for dinner beforehand. Cost of the dinner for those persons under 60 is \$5.50 and over 60 is a donation of \$3.50. The event is being held at 308 Lawndale Street in Grayling.

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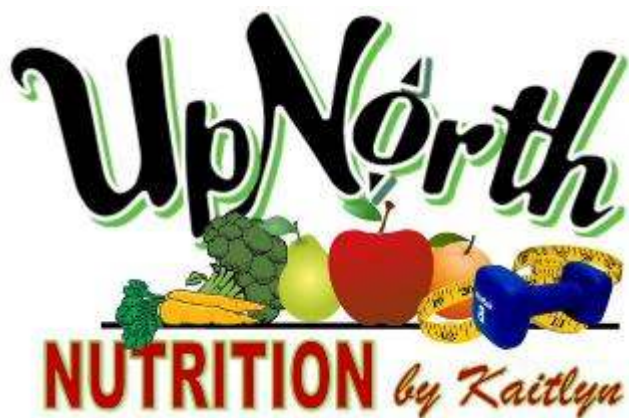
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## Don't Forget Your Vitamin D While Walking In This Winter Wonderland



Vitamin D is a fat-soluble vitamin present in very few amounts of food but available in dietary supplements.

In supplements

and food, Vitamin D is found in two forms D2 (ergocalciferol) and D3 (cholecalciferol). These two compounds are very similar in structure and mainly found in milk, breakfast cereals, egg yolks, and salmon. The difference is our body produces Vitamin D3 when our skin is exposed to sunlight. Recent studies have suggested that Vitamin D2 is less effective than the supplementation of Vitamin D3 due to the potency.

Vitamin D deficiency is common amongst older adults who have the inability to properly absorb Vitamin D, people who take medication that effect Vitamin D metabolism, and infants who are breastfed. As we come upon these winter months, Vitamin D production might decrease due to lack of sunlight. It is important to get an adequate amount of Vitamin D through either your diet or a supplement to decrease your risk of fatigue, depression, chronic pain in your bones, and overall weakness. The Recommended Dietary Allowance for adults is 600 IU and 800 IU a day for adults over the age of 70.

When it comes to Vitamin D, you do not want to overdo it because high levels can lead to even more health problems. It is best to speak to your doctor if you are considering supplementing with Vitamin D or if you exhibit risk factors of a Vitamin D deficiency.

## Fitness After Fitness Same Great Classes

### Just Different Names

The Crawford County Commission on Aging & Senior Center has changed the name of two Fitness After Fifty classes. Golden Toners is now called *Stretch to Fitness*, offered on Thursday at 10:00 am. Friday's 10:00 am Munson Rehab Exercise class is now called *Equipped to be Fit*. The changing of class names is to better represent the activities participants do in each class. Please note that the classes are still offered in the same manner only the names of the classes have changed.

#### Stretch to Fitness with Munson



Grayling Rehabilitation Services. See improvement in balance, reduction in falls, increased flexibility &

muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level. Come join us on Thursdays at 10 am with instructor Wendy Clarkson, Licensed Massage Therapist.

#### Equipped to be Fit with Munson



Grayling Rehabilitation Services provides a one hour exercise and wellness program

performing light to moderate exercises in both standing & sitting positions. Resistance bands, stress balls & exercise noodles are used to improve your endurance, balance, & help you build strength to support a healthy, active lifestyle. Come join us on Fridays at 10 am with instructor Mary Lou Hanks, Rehabilitation Technician.



### Bring on the New Year with poses that will improve your health!

The Crawford County Commission on Aging & Senior Center is now offering not just one but three chair yoga classes starting on January 17<sup>th</sup> and continuing thereafter every 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursday of the month. Chair yoga aims to give you the experience of classical yoga, even if you have mobility issues or find regular yoga challenging. Chair yoga will help improve flexibility, strength, balance, and focus. Join Certified Yoga Instructors Nicole Wethington and Dianne South and enjoy the many benefits of yoga.



### Satisfaction Survey Results

Each year the Crawford County Commission on Aging and Senior Center asks participants for input on a variety of our programs including Congregate/Home Delivered Meals and In-Home Services.

Did you know these results are available to you? All of our survey results are posted on our website at

<https://www.crawfordcoa.org/surveys>

and can be viewed at any time. This year overall quality was rated 69% Excellent. For more information or a copy of the survey results, please contact Alice Snyder at (989) 348-7123 or [director@crawfordcoa.org](mailto:director@crawfordcoa.org)

to be  
CHOOSE WELL

Little choices, every day, improve your health.

The small choices you make every day can add up to a healthier you. Each day is a chance to start fresh.

You are in charge of your choices.  
Choose well to be well.

 MUNSON HEALTHCARE



# Munson FREE Breakfast Presentation Tuesday, December 11th at 9am

at the Crawford County Commission on Aging & Senior Center,  
308 Lawndale St., Grayling

## Seasonal Mental Health Disorders

With Charles Hughes M.A. LPC NCC Behavioral Health Counselor II at Munson Physician Network.

Do you ever feel like the winter and Holidays are not always full of joy and cheer?

If so you would not be alone. Many people experience depression, anxiety, insomnia or stress reactions from the holidays. We can even experience those same issues just from the changing of the seasons and the sun spending more time down than up. Often times the greatest source of stress is from our families and the expectations we have of ourselves during the holiday season. It is important to know

what can cause mental illness during the winter months so we are able to fully enjoy the season. It is also important to know what resources that are there for everyone so we are able to get help.

Join Munson Healthcare Grayling Hospital and the Crawford County Commission on Aging, for a free Breakfast and Health Presentation with guest speaker, Charles Hughes M.A. LPC NCC a Behavioral Health Counselor II



from Munson Healthcare Physician Network, December 11th at 9am, at the Commission on Aging & Senior Center. You will learn about seasonal mental health disorders, what the signs and symptoms are and how you are able to make the change needed to prevent or

treat these issues. Charles Hughes is a Graduate of Western Michigan University with a Masters of Arts degree in Counseling. Charles has been working for Munson Grayling Hospital for over 2 years and has been a therapist in Northern Lower Michigan for over 5 years. He has

experience working with depression and anxiety disorders with people of all ages. Charles is looking forward to speaking with the community about these difficult to talk about topics.

### Breakfast Menu

Omelette Station,  
Hashbrowns, Muffins,  
Mixed Fruit, Juice, & Coffee



Thank You for  
the Generous  
Donations &  
for Making Our  
Bingo Time  
Memorable!



On October 19<sup>th</sup>, the Crawford County Commission on Aging & Senior Center hosted 50 school children from the Crawford AuSable Extended Learning Year (ELY) Intercession Class. The kids spent the morning downtown Grayling gathering donations for the Senior Center's weekly Pantry Bingo game and then joined the group to play bingo that afternoon.



Crawford County  
Commission on  
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#### Roscommon

Open Monday - Friday, 7:30 am - 5 pm  
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

#### Prudenville

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Crawford County Commission on Aging Fitness After Fifty Zumba



Jennifer Malcomson, Director from the Grayling Nursing & Rehabilitation Community visited our Senior Center to handover their kind donation totaling \$820.00 to sponsor our two Zumba Classes; Zumba Gold and Zumba Stepping It Up.

The Zumba participants also wanted to be there to thank her and Grayling Nursing & Rehab personally and to show how grateful they are for her support. It makes such a big difference to so many to be able to come and exercise for free! The two Zumba classes are part of several free fitness classes offered at the COA.



Left: COA Board Member Marc Dedenbach, Instructor Judy Morford, Jennifer Malcomson, Grayling Nursing & Rehab, COA Fitness & Wellness Coordinator and Instructor Kaitlyn Grieb.



Our Certified Zumba Instructors



Zumba participants take a break to applaud Jennifer and Grayling Nursing and Rehab for helping them stay fit!



Elder Law of Michigan is asking the following questions about your online safety.

Answer each question **True** or **False**

1. I respond to unsolicited email messages that appear to be from my bank, credit card company, or social media platform.
2. I provide my Social Security number whenever asked, without asking why it is needed and how it will be safeguarded.
3. I sometime click on a link or attachment in an email from an unknown sender to find out what it is about.
4. I save my username and password to sites saved in my favorites on my browser, so it's easier to pay bills.

If you answered false to each of these questions, you are doing your part to stay safe online. A true response to any of these questions is a sign that you could be doing a better job of staying safe online.

Most people spend more time planning for vacations than they do planning for their financial futures. When you plan ahead by protecting your personal information online, you ensure your future self will have more peace of mind knowing your financial future is secure.