

Crawford County Senior Gazette December 2020



Highlights:

- Pg 2 Notes from the Director
- Pg 2 Giving Tuesday 2020
- Pg 4 Volunteer Spotlight—Farrell Thomas
- Pg 4 Funds for Date Code Genie Donated
- Pg 4 Holiday Meals on Wheel Schedule
- Pg 5 Christmas Bingo
- Pg 5 Emergency Preparedness Series
- Pg 5 Winter Protection Plan
- Pg 7 Christmas Luncheon
- Pg 7 Board Meeting
- Pg 7 New to Medicare Seminar
- Pg 8-9 December Menu & Activity Calendar
- Pg 11 Free COVID-19 Testing Site
- Pg 11 Dessert Tuesdays
- Pg 11 Gift Ideas
- Pg 13 Intro to Zoom Class
- Pg 13 Prescription for Health Program
- Pg 13 25 Days of Kindness
- Pg 14 Flu Shot Clinic
- Pg 15 Tips to Quit Smoking
- Pg 15 Soup to Go
- Pg 15 Medicare Advantage Plan Enrollment
- Pg 16 Utility Assistance
- Pg 16 MI COVID Alert App

Money-Saving

Coupons:

- Pg 12 Save-a-Lot

Featured Article

Robert Barnett

"I Couldn't Be Happier"

Not many people can say they've had one job for 46 years, and of the ones who can, few would say they wouldn't change anything. But those people are not Pastor Robert Barnett, who, at 87 years old has been retired for only two years from his pastorate at the Calvary Baptist Church of Grayling.

Life before Grayling prepared him well for relating to all kinds of people. Born in Harrisburg, Illinois in 1933 he tells a joke about his birthplace. "It's half-way between the Ozarks and the Mississippi River. I don't know if I'm supposed to be a Hillbilly or a River Rat."

It was in high school that he met his sweetheart, Donna, who has been his wife for 66 years. "She was my childhood sweetheart, and she's still my sweetheart," he said. Robert lettered 4 years in basketball, and

then attended Indiana University.

Robert grew up on a farm during the Great Depression, which he described as "happy years. People helped each other, they were friendly and visited with one another. There weren't really any divisions because everybody was the same. We didn't know we were poor! We grew our food and were tickled to have it."

Donna's family was poor too, yet her mother was not in favor of their marriage. "We were just a pair of country kids, and we wanted to get married. We were determined to do it and we found a preacher...

went to his house. My brother was with us, and her friend... He (her brother) and I went up to the house, where the preacher was carrying in his groceries, and I said, 'We want to get married!' That preacher looked mighty confused and surprised!" Robert laughed, wiping his eyes at the memory. "I knew what I meant, even if he didn't. He asked if we had a license, and I told him we did. So,

Continued on Page 5



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

HOURS OF OPERATION

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

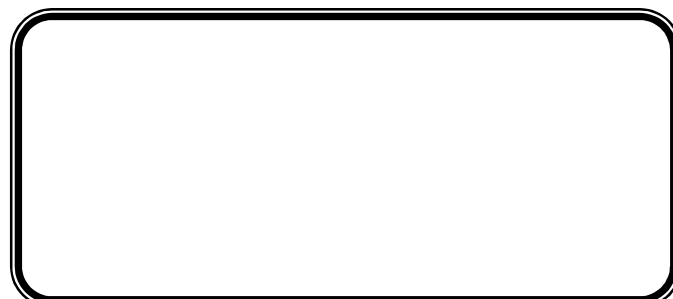
**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

Director@crawfordcoa.org

**[www.facebook.com/
crawfordcoa](https://www.facebook.com/crawfordcoa)**



director@crawfordcoa.org
Phone: 989-348-7123
Fax: 989-348-8342
Grayling, MI 49738
308 Lawndale St.

Smartphone Scan
to our Website



Senior Gazette Staff

Alice Snyder
Editor

Sarah VanDuser
Creative Director &
Advertising Manager

Ann Rowland
Cheri Carpenter
Robert Simpson
Nicole Persing-Wethington
Contributing Writers

Ken Wright
Contributing Photographer

The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

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

"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."

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

Commission on Aging Board Members:

Jamie McClain, Commissioner/Chair
Lorelei King, Vice-Chair
Sandy Woods, Secretary
Marc Dedenbach, Member
Susan Hensler, Member
Jessica Hiar, Member
Jason Thompson, Member

Commission on Aging Staff:

Alice Snyder, Director
Melanie Conway, Assistant Director
Lynn Cheney, Administrative Assistant
Sarah VanDuser, Public Relations Coordinator
Tammy Findlay, Advocacy & Resource Coord.
Kaitlyn Grieb, Fitness & Wellness Coordinator
Kathy Meisner, Program Assistant
Helen Nolan, Receptionist
Megan Bliss, Receptionist
Denise Conte, Cook
Megan Hagle, Cook
Erika Mudry, Homemaker
Kathy Jacobs, Homemaker
Ann Bilyeu, Homemaker
Sarah Pollock, Homemaker
Laken McAllister, Homemaker



Communication Corner... **Notes from the Director**

I would like to thank all our employees, volunteers, clients and participants for a successful year at the Crawford County Commission on Aging.

We began the year in great anticipation of the March 10th vote which would allow us to purchase our own building. We were overwhelmed with your support of our plan as the voters of Crawford County approved the ballot measure. Even though our building project was put on hold for several months when the pandemic broke out, we are moving forward with finalizing the design and putting it out for bid for General Contractor in 2021.

It is you, employees and volunteers who establish our reputation as a provider of quality services, and I thank you all for your continued dedication and great work throughout the year. Your expertise, creativity and compassion allowed us to meet the needs of our most vulnerable clients during a time uncertainty. We provided a record number of Meals on Wheels during the early months of the pandemic – 37,000 this fiscal year which is more than I've ever seen in my 16 years as the Director. You truly have made a difference in their lives.

During this special season, the lives of millions of Americans will be filled with the spirit of giving. That spirit has lived this whole year in our community as I have witnessed individuals, businesses and organizations give to ensure services continue during the pandemic. No gift is ever too small. Please consider continuing your generosity into this holiday season with a gift to the Crawford County Commission on Aging. Donations can be made directly on our website at <https://www.crawfordcoa.org/make-a-donation> or by mail to 308 Lawndale St., Grayling, MI 49738. Thank you for helping us continue our mission to advocate and promote the well-being and independence of all older adults in Crawford County.

It's only fitting that we end with a thank you to each one of you for your steadfast support of the Crawford County Commission on Aging. On behalf of all the employees, we wish you a healthy and happy 2021!

-Alice Snyder, Director

#GIVINGTUESDAYNEMI



In times like these, local giving makes a tremendous impact close to home. Together, we can do more. Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage giving and celebrate generosity.

This year we have teamed up with The Community Foundation of Northeast Michigan to raise support for Meals on Wheels in Crawford County. For 24 hours on **Tuesday, December 1, 2020** we are asking all donations to be made online (if possible) at cfnem.org. 100% of your donation given in support of the Commission on Aging on Giving Tuesday helps us further our mission.

Meals on Wheels provides food to homebound seniors in Crawford County regardless of their ability to pay. No one is EVER turned away from Meals on Wheels because of an inability to make a donation.

Every participant receives not only a hot lunch on Mondays, Wednesdays, and Fridays but also frozen meals for dinner and non-delivery days, social connection, and support to keep help them stay out of nursing homes and hospitals.

Meals on Wheels is especially important during this time. With older adults the most at-risk from Coronavirus demand for Meals on wheels has been record-breaking.

Between October 1, 2019 through September 30, 2020 we served a total of 36,590 home delivered meals. During the year prior we delivered a total of 24,861 meals. That's an increase of 11,729 meals in just a year. This is the highest number of Meals on Wheels we have served in 16 years.

Your donation will help us and our amazing volunteers continue to deliver 700 meals with smiles every week.

There are several ways to donate. If you cannot give online but would still like to give to help support Meals on Wheels see all the options below:

- Visit cfnem.org and click on the Commission on Aging logo.
- Call (989) 348-7123 to donate by credit card over the phone.
- Drop a check in the mail to "Crawford County Commission on Aging & Senior Center" 308 Lawndale St. Grayling, MI 49738

General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

General Donations Made By:

Charlotte Bloomquist

Connie Faustman

Mark Sanders

Diana Dawson

John Kosmala

*Volunteers and
Contributions received
after November 6th will
be acknowledged in the
next edition of the
Senior Gazette.*

Memorial Gifts

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. 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.

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for.

Our Sponsors

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

Holly Jolly Ugly Sweater Contest
Prize donated by The Curator

Legacy Giving

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

Volunteers

Volunteers give of their time and we could not do what we do without them. Our volunteers save us thousands of dollars of each year in staffing costs.

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Delivering Meals is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals. Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.

Memorial Donations Made By:

Joyce Sorenson

Nancy Smith

*In Memory of
Roy Bryant*

Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call COA for details

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 ☐ Cash ☐ Check Amount Enclosed \$ _____

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.

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

- ☐ 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.



Michelle Carolei	George Mascarello
Marc Dedenbach	Sharlene Mascarello
Dick Dodge	Michele Milne
Lyn Dodge	Rosemary Nelson
Joe Ellison	Wayne Nelson
Kathy Ellison	Jack Richards
Lisa Heck	Paul Richards
Susan Hensler	David Ridal
Bill Hollenbeck	Gail Schultz
Karen Hollenbeck	Jon Schultz
Myra Johnson	Nancy Smitz
Glenn King	Farrell Thomas
Lorelei King	Ellen Thompson
Dick Lee	Deb Umlor
Cathy Lester	Janet Weaks
Rita Lone	Sandra Woods



“Devotion to Faith and Family” Farrell Thomas By Cheri Carpenter

The accent is a dead giveaway - Farrell Thomas is not from Michigan! He started life in West Virginia, one of 8 children, including a twin brother, Fred, (Farrell is the older of the 2). When Farrell was 12, his father moved the family to New Mexico and then Utah for a better job, but the twins would eventually find their way to Detroit to live with a brother, and it was there that he met Gayle, the woman who would be his first wife, and soon after, his twin married her sister!

Farrell and his wife lived in Detroit for about 10 years before moving back to West Virginia where Farrell worked in the Appalachian coal mines for 12 years, a job he says he loved. Farrell soon found himself moving back to Michigan, to Grayling, so that his wife could be closer to her parents, as her health was worsening after a lifelong battle with diabetes. After her passing, Farrell stayed in the area and eventually found love again, meeting his 2nd wife, Linda. Sadly, she was diagnosed with cancer, and Farrell took care of her until she

passed a year later. From these 2 lovely women that Farrell was so devoted to, he received the gift of 2 children, 2 step-children, 8 grandchildren, and 2 great-grandchildren.

Currently, Farrell is a Deacon at Higgins Lake Baptist Church, and it was one of his fellow church members who suggested he volunteer to deliver Meals on Wheels. He enjoyed it so much, he currently has 2 routes, and he looks forward to seeing the people on his routes just as much as they look forward to seeing him. “It adds to your world,” he says, “If you’re not self-centered, life is so much better.”



Farrell spends his free time with his girlfriend of 2 years, Janet, (who “has the prettiest smile you’ve ever seen”), and their dog Tuffy, and staying connected to his faith and his family is very important to him.

He talks with his twin brother every day, sometimes more than once. “We could not be any closer,” Farrell says. “He’s such a good man, a wonderful dad, a wonderful husband.” Farrell counts his fellow church members as his family as well, and he strives to be a good example for others.

Farrell's best advice for everyone right now; “Read the bible” he says, “Life can get you down if you don’t stay connected to the right source.”

December Birthdays

Donna Burke 12/2
 Orthella Proctor 12/2
 Clara Gibbs 12/3
 Roxie Chumack 12/9
 Lois Jean Miller 12/10
 Jackie Gerhardi 12/11
 Richard Persing 12/15
 Loren Crampton 12/21
 Marilyn Hawkins 12/26

Get your birthday published in the Senior Gazette! Stop by or call the Senior Center & ask for a form!



Consumers Energy
Count on Us

Date Code Genie to be Purchased

A Consumers Energy grant along with an anonymous donor are making possible the purchase of a Date Code Genie for the Commission on Aging kitchen.

Look for all of our meals to be neatly labeled with date, contents, and reheating instructions in 2021. The annual times savings this device creates would pay for itself within a single year!



MEALS on WHEELS Holiday Meals on Wheels Delivery Schedule

During the Holidays “Meals-on-Wheels” Delivery Schedule is as follows:

Monday, Dec 21
 Tuesday, Dec 22
 Wednesday, Dec 23

Monday, Dec 28
 Tuesday, Dec 29
 Wednesday, Dec 30

Robert Barnett

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

he said, 'Come on, then.' And Donna and I got married right then and there before that preacher could even get his groceries put away. It was Donna's 21st birthday."

Her mother got over it, he said, and treated him like a son always.

In the years of his ministry, Robert Barnett has married hundreds of couples, as evidenced by his Minister's Marriage Manual that contains readings and vows for conducting weddings, and in which he has recorded the names of every couple he joined in matrimony. He's performed his share of "right now" weddings, such as his own, and loves to tell the stories. "I've probably buried as many as I've married. You know, if you don't have time for people when they're getting married or buried, you probably don't have much time for them at other times. I've had a lot of wonderful times, working with people."

Robert has had a long-standing prison ministry as well. "I've heard a lot of heartbreaking stories and met some very hard-hearted men. There were times it was very difficult, but I knew the Lord had called me to do this work, so I did it. I remember one class I led out at Camp Lehman...mostly all murderers. But they were some of the nicest,

most polite guys. They'd made some horrible mistakes, and I always thought 'but for the grace of God go I.'"

Robert and Donna have three sons, seven grandchildren, and 14 great-grandchildren. After marrying Donna, Robert spent 27 months in the US Army, worked 10 years for the Whirlpool Corporation, for a time at Walter Reid, and attended what was then called Grand Rapids Bible College (now Grace Christian University). "As a boy," he said, "I never thought I'd be a pastor. A teacher maybe but I didn't know. In 1966 my wife and I dedicated ourselves to full-time Christian service. And then in 1972 when this church was looking for a pastor, they called the president of the college and he recommended me to them."

"It was my first church, and my only church," he said. "The Lord sent us here, and we've been here since. We'd never been to Grayling before I was called to pastor this church. We love Grayling. The people are wonderful, it's safe to walk the streets. It's our home. Now, if I had my choice of where to live, I'd stay right here. I might not be the happiest person in the whole world but I couldn't be happier."



The Winter Protection Plan Helps with Heating Bills

The Winter Protection Plan (WPP) protects both senior and low-income customers from disconnection and high energy bill payments during the winter months (Nov. 1 through March 31). You qualify for the plan if you meet one of the following requirements:

- Are age 65 or older
- Receive Department of Health and Human Services cash or food assistance, or Medicaid
- Have a household income at or below 150 percent of federal poverty level guidelines (see below)

Eligible seniors participating in WPP are not required to make specific payments during the heating season.

Eligible low-income customers who participate in WPP need to make monthly payments equal to 7 percent of their estimated annual bill, November through March, to avoid service disconnection during that time.

At the end of the protection period, both low-income and seniors must pay off any money owed in installments between April and November.

For more information or to apply, call MGU at 800-401-6402.

Income Guidelines (2020-2021)

- 1—\$19,140
- 2—\$25,860
- 3—\$32,580
- 4—\$39,300
- 5—\$46,020
- 6—\$52,740

*Add \$6,720 for each additional household member.



Christmas Bingo

Ho Ho Ho! You are invited to play Christmas themed bingo with us via Zoom!

Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet and microphone to participate in the activities.

The event will take place on **Friday, December 18th at 12pm**. Join the fun, see your friends, and have a good time! If you have questions or are interested in participating, please email Kaitlyn at kgrieb@crawfordcoa.org. I will provide you with a Zoom link for the game along with your bingo cards! Bingo cards can be printed or used on the computer.



Emergency Preparedness Series

The Michigan State University Extension is hosting a series of Zoom courses to discuss being food safe and ready for emergencies or severe weather. See below for information about courses happening this month:

- **Making An Emergency Kit**—Dec. 4, 2020: Tips to make your own emergency supply kit.
- **Preparing for Emergencies When Traveling**—Dec. 18, 2020: Tips for preparing your vehicle for disaster or emergency situations.

Visit <https://tinyurl.com/msuprep> or contact Karen Fifield at fifield@msu.edu to register or to learn more about the program.

 **MUNSON HEALTHCARE**
Crawford Continuing Care Center

your choice for short & long term care

5-Star Rated  **Call us today! 348-0317**
munsonhealthcare.org
1100 E. Michigan Ave · Grayling, MI 49738



Zoom Fitness

As it gets colder and staying active outside gets harder, remember you can always join us online for our daily Zoom Fitness classes! With 3 different classes you can mix up your fitness routine all from the comfort of your own living room.

Aerobic Drumming (offered Monday & Tuesday) incorporates dynamic movements of aerobic dance to the rhythms of the drum. This class can be done seated or standing and you can borrow the drumming equipment free from our lending library at the Commission on Aging.

Zumba (offered Wednesday & Thursday) is a dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. It also combines muscle conditioning and cardiovascular exercise.


Stretch (offered Friday) combines stretching moves from our previous Stretch to Fitness and Equipped to be Fit classes. See improvement in balance, reduction in falls, increased flexibility and muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level.

All classes are free and open to the public. No registration is required. Modifications will be given in each class to accommodate all skill levels.

Join via Zoom using the links below. If you need help setting up or using Zoom contact Kaitlyn at (989) 348-7123.

- Monday: tinyurl.com/coa-drumming/
- Tuesday: tinyurl.com/coa-drumming/
- Wednesday: tinyurl.com/coa-zumba-wed
- Thursday: tinyurl.com/coa-zumba-thurs
- Friday: tinyurl.com/stretchfriday

Even if you're not sure you want to join in you can drop in to check out our live classes to see what it's like!



Grayling Hospital for Animals

- Dr. Paul W. Mesack
- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig
- Dr. Heather Minkel

5806 W. M-72 Grayling, MI 49738
989-348-8622 • Fax: 989-348-1542





Healthy LIVING WITH KAITLYN

I feel as if I just wrote the same article but for fall... It is hard to believe winter is around the corner and the "s" word will be here before we know it! As we make our way into winter, it is important to embrace positivity as the winter blues sometime set in. I have compiled a list of activities to kick those winter blues and make the best of the winter wonderland we live in!

1. Take part in an outdoor winter activity such as tubing, sledding, snowshoeing, cross country skiing, or ice fishing just to name a few. Bundle up and enjoy the day exploring in the white crisp weather.
2. Visit the library or go through your book collection to find some new reads. Read by the fire with a cup of hot chocolate! Check out this homemade hot chocolate recipe: <https://tinyurl.com/creamyhotcocoa>
3. Bring out all your baking supplies and make homemade cookies or gingerbread houses with your grandkids! Decorate sugar cookies, shape them for the holiday season, and the best part... eat them while watching Christmas movies!
4. Start a gratitude journal and contribute to it daily enforcing routine into your daily life. Start by listing five things you are grateful

for. Gratitude journals have been shown to help people sleep better, lower stress, and improve interpersonal relationships.

5. Dust off some old board games or puzzles and have a family game night. Playing board games actually helps to keep your mind active and reduces stress. Not to mention brings your family together for laughs and some friendly competition.
6. Just because the sun is not shining does not mean we can't enjoy locally produced foods during the winter months. Vegetables such as onions, radishes, and winter squash have an extended growing season and are perfect to add to any soup on a cold winter day.
7. Lastly, get more exercise... did you really think I would forget this one? Try exercising indoors when the weather is not the best. Give our Zoom classes a try, or visit YouTube for some great at home exercise videos, or simply put in an exercise DVD to get your body moving. Exercising increases positive endorphins and enhances your overall health!

There are so many great ways to stay active and engaged during the winter season! Even sitting down by the fireplace to watch the snow fall and embracing the season can help to create positivity in the cold months ahead.

VOLUNTEERS we need you! Show us your **SUPERPOWER**



Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step!

(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current insurance coverage)

Contact Melanie Conway at (989) 348-7123 to sign up or to learn more about Meals on Wheels.





Holly Jolly Christmas Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Holly Jolly Christmas Luncheon on **Thursday, December 17th from 11:30 – 1pm**. On the menu will be Roast Beef, Mashed Potatoes w/ Gravy, Midori Blend Vegetables, Pistachio Fluff Salad, Dinner Roll, and Cherry Pie.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. Santa and Mrs. Claus plan to make an appearance to spread holiday cheer and update their naughty and nice list... So you won't want to miss it!

The luncheon will also feature an Ugly Christmas Sweater competition. If you would like to enter wear your ugliest sweater and stand outside your car to have your photo taken. The winner will receive a prize from The Curator.

If you have any questions please give us a call at (989) 348-7123. We hope to see you there with your ugliest sweaters!



December Board Meeting

Our regular end-of-year board meeting will take place **Tuesday, December 22nd at 4:30pm**.

Due to the COVID -19 pandemic, the Governor of the State of Michigan has requested that no public meetings be held so not to unnecessarily expose people to the virus in a group setting. As a result, the Crawford County Commission on Aging has elected to hold meetings through Microsoft Teams Meeting, until this pandemic has passed.

Meetings are open to the public and the Board invites all people interested in attending the regular meeting of the Crawford County Commission on Aging to attend also by way of the Microsoft Teams Meeting.

The meeting link and conference call information will be posted on our website www.crawfordcoa.org prior to the meeting date. If you have any questions about how to join call us at (989) 348-7123.

New to Medicare Seminar

Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, December 23rd at 10:00am** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay, and MMAP Volunteer counselors will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information or to get the Zoom link email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123.



DHHS Assistance

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

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

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

Support Groups

11th Step Meeting - Open Meeting

Mondays, 7pm

St. Francis Episcopal Church, Grayling

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Addition Support Group

Thursdays & Saturdays, 6:30pm

Grayling Baptist Church

Adjustment to Vision Loss Support Group

2nd Monday, 9:30am to 10:30am

The Commission on Aging & Senior Center

Alzheimer's Support Group

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

Choices (Anger Management)

Mondays, 4:30-6pm at **River House**

For more info or to register call 989-348-3169

Cancer Support Group

Every other Tuesday, 6pm

at **Grayling Baptist Church**

For anyone touched by cancer
Call Cathy at 989-348-8684 for more info.

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, 8pm in the Crawford Rm,
Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699

or visit www.area34district12.org

Grayling Al-Anon

Tuesdays 11am

Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at **River House**

For more info call 348-3169

Munson Hospice Grief Support Group

3rd Friday, 11am

Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous

Wednesdays, 8pm,

St. Francis Episcopal Church, Grayling

For more info call Ted 989-429-8100

Overeaters Anonymous

Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery

Thursdays, 5-6:30pm, at **River House**

For women suffering PTSD Symptoms

Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398

December 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP TO-GO Monday—Chicken Noodle Tuesday—Bean & Ham Wednesday—Chili Thursday—Potato Friday—Santiago	1 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes, Cookie 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	2 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	3 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 4:30-5:30pm Dinner Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange	4 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
7 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	8 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Brownie 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	9 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	10 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	11 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple
14 11:30-12:30 Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	15 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Cupcake 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	16 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	17 11:30a-1:00pm Lunch Roast Beef, Mashed Potatoes w/ Gravy, Midori Blend Vegetables, Pistachio Fluff Salad, Dinner Roll, Cherry Pie 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	18 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
21 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	22 11:30a-12:30p Lunch Pork w/ Kraut, Green Beans, Applesauce, Dessert 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	23 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS
28 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	29 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Dessert 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	30 11:30a-12:30p Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS

December 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Consider giving this Giving Tuesday. 100% of your donation will go to Meals on Wheels in Crawford County. This year we delivered a record number of meals to the most at-risk in our community.	1 10am Aerobic Drumming Giving Tuesday To Donate Visit www.cfnem.org/ Celebrate National Cookie Day!	2 9:30am Commodities @ St. Mary's 10am Zoom Zumba	3 10am Zoom Zumba	4 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
7 10am Aerobic Drumming	8 10am Aerobic Drumming National Brownie Day! Get a FREE brownie with your Congregate Meal!	9 10am Zoom Zumba	10 10am Zoom Zumba	11 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
14 10am Aerobic Drumming	15 10am Aerobic Drumming National Cupcake Day! Get a FREE cupcake with your Congregate Meal!	16 10am Zoom Zumba 12pm Intro to Zoom Workshop	17 10am Zoom Zumba Holly Jolly Christmas Luncheon & Ugly Sweater Contest Curbside Pickup 11:30am-1pm RSVP Required	18 10am Stretch via Zoom 12pm Christmas Bingo 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
21 10am Aerobic Drumming	22 10am Aerobic Drumming 4:30pm COA Board Meeting	23 10am Zoom Zumba 10am New to Medicare Seminar	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS
28 10am Aerobic Drumming	29 10am Aerobic Drumming	30 10am Zoom Zumba	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS

Assistance to Help You Maintain Your Independence COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit with Nurse Card (6 visits—\$150)

or \$30 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 Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

Resources

Computers

Internet, computers, and printers are available at the Senior Center. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

Information and Assistance

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

Legal Assistance

by Jason R. Thompson, Law Office PLC

Free legal consultations available the 3rd Thursday of each month from 1-4pm

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

Matter of Balance Program

This program offers practical strategies to reduce falls.

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

Walk with Ease

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

Wellness Initiative for Senior Education

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

Cost for Services

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



How We
Served You
in October
2020!

At the Senior Center

- We served **450** Congregate Meals

In-Home Services

- Delivered **3,222** home delivered meals.
- Provided **128.5** hours of respite care.
- We provided **422.75** hours of homemaker services.
- We provided **86.25** hours of bathing assistance services.



Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

When Should You Start Receiving Social Security Benefits?

We're often asked, "What's the best age to start receiving retirement benefits?" The answer is: there's not a single "best age" for everyone. The most important thing is to make an informed decision. Base your decision about when to apply for benefits on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount for more years, or wait for a larger monthly payment over a shorter timeframe? The answer is personal and depends on several factors, such as your current cash needs, your current health, and your family longevity. You should also consider plans to work in retirement and other sources of retirement income. Most importantly, study your future financial needs and obligations, and calculate your future Social Security benefit.

We encourage you to weigh all the facts carefully before making the crucial decision about when to begin receiving Social Security benefits. This decision affects the monthly benefit you will receive for the rest of your life, and may affect benefit protection for your survivors.



SSA's New Retirement Portal

Our new retirement portal is more user-friendly and easier to navigate, whether you're ready to learn about, apply for, or manage your retirement benefits.

The redesigned portal will make it easier for you to find and read about retirement benefits, with fewer pages and clearer information. We condensed and rewrote most of the pages to make them easier to understand. The portal is compatible for use on mobile devices so you can learn and do what you want from wherever you want.

Our retirement webpage has information including:

- Retirement Publications;
- Benefit Calculators;
- Retirement benefits estimates;
- Full retirement age information; and
- Spouse benefits.

You and your loved ones can access all of these resources at www.ssa.gov/benefits/retirement.



Coronavirus Testing Site Open

Kirtland Community College, located at 4800 West 4 Mile Road in Grayling, serves as a Community Testing Site for COVID-19.

The testing site offers FREE saliva tests, which are less invasive than nasal swabs and may make the testing process more tolerable for some people. No doctor's order is needed. Tests are available to people without symptoms (asymptomatic).

Appointments are strongly encouraged and can be made either by calling the COVID-19 hotline at 888-535-6136 Monday-Friday 8am-5pm and pressing "1" or online at <https://www.solvehealth.com/book-online/plVqZ0>. Walk-ins will be taken as space allows, but pre-registration is strongly advised. It's useful for all individuals to maintain good hydration pre-test. Please avoid caffeine, alcohol, sugary or acidic foods 24 hours prior. Do not eat, drink, chew gum or use tobacco 30 minutes prior to visit. Please arrive wearing a mask. The test takes about 15 minutes. Testing Hours will be as follows:

- Wednesdays 10am-4 pm
- Thursdays 10am-4pm
- Saturdays 10am-2pm

Both patients who book online in advance or walk-in to a testing site can use a mobile device to fill out their information including name, date of birth and phone number. Michiganders arriving at the neighborhood testing can check-in online to secure their place in line, making it easy for them to safely wait in their car or at a safe social distance from the testing site until their appointment.



Dessert Day Tuesdays

The Crawford County Commission on Aging & Senior Center has sweetened the deal on Congregate Meals. Join us for lunch on Tuesdays and get a complimentary dessert included with your meal.

Simply call the Senior Center at (989) 348-7123 between the hours of 9-11:30am to order your meal for take-out. Then pick up curbside between 11:30am and 12:30pm and enjoy a dessert every Tuesday. See below for special dessert days!

Dec 1st—Celebrate National Cookie Day
Dec 8th—National Brownie Day
Dec 15th—National Cupcake Day



Gift Ideas

Are you looking for a gift idea for an older adult in your life? Or are you looking to help out an unsuspecting Senior Center participant? Check out just a few gift ideas below!

- **Congregate Meal Coupons:** gift coupons to be used at the Senior Center—\$3.50 for any hot lunch or for a frozen take-home meal. To order call (989) 348-7123.
- **Soup To-Go Coupons:** gift coupons for the purchase of one of our fresh daily soups available for curbside pickup—\$2.00 for 8oz. To order call (989) 348-7123.
- **Dial-A-Ride Tickets:** Call (989) 348-8215 and ask for Jackie to order. Cost is 50 cents per ride for seniors age 60+.



**AuSable Family
Dental, P.C.**

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

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

McLEAN'S ACE HARDWARE
The helpful place.

For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.

STORE HOURS: Mon-Sat 8-5:30 / Sun 10-3
CALL: 989-348-2932

Fix it and save a buck!
Conveniently located next door!

McLEAN'S ACE REPAIR SHOP
CONTACT THE REPAIR SHOP:
989-348-1003

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We may resume when the Senior Center reopens for activities.

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

1. blustery
2. caroling
3. celebration
4. chestnuts
5. chimney
6. christmas
7. december
8. eggnog
9. feliznavidad
10. fireplace
11. frankincense
12. frosty
13. fruitcake
14. garland
15. gingerbread
16. greetings
17. holiday
18. icicle
19. jingle
20. joyful
21. mistletoe
22. myrrh
23. nativity
24. naughty
25. nice
26. nutcracker
27. ornaments
28. partridge
29. pinecone
30. plum pudding
31. poinsettia
32. reindeer
33. rudolph
34. santaclaus
35. scrooge
36. sleigh
37. snowman
38. stocking
39. sugarplum
40. sweater
41. tidings
42. tinsel
43. toboggan
44. togetherness
45. tradition
46. winter
47. wintertime
48. wonder
49. wreath
50. yuletide

Cook's Corner No-Bake Cereal Bars



INGREDIENTS

- 1/2 cup honey
- 1/4 cup peanut butter
- 3 cups toasted oat cereal
- 1 cup yogurt chips (save 1/2 cup for melting) or white chocolate chips
- 1/2 cup unsalted toasted almonds, chopped
- 1/2 cup dried cranberries

DIRECTIONS

- 1) In a bowl, mix honey with peanut butter. Microwave for 45 seconds, stirring every 15 seconds, or until melted.
- 2) In a large bowl, combine oat cereal, 1/2 of the yogurt chips, chopped almonds, and dried cranberries.
- 3) Pour the melted honey mixture into the bowl and stir until well mixed.
- 4) Pour into an 8x8 baking pan lined with parchment paper, and gently flatten the mixture evenly around the pan.
- 5) Freeze for 30 minutes, or until the mixture has hardened enough to cut it into 8 pieces.
- 6) Melt the other half of the yogurt chips in the microwave for 15 seconds at a time, until melted. (adding 1 tsp. of coconut oil will help with the melting process)
- 7) Dip the bottom of the bars in the melted yogurt chips and place on a piece of parchment paper. Freeze for another 15 minutes.
- 8) Wrap each bar in parchment paper & store in the refrigerator or freezer for up to 3 months. Enjoy!

Submitted by Kaitlyn Grieb

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

Grayling Save a Lot

Purchase of

Coca Cola Products 79¢
2 Liters Plus Deposit

Limit 2 Please with coupon Valid Dec 1st, 2020
thru Dec 31st, 2020

2333 S. I-75 Business Loop 989-348-6690
Look for printable coupons at www.Save-A-Lot.com



MUNSON HEALTHCARE
Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital

**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com

Gaylord Office
321 E. Main Street
P: 989-448-2500

Grayling Office
2375 Bus. Loop 1-75
P: 989-745-6667

Effective Communication

By Nicole Persing-Wethington, from Michigan State University Extension

Communication is one of our most important tools for connection and getting our needs met. Whether in a social situation or at the doctor's office, we need to communicate effectively. Here are some tips for communicating:

Use "I-statements": I-statements help us to take ownership of our feelings and what we need. Consider these statements and how they make you feel.

You-statement: You never listen to me.

I-statement: I feel unheard when I am interrupted.

Remember to avoid hidden you-statements like, "I feel you never listen to me." You can add what you need out of a situation to your I-statement: I feel nauseated when I take this medication and need to consider an alternative. It is important to state how we feel, the specifics of the situation, and what we need or want to happen. Practice using I-statements so you are ready when you need them.

Remember that 90% of communication is nonverbal: Communication is only 10% the words we say. 30% is our tone or how we say

the words, and 60% is body language. Consider the messages you are sending during your next conversation.

Listen, listen, listen: Epictetus once said, "we have two ears and one mouth so that we can listen twice as much as we speak." This is good practice so we can truly hear what people are telling us. We often listen to respond or rebut. Instead, pay attention to exactly what the other person is saying, doing your best not to interrupt.

Listen for feeling: Listen for what is not being said, for the feeling beneath the message. How is this person feeling? Can I understand this feeling? How would I feel if this situation were happening to me? Each of these can be a connection point that leads to greater understanding.

For more information on these communication tools, checkout RELAX: Alternatives to Anger. Please contact Nicole Wethington at wethingn@msu.edu for more information about upcoming classes.



25 Days of Kindness

Greetings!

I would formally like to introduce myself. My name is Snowball the Elf. I was sent by Santa from the North Pole to spread Christmas cheer and more specifically keep an eye on all the trouble makers that roam the Senior Center...you know who you are... This year I was sent on a special mission to **spread kindness** through the community of Grayling and I want to challenge you to do the same. For the month of December, I have compiled what I would like to call '25 days of Kindness' even though you should be kind all the time especially since he is always watching!

Leading up to Christmas take the time to participate in these small acts of kindness around the community that together will bring joy to all!

1. Be kind to yourself.
2. Do a favor without asking for anything in return.
3. Smile at someone, just because.
4. Hold the door for someone.
5. Pay for the person behind you in the drive-thru.
6. Pick up litter around the community.
7. Write a positive note to someone.
8. Invite someone who lives alone over for dinner.
9. Pay for someone's morning coffee.
10. Lend a friend a favorite book/movie.
11. Donate a Christmas gift to toys for tots.
12. Take the time to listen to someone.
13. Help someone put groceries in their car.
14. Reconnect with an old friend.
15. Take the day not to complain.
16. Donate food to your local food bank or food pantry.
17. Send flowers to someone for no reason.
18. Leave a nice note on someone's car.
19. Leave quarters at the laundromat.
20. Hug someone today.
21. Tell jokes to make someone smile.
22. Put money in the Salvation Army bucket.
23. Call someone you love.
24. Give a stranger a compliment.
25. Celebrate Christmas with your loved ones!

Zoom Introduction to Zoom Workshop

The Crawford County Commission on Aging will offer our monthly online Introduction to Zoom Workshop on **Wednesday, December 16th from 12:00–1:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

This is a great chance to try it out and play with the features while someone is available to talk you through any challenges. You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call. Other classes offered via Zoom include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! **Registration is required.** Please call (989) 348-7123 to register or email Kaitlyn at kgrieb@crawfordcoa.org. The Zoom link will be sent via email after registration.



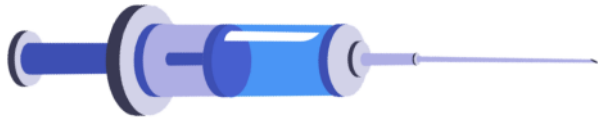
Program Provides Free Fruits and Vegetables

We are excited to announce more opportunities to join in on the Prescription for Health program.

Crawford County residents ages 18+ can earn \$100 in vouchers to purchase fresh/frozen/canned fruits and vegetables by participating in one free, five-session, virtual, nutrition education course. In order to qualify for the \$100 you must attend ALL five classes and return a post-session survey. See below for available classes and times:

- Jan 11-Feb 15, Thursdays, 1pm
Cooking for One
- January 25-Mar 1, Tuesdays, 7pm
Cooking for One
- Feb 10-Mar 10, Wednesdays, 7pm
Eat Healthy Be Active

To register contact Kathy Jacobsen at (231) 437-3481 or kjacobsen@mhc.net.



Flu Shot Clinic

With COVID-19 still impacting our communities, it is more important than ever to get your flu shot. District Health Department #10 is providing a flu clinic at the future home of the Crawford County Commission on Aging, 4388 West M-72, Grayling, MI 49738. The flu clinic will be taking place on December 4th, 11th, and 18th from 12:30-3:30pm. All participants should enter the building by the eastern doors (on the right-hand side of the building).

You may qualify for a FREE flu shot—ask at your appointment. For those without insurance the cost is \$37 without insurance or \$46 for high dose and preservative-free shots.

Flu shots are usually covered by insurance. The DHD#10 can bill Medicare, Medicare Health Plans, Medicaid or Medicaid Health Plans, Blue Cross Blue Shield or Blue Care Network (except Mercy Partnered Plans), Cigna, Priority Health, McLaren Commercial, ASR, United Health Care, and TRICARE. Children without insurance may qualify for Vaccines For Children. Please be aware of your insurance benefit rules.

Please call DHD#10 at (888) 217-3904 to schedule an appointment. Walk-ins are also welcome.



Congregate Meals & your Bridge Card

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

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler. Plus, our contactless meal pick-up ensures less risk of exposure than a visit to the grocery store.

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

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

Stay in the Know!



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

Receive the latest information about the Senior Center events, classes, and programs 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 patron's contact information.

Like us on
**Facebook for
updates!**



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

facebook.com/CrawfordCOA/

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

DENHOLM FAMILY CHIROPRACTIC

DFO *Better Health
Better Vitality
Better Way of Life*

Craig B. Denholm, DC

6838 M-93 Highway, Grayling, MI 49738
Just South of M-72 West • 989-348-6600
www.denholmfamilychiropractic.com

Signs of Stroke?
Minutes Matter.
Make it Munson.

Amazing



A stroke is a medical emergency. If you or someone you love shows signs of stroke, call 9-1-1 immediately.

BE FAST. Learn the signs of stroke at munsonhealthcare.org/stroke.

 **MUNSON HEALTHCARE**



**The Brook,
it's home.**

BrookRetirement.com

Independent, Assisted
& Memory Care Living



brookretirement.com • 989-745-6500

The Brook
Retirement Communities

Big Rapids • Boyne City • Cedar Springs • Cheboygan
Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo
Portland • Rogers City • Roscommon • West Branch

The Medicine Shoppe®
PHARMACY

Proudly Serving Our Community Since 1999

- **Prescription Delivery Service**
- **Senior discount available daily**



989-348-2000
500 N. James St. • Grayling



It Is Never Too Late To Quit Smoking

Many people who have smoked or used tobacco products for a long time want to quit tobacco. But it can be hard. The decision to quit smoking is one that only you can make. There are many ways to quit tobacco use and it is usually a process that may look different for everyone.

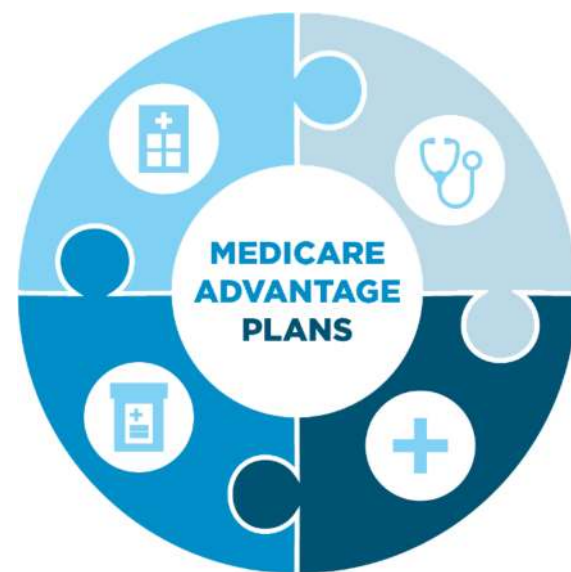
Here are some helpful tips from the American Cancer Society.

- Pick a "Quit Day" date and mark it on your calendar.
- Give yourself enough time to prepare but pick a date within the next month. Picking a date too far away gives you time to change your mind.
- Make a strong, personal commitment to quit on that day.
- Lock in your plan before your Quit Day.
- Think about your past attempts to quit. Try to figure out what worked and what didn't.
- What will you do if you have a cigarette craving or significant stress? Preparing now for how to handle hard situations can make all the difference.
- Set up a support system.
- Tell friends and family that you are quitting and your Quit Day date. They

can give you help and encouragement, which increases your chances of quitting for good.

- Prepare yourself for success by practicing good habits.
- Practice saying, "No thank you, I don't smoke."
- Get rid of all the cigarettes and ashtrays in your home, car, and at work.
- Stock up on oral substitutes – sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and/or toothpicks.

Quitting may not be easy and it helps to have the right support. District Health Department #10 can help. The DHD #10 Tobacco Treatment Program has a specialist that will work with you, individually, to help you better understand the effects of tobacco and nicotine on your health, assist with developing an individual specific program to quit, and will work closely with your health care provider to assure you are getting the personal medical support and treatment you need to succeed in becoming tobacco-free. Call Angie Gullekson at 231-876-3813 or email her at agullekson@dhd10.org to find out more about our FREE Tobacco treatment Program.



Don't Wait: Medicare Advantage Open Enrollment ends March 31

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans or go back to Original Medicare with or without a Medicare drug plan, your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you may not be able to buy a Medicare Supplement Insurance (Medigap) policy.

The Medicare Advantage Open Enrollment Period isn't for people who already have Original Medicare.

It's important to understand and be confident in your Medicare coverage choices. If you have a Medicare Advantage Plan and want to change your plan, check out your options today. Remember, this Medicare Advantage Plan Open Enrollment Period ends March 31.



Soup To-Go

To-Go Soup bowls is back at the Senior Center! Join us during Congregate Lunch pickup times to get a healthy **8oz portion** of your favorite soups served in a 12oz container (no more spillage!).

Soup bowls will be **\$2 each** and **must be pre-ordered** between 9:00 and 11:30am. Pick-up times are 11:30am-12:30pm. Call upon arrival to have your food brought out to you. See below for the weekly soup menu:

- Monday—Chicken Noodle
- Tuesday—Bean & Ham
- Wednesday—Chili
- Thursday—Potato
- Friday—Santiago



Medical Equipment Available Free

The Crawford County Commission on Aging has several medical items available for older adults 60 and over for free. If you are interested in any of these items, please give Kathy a call at (989) 348-7123. All supplies are first come, first served. See below for items available:

- Walker with 2 front wheels
- Walker without wheels
- Side step walker
- Bedside commode
- Foldable cane for the blind
- Miscellaneous canes w/ and w/o feet

Also available are Ensure and Boost available for those with a prescription and, for your personal needs, Depends and Pads are ready for your pick up. Give the office a call for sizes we have on hand.



Come visit us!

- Independent Living
- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

A Non-Profit Faith-Based Organization

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

Do You
Need **Utility**
Assistance?



Emergency Utility Assistance Available

Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas).

To qualify for assistance one of the following must apply

- Past due notice has been issued
- Service has been disconnected
- Your residential propane/fuel oil tank is at or below 25%
- Your firewood must be at less than a 30 day supply

Income limit for 1 person is \$1,595 or for 2 people is \$2,155. Assistance awarded can be up to \$850 per year for non-deliverable (electric, natural gas) or \$1200 per year for deliverable (propane, fuel oil, firewood).

You must apply to DHHS first, but can get additional assistance for a second request from NEMSCA. DHHS application may be made using the State of Michigan MiBridges system. NEMSCA can also help with DHHS copayments. Please contact NEMSCA at 989-358-4713.

For Crawford County residents 60+ needing assistance with these applications, call Tammy Findlay at (989) 348-7123 for an appointment.



Pet Assistance

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

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

Senior Gazette
ADVERTISE WITH US
Call **348-7123**

Reaching Seniors and Beyond!



As part of efforts to slow the rapid spread of COVID-19, the Michigan Department of Health and Human Services has announced the statewide rollout of an exposure notification app, MI COVID Alert.

This anonymous, easy-to-use and no cost mobile app lets users know whether they may have recently been exposed to COVID-19. Users can confidentially submit a positive test result in the app and anonymously alert others in recent proximity that they may have been exposed to the virus.

All Michiganders are encouraged to download and use MI COVID Alert. You can also invite people in your mobile phone contact list to download the app. The app This helps friends and family protect themselves, too.

Recent mobile phone operating system updates included exposure notification settings. Those settings will only work with a companion app, like MI COVID Alert.

The app was successfully piloted at MSU and in the surrounding community. Research from Oxford University found a potential to reduce infections and deaths, even if just 15% of a population uses an exposure notification app like MI COVID Alert.

If you test positive for COVID-19, you will receive instructions from the local health department or the Michigan Department of Health and Human Services to enter a code and share your test results anonymously on the app. This step helps verify results are accurate.

The app uses low energy Bluetooth technology and randomly generated phone IDs to detect phones with the app near you. If you (and your phone) have been in close contact (within 6 feet for at least 15 minutes) with someone (and their phone) who has been diagnosed with COVID-19 the app will send you a notification. The alert tells a user they

may have been exposed to COVID-19 and how many days ago the exposure took place. This allows you to think about where exposure might have taken place, get tested, and consider quarantining.

The app won't identify you. No personally identifiable information is collected and shared with other users. If you delete the app, your information will also be deleted.

MI COVID Alert DOES NOT replace contact tracing, wearing masks and face coverings in public, or other prevention, but it is another, faster way to know if you may have been exposed to COVID-19.

- You must still wear a mask or cloth face covering in public indoor and crowded outdoor spaces.
- You should continue to wash your hands regularly, cover coughs, and stay home if you are feeling sick.
- If you test positive for COVID-19, is critical that you let health officials know who may be a close contact.
- If you receive a call from your local health department or MI COVID Help, it is important that you answer the call to know if you may have been exposed to COVID-19.

The more people who use the app, the more effective it will be in helping all of us prevent the spread of COVID-19. The State of Michigan is working closely with Google, Apple, and other states to ensure MI COVID Alert will be compatible with similar apps in select states.

Other states that have introduced exposure notification apps include: Virginia, Arizona, New York, Alabama, Pennsylvania, Colorado, Delaware, Nevada, North Dakota, North Carolina, and New Jersey. Several more states have apps in development.

Our Mission...

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



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