Crawford County
Senior Gazette
December 2026

COA Awarded Allen Foundation Grant

Written by Carlie Wilson

Across cultures and generations, food has helped preserve traditions, share stories, celebrate milestones, and bring people together. Recipes passed down through families carry pieces of history; preparing and sharing a meal creates opportunities for conversation and connection. Building on that tradition, the Crawford County Commission on Aging will offer hands-on cooking classes for the first time, made possible through a grant awarded by the Allen Foundation.

The new program will give participants an opportunity to develop cooking skills, explore new recipes, and enjoy the shared experience of preparing food.
After wrapping up a series of cooking classes, Kate Moshier, Nutrition Manager for the Crawford County Commission on Aging, developed and submitted a grant proposal to create classes where participants could actively prepare meals.

"I find endless enjoyment in not only cooking but also learning about food. The culinary and nutritional sciences, the way they blend with art, and the history, evolution, and migration of the foods familiar to us today are all fascinating to me," she said.



Above, Kate Moshier instructs a Cooking with Confidence Class

"I am equally interested in the cultural significance of what we eat. Being able to share that interest with a group of like-minded people was a rewarding experience," Moshier shared. For Moshier, the goal extends well beyond teaching participants how to prepare a meal.

She hopes the classes will encourage people to become more curious about what they eat, explore unfamiliar foods, and develop a greater understanding of how food choices affect their health.

Story Continued on Page 9

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Welcome to The Kitchen Corner

THE KITCHEN CORNER

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

December Gazette Recipe: Maple Orange Candied Pecans

Candied nuts are expected during the Holidays, but that doesn't mean you have to be predictable with them. Try adding a little orange and maple flair this year.



Maple Orange Candied Pecans- adapted from Onesweetmess.com

INGREDIENTS

- 4 cups pecan halves
- ½ cup maple syrup
- 2 teaspoons orange zest
- 2 tablespoons butter, melted and cooled or coconut oil
- ½ teaspoon kosher salt
- 1 large egg white, at room temperature

INSTRUCTIONS

- Preheat oven to 250 degrees F. Line a baking sheet with parchment paper.
- Add pecans to a large bowl. Add maple syrup, butter or oil, orange zest, and kosher salt.
- Using a rubber spatula, fold until pecans are evenly coated.
- In a small bowl, whisk egg white until frothy. Add to the bowl with the pecans and fold until evenly combined.
- Transfer the pecans to the prepared baking sheet in an even layer. Bake for 40-45 minutes, or until golden brown and toasted.
- Allow the pecans to cool completely on the baking sheet. Store in an airtight container for up to two weeks.

MERRY Christmas

AND HAPPY NEW YEAR

Nutrition Education: Emergency Preparedness

1. Make a plan.
Learn what disasters are possible in your area and make a plan of action for each of them. Designate two meeting places for your family outside of your home. One should be very close to your home in case of a sudden emergency, like fire, and one should be farther away from home in the case you need to evacuate altogether to a safer location. When an emergency strikes it can be difficult to think clearly, and you may need to make decisions very quickly. If you have a plan in place, you are more likely to make correct, timely decisions.

2. Gather Supplies
Make a go bag of essentials and keep it someplace accessible. You may want to make a separate bag for your vehicle in case of an emergency away from home.

- Blankets
- Emergency information like phone numbers and insurance policies
- List of medications, dosages, and doctor's name
- Personal items such as toothbrush, soap, extra glasses
- Change of clothing
- Non-perishable food
- Whistle
- Bottled water
- Books or magazines to pass time
- Cash in case of power outages
- Flashlight/Radio/Batteries
- Maps
- First Aid Kit

3. Power Outage Safety

- Open your refrigerator/freezer as little as possible
- Discard any refrigerated food if it exceeds 40 degrees for two hours.
- Stay away from downed power lines and anything they are in contact with such as houses or fences
- Don't leave lit candles unattended
- Always have a charger in your car for your phone

This just scratches the surface of things you can do to prepare for an emergency, see our website for more information.

Giving Tuesday 2026

GIVING TUESDAY

The Crawford County Commission on Aging is once again participating in Giving Tuesday, and we invite you to be part of this year's campaign! Last year, we set a new record with $5,745 in donations. This year, we're hoping to build on that support and set a new record.

All proceeds from the Giving Tuesday Campaign directly benefit the Crawford County Commission on Aging's *Meals on Wheels* program. These funds help support the delivery of nutritious meals to older adults throughout Crawford County.

Meals on Wheels provides more than a meal. Our volunteers deliver meals directly to older adults, offering a friendly face and a regular safety check along the way.

Community support helps keep this essential service available to those who rely on it. There are several ways to contribute. Donations can be made in person at the Crawford County Commission on Aging, by mail, or by calling the COA at 989-348-7123.

The Giving Tuesday Campaign runs through December 1st. When making your donation, please indicate that your gift is part of the Giving Tuesday Campaign in the donation box. Thank you for supporting Meals on Wheels and the older adults in our community!

Make an Older Adult's Christmas Special

Our Angel Tree is ready, and we're inviting community members to stop by and select an older adult to shop for. Each tag represents an older adult who could use a little extra help this holiday season. By becoming a Christmas Angel, you can help fulfill someone's holiday wishes and make the season a little brighter.

Whether you choose one tag or several, your generosity makes a difference in the lives of older adults right here in our community.

Stop by the Crawford County Commission on Aging to select a tag and help make the holidays special. For more information, call 989-348-7123.

Secretary of State Mobile Office Schedule

Appointments are held at the Commission on Aging. Contact the COA to schedule an appointment within 30 days of the listed date. You can get your license, plates, and more taken care of all in one spot. Call 989-348-7123 to register. For pricing information, please contact the Secretary of State. They can be reached at (888) 767-6424.



December 14th, 2026,
10:00 am - 3:30 pm
January 13th, 2027,
10:00 am - 3:30 pm
March 10th, 2027,
10:00 am - 3:30 pm
May 19th, 2027,
10:00 am - 3:30 pm
July 14th, 2027,
10:00 am - 3:30 pm

For more information visit:
https://www.michigan.gov/sos/resources/initiatives/mobile-office

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Supporting Crawford County's Senior Citizens
4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698

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Community Spotlight: Family Fare & Heartland Hospice

The Crawford County Commission on Aging thanks Grayling's Family Fare for their donation of two dozen donuts. The donuts were donated as part of the Commission on Aging's Veterans Day Program. Thank you, Family Fare!

Thank you to Heartland Hospice for helping provide a Veterans Day Program for the community. We couldn't have done it without you!

Save a Lot
Coburn Farms Butter $2.99, Salted or Unsalted, Limit 2 W/Coupon
Please use only one Coupon per Family
Coupon Valid 12/1/2026-12/31/2026

Thompson Treusch Law Office PLC
Specializing in General Practice
Business Law – Real Estate – Family Law.
989-745-6625

December Featured Activities

Music for Life
Thursday, December 3rd, & Thursday, December 10th at 3:00 pm
Enjoy a festive afternoon of music! Join us for Christmas carols and holiday favorites. Relax, sing along, and celebrate the season with friends. Whether you're a longtime music lover or looking for something to do, come join us for Music for Life.

Floral Design Classes - $5.00
Fridays in December at 12:30 pm
Add a little color to your Friday with our Floral Design Classes with Nancy MacDonald! Learn to arrange flowers and create a beautiful design to take home and enjoy. Whether you're experienced with floral arranging or trying it for the first time, it's a great way to get creative and spend time with others. The cost is $5.00 per person, so come join us and bring a little extra beauty into your day!

Caregiving for Those with Dementia Presentation
December 7th, 1:00 pm
This presentation provides a structured overview of the realities, communication strategies, behavioral management, and self-care tools needed to support someone living with Alzheimer's disease or a related dementia.

Grief Group
December 8th, 10:00 am
This grief support group offers a private and compassionate space for individuals who are currently grieving, as well as those who have experienced loss in the past.

Christmas Photography
December 4th, All Day
Celebrate the season with a chance to capture special moments with family, friends, or someone you love! Stop by for free Christmas Photography and leave with festive photos to enjoy and share throughout the holidays. More information on Page 16.

Holiday Wine Glass Crafting Class with Tammy Findlay, December 15th, 12:30 pm
Join us on Tuesday, December 15th, at 12:30 pm for your chance to create one of four holiday wine glasses. You'll make a fun, festive piece to take home and enjoy all season long. Space is limited to just 10 people, so don't wait to sign up! Grab your spot and get ready for an afternoon of creativity, laughs, and a little Christmas spirit.

Daylight Diamonds Line Dancing
Sundays, 3:00 pm
Kick up your heels and join the Daylight Diamonds for an afternoon of line dancing! Whether you're an experienced dancer or just looking to learn a few steps, line dancing is a fun way to stay active, enjoy music, and meet new people. Come out!

Important Dates:
The Senior Center will be closed all day on December 24th, 25th, 31st, and January 1st for the holidays. The calendar on page 10 has the designated meal delivery dates.

Volunteers

Courtney Adams
Meredith Anderson
Mark Anderson
Steve & Cheryl Batkoski
Bob & Carol Becks
Debbie Carrigan
Carolyn Cochran
Isabella Cooper
Jane Croze
Carolyn Diponio
Kathy Dreff
Donna Farren
Linda Fielhauer
Anna Fradl
Bob Gerring
Janet Gilbert
Sherry Haag
Sharron Hagerman
Donn Handy
Ashley Hempel
Susan Hensler
Debi Hool
Cheryl Hoop
Annette Hritz
Liedewey Hunter
Cindy & Jim Johnson
Ronald Johnston
John Kay
Ron & Eileen Kemerer
Glenn & Lorelei King
Alice Lee
Nancy Lemmen
Cathy Lester
Kirsten Lietz
Dave & Mary LoPresto
Ann Lucido
Mike Lutz
Dave Markle
Sandy Marshall
Rick McBride
Dan & Karen McCarthy
Barb McNamara
Mike Miller
Barb Miller
Tim & Olie Miller
Brian Miller
Marlyn Neuberger
Mark & Suzanne Ostahowski
Ron Pagereski
Lois Platt
Christa Prienl
Al Reynolds
Chuck & Robin Rodgers
Jeff Rosenberg
Jon & Gail Schultz
Jon Shazri
Sally Slicker
Richard & Marge Smith
Janis Smith
Randy & Tanya Stephens
Brad Summers
Tim & Susie Swedine
Farrell Thomas
Ken Thurston
Becky Walrath
Carol Wilder
Curtis Williams
Jan & Michael Williamson
Sandy Woods



December Birthdays

Veronica Terrell 12/10
Richard Persing 12/15

Birthday Lunch is on Tuesday, December 15th, 11:30 am - 12:30 pm. Want your birthday in the Senior Gazette? Stop by Reception to fill out the form to allow us to share.

General Giving

The Crawford County Commission on Aging is supported by state and federal grants, Crawford County millage funds, and Crawford United. Even with this support, we could not do what we do without generous community members like you. You can donate online at crawfordcoa.org/make-a-donation, in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, MI 49738.

Make Your Mark: Leave a Legacy

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

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

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

Life Insurance Beneficiary
You can designate a charitable organization as the beneficiary of your life insurance policy, which can provide tax benefits while helping sustain the Commission on Aging's programs and services.

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

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

Thank you for your consideration.

Sponsors

Silver Sneakers
Led by Rich Ferrigan of Grayling Fitness Center

Foot Clinic
by Linda Russell

Hearing
by Advantage Audiology

Birthday Lunch Flowers
donated by Family Fare

Legal Aid Offered
by Jason R. Thompson Law Office PLC

Grayling Pharmacy Bingo
by The Grayling Pharmacy

Fit for the Aging
by Sami Szydzik of Stronger Fitness

Memorials

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax-deductible gift in their name will enable us to continue providing and initiating programs that promote the well-being and independence of all older adults in Crawford County. You can also buy a memorial plaque to be displayed in our Exercise Lobby. If you are interested in donating in memory of someone, call 989-348-7123 for more information.

General Donations

Matthew Buschbacher
Janet & Paul Gilbert
Deborah Hool
Linda Kelly
Glenn & Lorelei King
Ann Knill
Kelly & Todd Lako
Linda Kelly
Ann Murphy
Nancy Nethers
Jackie Smith 7-11
Sharlene Vanassche
Chris Wolterman

Hometown Heroes

$300.00 per day supports a day of Meals on Wheels
Running Tally of Support: 109 Days, $33,590. Thank You!

December 4th was by Keith Radwanski and Erin Fanning, in memory of Dolly Radwanski



Memorial Donations

Farrell Thomas donated in memory of his wife, Linda (Brooks) Thomas

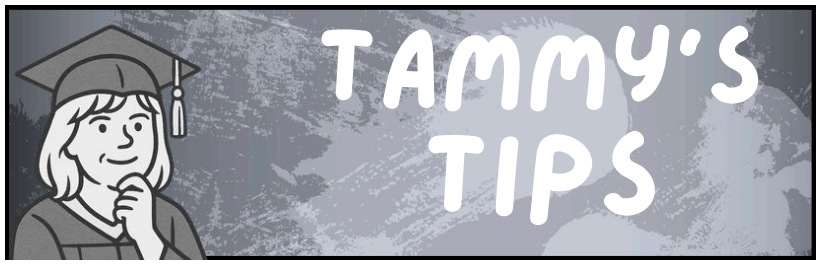
Make a Donation Today & Create Golden Opportunities for a Lifetime!

Name _____
Mailing Address _____
City _____ State _____ ZIP _____
Home Phone (_____) _____ Cell Phone (_____) _____
E-Mail Address_____
Method of Payment o Cash o Check Amount Enclosed $ _____

Please make check payable to "COA" at 4388 West M-72 Hwy, Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of $25 or more with a credit, debit, or EBT card.
All Gifts are Tax Deductible

- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about Legacy Giving.
- ☐ I would like to volunteer for the Commission on Aging.

Did You Know?
You gain one extra hour of sleep, and mornings become brighter with earlier sunrises, while evenings get darker sooner with time falling back.



Winterize your car before bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.

Remember your cell phone when you drive in bad weather and always let someone know where you are going and when you should be expected back. Stock your car with basic emergency supplies such as: a first aid kit, extra warm clothes, booster cables, windshield scraper, shovel, rock salt or a bag of sand or kitty litter (in case your wheels get stuck).

It's that time of year again to check your propane tank. If your tank reads 25% or lower and you are having financial difficulties getting it filled, please call Tammy @ 989-348-7123 for assistance.



Bring pets indoors when temperatures reach 32°F (0°C) or below. Small, thin-coated, young, senior, and sick dogs are especially vulnerable to the cold and should never be left outside for extended periods.

Outdoor exposure can lead to freezing, disorientation, injury, or even death. Never leave pets unattended in vehicles during cold weather, as cars can quickly become dangerously cold. Keep your home humidified and towel-dry pets as soon as they come inside.

Repeatedly moving between cold outdoor air and a warm home can cause dry, itchy, and flaky skin.

Medicare Advantage Open Enrollment Period (MA-OEP)

- Dates: January 1, 2027 – March 31, 2027 (only for people already enrolled in a Medicare Advantage plan on January 1).
- What you can do:
  - Switch to a different Medicare Advantage plan (with or without drug coverage).
  - Drop your Medicare Advantage plan and return to Original Medicare (with an optional standalone Part D drug plan).
  - *Note: You are limited to one change during this window, and your new coverage begins the first of the month after the plan receives your request.*

Interested in making an appointment, call the Commission on Aging at 989-348-7123 to book.

Stay Safe and Stay Warm this Winter

Cold weather hits seniors harder. As the body ages, it often struggles to regulate temperature.

- Dress in layers so you can adjust to changing indoor and outdoor temperatures.
- Wear warm socks and supportive shoes to prevent slips on cold floors or icy sidewalks.
- Keep your home heated to a safe, steady temperature.
- Use space heaters with caution and never leave them unattended.
- Close drafts and seal windows to keep warm air inside.

If you must go outside, plan trips during daylight hours and avoid icy surfaces when possible.

Be Aware: Dangers of Shoveling

It's one of the evils of winter -- snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease.

Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe.

December 2026 ~ Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **9a Friends of a Feather** 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	**2** 8:30a Blood Pressure Checks **9a AuSable Quilt Guild** 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	**3** 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo **3p Music for Life** **3:30p Grayling Pharmacy Bingo**	**4** **All Day Christmas Photography** 10:30a Bible Study 10:45a Fit for the Aging **12:30p Floral Design - $5.00** 1p Pantry Bingo **6** **3p Diamond Dancers**
7 10a Silver Sneakers 1p Chess Club **1p Caregiving for Those with Dementia Presentation** 2p Diamond Art Club	**8** 9a Zumba Gold A **9:30a Tech Support (Appointments Only)** **10a Grief Group** 10a Zumba Gold B 12:30p Euchre **1p Cancer Support Group**	**9** 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	**10** 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo **3p Music for Life**	**11** 10:30a Bible Study 10:45a Fit for the Aging **12:30p Floral Design - $5.00** 1p Pantry Bingo **13** **3p Diamond Dancers**
14 **10a Secretary of State Mobile Office** 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	**15** 9a Zumba Gold A **9a Footcare** **9:30a Tech Support (Appointments Only)** 10a Zumba Gold B **12:15p Birthday Lunch** **12:30p Holiday Wine Glass Crafting Class** 12:30p Euchre	**16** 8:30a Blood Pressure Checks **9a New to Medicare** 10a Silver Sneakers **11a Alzheimer's Support Group** 12:30p Wii Bowling 12:30p Mahjong **1p Commodities**	**17** 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo **1p Legal Advice** **4p-6p Christmas Special Dinner**	**18** 10:30a Bible Study 10:45a Fit for the Aging **12:30p Floral Design - $5.00** 1p Pantry Bingo **20** ***No Diamond Dancers – Christmas Break**
21 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	**22** **9:30a Tech Support (Appointments Only)** 12:30p Euchre	**23** **10a Book Club** 12:30p Wii Bowling 12:30p Mahjong	**24** **Closed for Christmas Eve**	**25** **Closed for Christmas Day!** ***No Diamond Dancers – Christmas Break**
28 **9a Footcare** 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	**29** 12:30p Euchre	**30** 8:30a Blood Pressure Checks 12:30p Wii Bowling 12:30p Mahjong	**31** **Closed for New Year's Eve**	

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

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

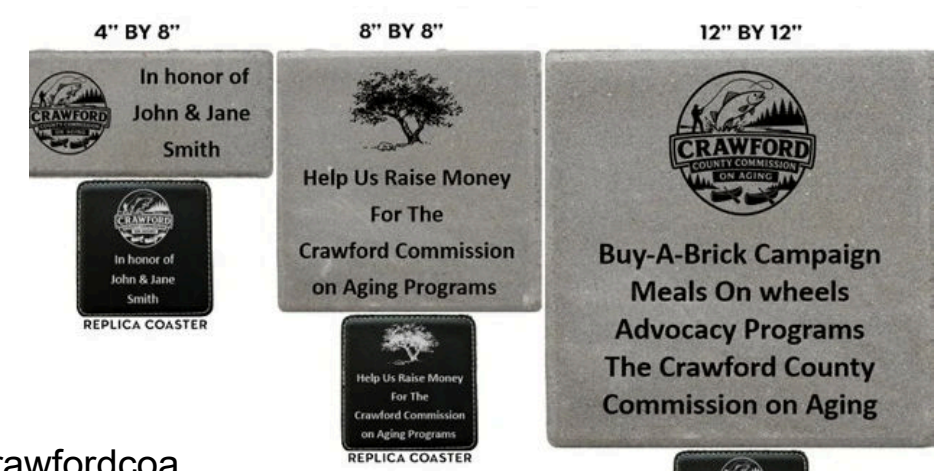
More than a brick. It's a lasting legacy. Located near our new pickleball courts, this is not a pickleball fundraiser. Proceeds support Crawford County Commission on Aging programs, including Meals on Wheels, Advocacy, Fitness Classes, and more.

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

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



MEALS on WHEELS AMERICA
2026 MEMBER



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

You can also buy several bricks and make a mosaic.

Run, Walk, Wag Recap

The first-ever Run, Walk, Wag event was a success, raising an incredible $1,411.00 to benefit the Crawford County Commission on Aging's Pet Program!

The event brought together animal lovers, pet owners, and community members for a day celebrating the special bond between people and their pets. Whether participants came to run, walk, or simply enjoy the company of their four-legged friends, everyone helped support a meaningful cause.

We are incredibly grateful to everyone who participated, donated, volunteered, and helped make our first Run, Walk, Wag possible.

Thank you for making our first year such a success!



Cooking Classes

Continued from Page 1

"So many people are stuck in a traditional mindset of 'Meatloaf Mondays' and 'Taco Tuesdays,' following the same recipes they have been eating all their lives. There is nothing wrong with that, but there is so much more out there for those willing to explore and try something new," she explained.

She also hopes participants will leave with a better understanding of nutrition and the role food plays in overall health. Her ultimate goal is to help people develop the knowledge and skills to cook in a way that makes them happy while supporting their well-being.

Just as important as what participants learn is the environment in which they learn it. These classes are intended to be relaxed, social, and welcoming to people with all levels of cooking experience.

"I might be the one teaching my way of doing things, but there is by no means always one right way when it comes to cooking. I want these classes to be an ongoing conversation that explores that fact," Moshier said, "If we are making something in class that your grandma taught you to make and you have a completely different way of doing it, I want to know! Let's talk about it and learn something from each other."

The Allen Foundation grant also provides funding for new cooking equipment, allowing the COA to expand what it can offer while keeping the lessons practical and accessible. Moshier was intentional about selecting equipment and recipes that participants could realistically use and recreate at home. The same consideration went into selecting ingredients.





With recipes designed around items readily available at familiar grocery stores such as Save A Lot and Family Fare, the first year of classes will feature three different series, each consisting of six classes with a unique recipe and techniques to explore. One series, titled "Table for One-or-Two," will focus on small-batch cooking. Each recipe will make two portions, providing an opportunity to prepare a meal for someone else or enjoy one serving now and save the other for later. Participants will also learn about freezing meals and repurposing leftovers into something new.

Another series, "Around the World," will return with new countries and recipes, introducing participants to foods and culinary traditions from different parts of the world. Moshier is particularly looking forward to the class featuring Poland and pierogi.

As the program develops, future topics and techniques will be shaped by participant interests and the skills they would like to learn. Rather than assuming everyone needs the same instruction, Moshier hopes to use feedback from participants to guide future classes and help them become more confident in their own kitchens.

"Families form a bond across generations by making the same Christmas cookie recipes year after year. We come together as a culture when everyone eats their turkey dinner on Thanksgiving, and social connections are made when everyone brings their signature dish to the church potluck," she explained. Part of human nature is seeking to form ties with others. Cooking and sharing food is a way we form, maintain, and strengthen those connections, even across time and distance," Moshier said.

The grant will also allow the COA to purchase cameras and video editing equipment, creating opportunities to reach participants who may not be able to attend in person. With this technology, the COA hopes to livestream classes and produce recorded cooking videos that can be accessed later.

Homebound older adults, people living outside the area, and those who have difficulty traveling during the winter months will have the opportunity to participate from home. Those joining remotely will be able to ask questions and take part in the class discussion. Recipes and lists of required ingredients and equipment will also be made available ahead of time, allowing anyone interested to follow along and prepare the recipe in their own kitchen.

For Moshier, the opportunity to bring this program to the COA is exciting in more ways than one. It combines her interest in food, nutrition, and culinary history with the chance to create something participants can enjoy and carry into their everyday lives.

Whether learning to prepare a new dish, discovering a different culinary tradition, sharing a family recipe, or simply gaining confidence in the kitchen, participants will have the opportunity to do more than just watch. They will be part of the process, learning from one another along the way.

And perhaps that is what makes these classes especially worthwhile: the chance to discover that cooking is not just about what ends up on the plate, but also the knowledge, traditions, and connections created along the way.



December 2026 Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **8:30a-9:30a Breakfast** Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie **11:30a-12:30p Lunch** Honey Mustard Chicken Thighs, Herbes De Province Potatoes, Peas and Onions, Roll, Pear	**2** **8:30a-9:30a Breakfast** Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie **11:30a-12:30p Lunch** Herb Seasoned Pork Loin, Mashed Sweet Potatoes, Green Beans, Pear	**3** **8:30a-9:30a Breakfast** Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie **11:30a-12:30p Lunch** Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	**4** **8:30a-9:30a Breakfast** Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie **11:30a-12:30p Lunch** American Goulash, Green Beans, Roll, Banana MEALS ON WHEELS HOMETOWN HERO Today's Hometown Hero is Keith Radwanski & Erin Fanning, In Memory of Dolly Radwanski
7 **8:30a-9:30a Breakfast** Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie **11:30a-12:30p Lunch** Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Orange	**8** **8:30a-9:30a Breakfast** Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie **11:30a-12:30p Lunch** Spaghetti and Meatballs, Broccoli, Breadstick, Apple	**9** **8:30a-9:30a Breakfast** Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie **11:30a-12:30p Lunch** Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Pear	**10** **8:30a-9:30a Breakfast** Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie **11:30a-12:30p Lunch** Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	**11** **8:30a-9:30a Breakfast** Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie **11:30a-12:30p Lunch** Pepper Steak, Brown Rice, Stir Fry Vegetable, Egg Roll, and Tropical Fruit Salad
14 **8:30a-9:30a Breakfast** Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie **11:30a-12:30p Lunch** Chili with Beans, Broccoli and Cauliflower, Roll, Pear	**15** **8:30a-9:30a Breakfast** Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie **11:30a-12:30p Birthday Lunch** Lasagna, Breadstick, Mixed Vegetables, Orange	**16** **8:30a-9:30a Breakfast** Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie **11:30a-12:30p Lunch** Chicken Stew, Broccoli, Roll, Kiwi	**17** **11:30a-12:30p Lunch** Lemon Baked Fish, Redskin Potatoes, Prince Charles Vegetables, Pear **4:00p-6:00p Christmas Special Dinner** Ham, Rosemary Red Potatoes, Broccoli Au Gratin, and a Dinner Roll, Optional Dessert: Pecan Pie	**18** **8:30a-9:30a Breakfast** Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie **11:30a-12:30p Lunch** Roast Turkey, Mashed Potatoes w/Gravy, Peas and Onions, Banana
21 **8:30a-9:30a Breakfast** Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie **11:30a-12:30p Lunch** BBQ Pork Sandwich, Dill and Garlic Potatoes, Baked Beans, Kiwi	**22 *MEAL DELIVERY DAY** **8:30a-9:30a Breakfast** Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie **11:30a-12:30p** Beef Pot Roast with Gravy, Garlic Mashed Potatoes, Carrots, Roll, Banana	**23** **8:30a-9:30a Breakfast** Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie **11:30a-12:30p Lunch** Potato Crusted Whiting, Broccoli, Cheesy Mashed Potatoes, Apple	**24** **CLOSED FOR CHRISTMAS**	**25** **CLOSED FOR CHRISTMAS**
28 **8:30a-9:30a Breakfast** Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie **11:30a-12:30p Lunch** Swedish Meatballs, Egg Noodles, Peas and Onions, Orange	**29 *MEAL DELIVERY DAY** **8:30a-9:30a Breakfast** Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie **11:30a-12:30p** Hot Turkey OF Sandwich, Mashed Potatoes, Harvest Blend Vegetables, Banana	**30** **8:30a-9:30a Breakfast** Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie **11:30a-12:30p Lunch** Orange Chicken, Fried Rice, Sugar Snap Peas, Mandarin Oranges	**31** **CLOSED FOR NEW YEARS**	
Light Bites – Dine in Only Cabbage Rolls, Red Skin Potato, Roll, Banana	**Light Bites – Dine in Only** Turkey Sub, Minestrone Soup, Grapes	**Light Bites – Dine in Only** Bourbon Chicken, Vegetable Egg Roll, Sugar Snap Peas, Kiwi	**Light Bites – Dine in Only** Vegetable Beef Soup, Garden Salad, Orange	**Light Bites – Dine in Only** Italian Meatball Sub, Garden Salad, Banana

Upcoming Online Classes from MSU Extension-December 2026

- Thriving on a Fixed Income Webinar
  December 1, 2026 | 10:00 AM – 11:00 AM | Virtual via Zoom
- Changing Negative Self-Talk
  December 1, 2026 | 12:00 PM – 1:00 PM | Online
- Mindfulness Pebbles Workshop
  December 2–4, 2026 | Online
- Tips to Build and Protect Your Credit
  December 2, 2026 | 12:00 PM – 1:00 PM | Virtual via Zoom
- Wealth Building
  December 3, 2026 | 12:00 PM – 1:00 PM | Virtual via Zoom
- Wits Workout – Giddy for Green
  December 7, 2026 | 1:00 PM – 1:30 PM | Online
- Who Gets Grandma's Yellow Pie Plate? – Passing on Personal Possessions
  December 9, 2026 | 12:00 PM – 1:00 PM | Webinar via Zoom
- Make a Spending Plan Work for You
  December 10, 2026 | 10:00 AM – 11:00 AM | Zoom
- Every Penny Counts: Savings Strategies
  December 10, 2026 | 12:00 PM – 1:00 PM | Zoom Webinar

MSU EXTENSION

- Wits Workout – Bright Ideas
  December 14, 2026 | 1:00 PM – 1:30 PM | Online
- Protecting Your Identity
  December 17, 2026 | 12:00 PM – 1:00 PM | Zoom Webinar
- Tai Chi for Better Sleep
  Mondays/Wednesdays January 4–March 8, 2027 | 9:00 AM – 10:30 AM ET | Zoom
- Seated Tai Chi
  Mondays/Wednesdays January 4–March 8, 2027 | 1:00 PM – 2:00 PM ET | Zoom
- Tai Chi for Better Sleep
  Tuesdays/Thursdays January 5–February 25, 2027 | 9:00 AM – 10:30 AM ET | Zoom
- Tai Chi for Arthritis and Fall Prevention
  Tuesdays/Thursdays January 5–March 2, 2027 | 5:30 PM – 6:30 PM ET | Zoom

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

The Scoop with Jan Williamson:

Are you one of those people who struggle to come up with gift ideas for your birthday, Mothers/Fathers Day or Christmas?

Often times we immediately think about gifts needing to be an item of clothing or something for our home. In reality, we are also thinking….I don't need anything…I don't go anywhere to get dressed up anymore. Or…I've got everything I need to fix the small meals I'm cooking now.

Don't be afraid to think outside of the box… what are things we really need and appreciate? When have you said to yourself "Gosh, I wish someone else would wash those windows or organize that closet or rake the lawn or shovel the snow?

Give yourself permission to ask for items or services that will make your day-to-day life easier. Ideas might include

Practical Home Services:

- Prepaid vouchers for: local snowplowing, raking, or lawn mowing
- Housecleaning
- Pet care
- Transportation vouchers
- Gift cards to your favorite grocery store
- Home-delivered meals
- Voucher/gift card for heat, electricity, or phone service.

Technology or Entertainment ideas:

- Large LED Page Magnifiers: Full-page hands-free acrylic magnifiers with built-in LED lighting) reduce eye strain during reading.
- Smart Bird Feeders: Camera-equipped outdoor feeders.
- Large-Print Puzzle Books

Voice Assistants:

- Compact smart speakers like Amazon Alexa devices let seniors check the weather, set medication alarms, or play music hands-free.

Services & Subscriptions

- Folding Reacher Grabber Tool: A lightweight long-handled reacher eliminates painful bending or straining to pick up dropped items.

Daily Comfort & Warmth

- Heated Throw Blankets or Microwaveable Neck Wraps: Lightweight electric blankets or scented wraps (like eucalyptus or lavender) help soothe stiff muscles and keep living rooms cozy.
- Mug Warmers: A desktop coffee or tea mug warmer ensures hot beverages stay warm down to the last drop.
- Compression or Arthritis Gloves: Copper-infused or light compression gloves provide gentle hand and joint support while remaining flexible for typing, reading, or using a phone.

Bottom line… don't feel like you HAVE to ask for the usual gift items… If there's something that will make your day/week/month better… don't hesitate to ask for practical items that will help you.



Support & Meeting Resources

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

St. John's Lutheran Church
Thursday 7:00 pm - 8:00 pm
Sunday 12:00 pm - 1:00 pm

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

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

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

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

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

Hope Begins Here
308 Lawndale St
(989) 745-6090
Drop-in Mental Health Assistance Center. Offers a haven for people with mental health disorders

Loan Closet Spotlight: Walking Canes

Walking canes provide stability, enhance balance, and lessen the weight-bearing pressure on injured or weak legs.

We offer a fantastic selection, including traditional hardwood canes and lightweight aluminum options. Whether you need a single point cane for everyday use or a quad cane for extra support, we've got you covered!

We even have a specialized white cane designed specifically for individuals with low vision or those who are blind.

If you are over 60 and looking for a cane or other medical supplies, please call Kathy at the Crawford County Commission on Aging at (989) 348-7123 to see if we have what you need.



Alzheimers Support Group to Move to Commission on Aging in January 2027

The monthly Alzheimer's Support Group, which provides a welcoming space for individuals caring for or supporting someone with Alzheimer's disease or another form of dementia, will be moving from the Brook to the Crawford County Commission on Aging permanently on January 20th, 2027. The facilitator will continue to be Sherry Haag.

For more information about the Alzheimer's Support Group, please contact the Crawford County Commission on Aging at 989-348-7123.

Five Resources to Help Individuals Understand Social Security Disability Benefits

- A little preparation and research will go a long way. Understanding the Social Security Disability Insurance (SSDI) program, including what information will be asked to provide and what the application process consists of, will make it easier to get started.
- Here are five useful Social Security resources that can help your clients:
- ·Disability Benefits: Publication that provides basic Social Security benefit information for people with disabilities.
- ·Checklist for Online Adult Disability Application: Learn what information is needed to apply.
- ·Online Services: Our website is the most convenient way to apply for disability benefits.
- ·Benefits for Children: Children can be eligible for benefits because one or both of their parents are retired, living with a disability, or deceased.
- ·Disability Benefits for Wounded Warriors: Find out how we can expedite a claim for disability benefits if an individual developed a disability while on active military service on or after October 1, 2001.
- Preparation will improve the experience
- Before applying for disability benefits, take some time to learn how the program works and gather the information required for SSDI approval. These resources will help you understand the process and know what to expect.

Disability Evaluation Under Social Security

- Disability Evaluation Under Social Security (also known as the "Blue Book") provides physicians and other health professionals with an introduction to the disability programs administered by the Social Security Administration.
- The General Information section describes our programs, the disability determination process, and the role of health care professionals in the process.
- The Evidentiary Requirements section explains the information that medical sources can furnish to help ensure sound and prompt determinations and decisions on disability claims.

The Listing of Impairments section describes, for each major body system, impairments considered severe enough to prevent an individual from doing any gainful activity for adults and for children.



Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic - Appointments Only - $25
Provided by Linda Russell - 4th Monday of the month, 9:00 am - 4:30 pm @ 4388 West M-72 Hwy, Grayling

Hearing Clinic - Appointments Only
By Advantage Audiology, call the COA Office for an appointment.

Blood Pressure Checks
Every Wednesday from 8:30 am - 10:00 am.

Incontinence Supplies
Supplies are available for a donation of $5.00

Medical Equipment Loan Closet
Items are available for a donation of $5.00

Nutrition Services

Boost Plus: Discounted cost for liquid nutrition with a prescription from your doctor. $30.00.

Commodities Food Distribution:
The 4th Wednesday of the month from 1:00 pm to 3:00 pm @ the Commission on Aging.

Congregate Meal Program:
Breakfasts: Mon-Fri from 8:30-9:30 am.
Lunches: Mon-Fri from 11:30-12:30 pm.
Suggested donation for seniors 60+ is $4.00
For those under 60, the cost is $8.00.

Home Delivered Meals: (Meals on Wheels)
Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh:
Each summer, qualified seniors receive $25 worth of coupons for fresh fruits & vegetables.

Resources

Information / Assistance: (989) 348-7123
Our COA staff are ready to assist you in finding answers to your questions or available resources.

Legal Assistance:
by Jason R. Thompson, Law Office PLC
Free legal consultations available on the 3rd Thursday of each month from 1:00 pm - 5:00 pm, call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)
Trained counselors help older adults understand their health insurance options and make informed decisions.

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

Telephone Reassurance/Senior Companion:

COA provides weekly phone calls or home visits to older adults who want a reliable, caring call or visit, plus a safety check.

In-Home Services

For those who need a little assistance maintaining their independence.
· Housekeeping
· Bathing Assistance
· Respite for Caregivers

Classes

AARP Driver Refresher Course:
Offered once each year.

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

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

Fitness Programs

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

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

Zumba Gold: Held on Tuesdays and Thursdays at 9:00 am and 10:00 am. Zumba Gold is a lower-intensity version of traditional Zumba, designed for older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson, and Cindy Johnson.

Cost of Programs

Almost all COA services are available to Crawford County Residents on a suggested donation basis. Crawford County millage taxes fund our programs along with Federal, State, and local grants.

Our needs are greater than these sources can cover. Your support through donations helps us to help more. We are grateful!

How We Served You in October 2026

Congregate Meals – 814
In-Home Services HDM – 3,439
Respite – 118.50
Homemaker – 300.75
Bathing – 54

Important Phone Numbers:

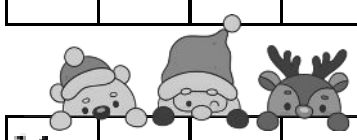
Social Security
(800) 772-1213 or
(866) 739-4802
Medicare (800) 633-4227
Veterans Administration
(800) 827-1000
Alzheimer's Assistance
(800) 272-3900
Crawford County Commission On Aging & Senior Center
(989) 348-7123

Telephone Reassurance Service

Our Telephone Reassurance service is for any older adult in Crawford County who lives alone, whether or not they receive COA services.
A phone call is made on Tuesday and Thursday from 11:00 am to 1:00 pm and serves two main purposes: a well-being check and a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy at (989) 348-7123.

Christmas Movie Crossword









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

Yukon, Susan, Clarence, Zuzu, Rudolph, Jack, George, Marley, Scrooge, Cindy, Martha, Kevin, Kris, Buddy, Hermey, Elf, Frosty, Ralphie, Flick, Grinch

Across

4. George Bailey's youngest daughter in *It's a Wonderful Life.*
5. The reindeer with a glowing red nose.
9. The miserly man visited by three Christmas spirits in *A Christmas Carol.*
11. The woman who hosts the family Christmas gathering in *Jim Carey's The Grinch.*
12. The boy accidentally left home alone in *Home Alone.*
14. The cheerful main character played by Will Ferrell in *Elf.*
15. The elf who dreams of becoming a dentist in *Rudolph the Red-Nosed Reindeer.*
17. The name of the snowman brought to life by a magical hat.
20. The green character who tries to steal Christmas in this famous book by Dr. Seuss.

Down

1. The prospector who befriends Rudolph in *Rudolph the Red-Nosed Reindeer.*
2. The little girl who doubts Santa Claus exists in *Miracle on 34th Street.*
3. The angel hoping to earn his wings in *It's a Wonderful Life.*
6. The Pumpkin King who discovers Christmas in *The Nightmare Before Christmas.*
7. The man who learns how much his life matters in *It's a Wonderful Life.*
8. The ghost who visits Scrooge with a warning in *A Christmas Carol.*
10. The little girl who befriends the Grinch in *Jim Carey's The Grinch.*
13. The department store Santa who claims to be the real deal in *Miracle on 34th Street.*
16. A movie about a human raised in the North Pole who gets sent to the United States.
18. The boy who desperately wants a Red Ryder BB gun in the movie *A Christmas Story.*
19. The boy whose tongue gets stuck to a frozen flagpole in the movie *A Christmas Story.*

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

- Angels
- Bells
- Bethlehem
- Born
- Bright
- Child
- Christ
- Christmas
- Come
- Excelsis
- Faithful
- Flocks
- Gentlemen
- Glad
- Glory
- God
- Good
- Hark
- Herald
- Holly
- Holy
- Infant
- Ivy
- Jesus
- Jingle
- Joy
- King
- Light
- Lord
- Love
- Manger
- Mary
- Merry
- Mother
- Night
- Noel
- Orient
- Saint
- Savior
- Shepherds
- Ships
- Silent
- Sing
- Star
- Three
- Tidings
- Virgin
- Wenceslas
- Wonder
- World

Howl-O-Ween Recap



The Crawford County Commission on Aging would like to thank everyone who participated in our Howl-O-Ween Pet Photography event! We enjoyed seeing the community's pets dressed up for the occasion and appreciate everyone who took the time to stop by and participate.

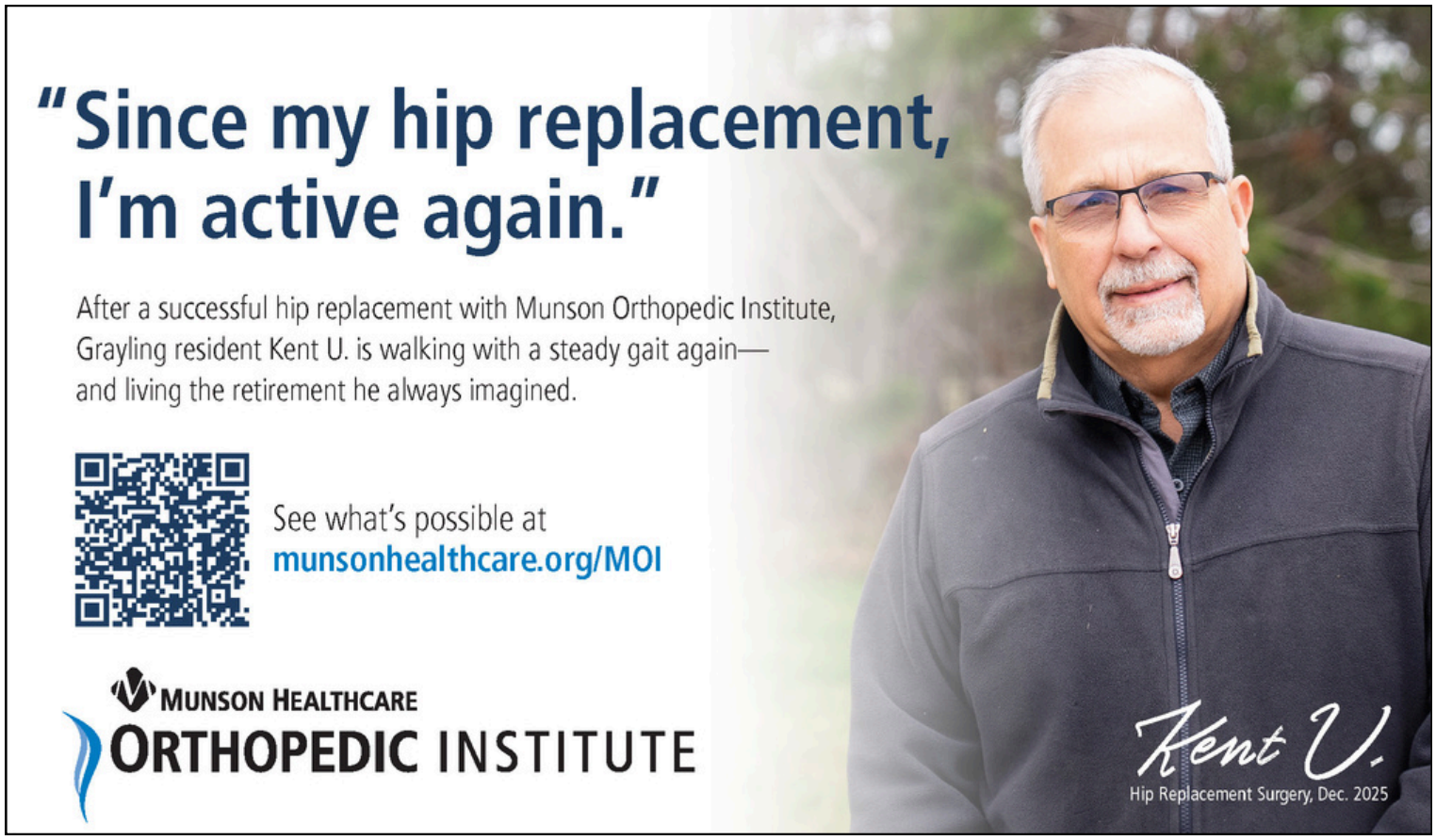
Events like this are just one of the many ways we try to get the word out about our Pet Program. We raised $131.00, along with collecting treats, and bags of cat and dog food.

Christmas Photography



The holiday season is the perfect time to capture memories with the people who matter most! Join us for Christmas Photography and take advantage of a festive opportunity to get some holiday photos on December 4th.

Whether you're looking for a special Christmas picture to share with loved ones or a keepsake for the holiday season. The photos are free, but we will be accepting donations of pet food, pet treats, and other miscellaneous pet supplies to support our Pet Program. Thank you for the support.



Matter of Balance Returns in January!

The program includes eight two-hour classes presented to a small group of 8-12 participants, led by our trained coaches. You must attend all classes to receive the certificate. The class is on Tuesdays and Thursdays from 9:30 am - 11:30 am. The focus of the program includes:

- Learning to view falls as controllable.
- Setting goals for increasing activity levels.
- Making small changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Call the Senior Center at 989-348-7123 to sign up. Dates for the class are January 12, 14, 19, 21, 26 & 28, and February 2 and 4, 2027.



Commission on Aging & Senior Center Board Members

Mark Ostahowski, Chair
Shannon Sorenson, Vice-Chair
Sandy Woods, Secretary
Sandra Moore, Commissioner
Karl Schreiner, Member
Jason Thompson, Member
Cheryl Wolkens, Member

Staff

Brian McLaughlin, Director
Todd Lako, Facility Maintenance
Tammy Findlay, Advocacy & Resource Coordinator
Carlie Wilson, Senior Center Manager
Lynn Cheney, Office Manager
Receptionists: Helen Nolan and Patty Lemmons
Kate Moshier, Nutrition Manager
Cooks: Megan Hagle, Dalton Keir
Sarah Pollock, In-Home Services Manager
Jan Williamson, RN
Kathy Meisner, Program Assistant
Homemakers:
Danette, Annette, Jennifer and Susan

Senior Gazette Staff

Editor — Brian McLaughlin
Contributing Writers:
Carlie Wilson, Kate Moshier, Tammy Findlay, Todd Lako, Sarah Pollock, and Jan Williamson.

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To be added to our mailing list, please contact us at (989) 348-7123.