

# Crawford County Senior Gazette

## February 2019



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### Featured Article

Don and Janet Gooch  
"Going for Another 65"

Whoever said, "nothing good ever lasts" never met Don and Janet Gooch. On December 20, 2018 the couple celebrated their 65th wedding anniversary.

Janet was born in Bourne, MA, at home. Don was also born at home, but in Midland, MI. They didn't meet until they were both in college, in Anderson, Indiana. Don's father worked for Dow Chemical, as did his father before him; one of the original 7 employees when Herbert Dow founded the company. The career choice was a natural one for Don; he was studying chemical engineering. Janet was in the biology department.

"There were social clubs at school," Janet said. "The Camaraderie Club was having a formal party, and that was our first date. He was easy to get along with."

Don nodded. "But it was just a date," he said.

More dates followed while the two pursued their educations, spending two years at what is now Anderson University. And then he was drafted into the Army and sent to Ft. Knox. By then, Don and Janet had decided to get married, and planned to do it when he finished basic training. The day was chosen, a Sunday, and Janet's father, a minister, to officiate.

But as the day approached, Don's superior officers denied him leave. On Friday before the wedding day, orders had not come through, and everyone was upset. On Saturday, his father

contacted the base and begged for them to allow him leave to come home and marry Janet. The Army relented, giving him 24 hours.

"So," said Janet, "he came home, we got married, and I put him back on a bus. He had to be back on base by midnight."

Two days later he was assigned to Pittsburg in an anti-aircraft unit. He jokes now about the unit's success, saying, "Pittsburg was never bombed!" He said he was fortunate because his assignment was an interesting one, and

warm. "We monitored radar, and got to sit in the warm van!"

It was Easter before the newlyweds saw each other again, when Janet went to Pittsburg to visit. Don served from 1953 – 1955.

After Don completed his military service, the two moved to Houghton, MI to attend Michigan Tech. Don has degrees in both chemical engineering and in engineering administration. Janet has degrees in both biology and education. After completing their educations, they moved to the Flint area. Janet took a job in the Grand Blanc Library, and had a baby. "It was a cold winter!" she laughed.

The Gooch's next move was to the Chicago area, which would be home until 1995. Don worked in the steel industry, while Janet became a librarian. "It wasn't what I expected to do," she said. "It wasn't biology, but no education is ever wasted." She received her master's degree in library science in Riverfront, IL and had another baby.

While raising their son and daughter, both Janet and Don became



See pg 12



Help is Available  
See pg 14

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

### HOURS OF OPERATION

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

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

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

**308 Lawndale St  
Grayling, MI 49738**

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

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

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

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

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

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## It's Tax Season: Appointments Available

### Tax and Home Heating Credit Appointments Available



Volunteers are available this year to assist with filing taxes and home heating credits. To qualify for an appointment, your income cannot be over \$66,000.

Only two days are available for Home Heating Credit Appointments – **February 4th, and 5th**. Tax appointments are available starting February 11th every Monday & Tuesday thru April 9th.

You **must** bring your social security cards and picture ID for yourself and each person you are claiming on your tax return. No social security card and/or ID = no appointment. When coming to your appointment, you will need to bring the following:

- Picture ID(s); Driver's License for everyone
- Social Security Card(s) For Your Spouse And Dependents
- Birthdates For Spouses And Dependents
- If One Of Your Dependents Is In School, Bring A Report Card Or Some Document Showing They Are Attending School

- Copy Of Last Year's Tax Return
- Any Income, W2's, Tips, Gambling Winnings, Your Social Security Statement SSA-1099, Railroad Retirement RRB-1099, Interest 1099-INT, Dividends 1099-DIV, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-MISC, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement
- Daycare Total Amount Paid, Providers Id Number or SS Number
- Mortgage Interest Statement
- Your Property Tax Bills For Last Year: Summer And Winter Tax
- (Renters May Qualify If A Portion Of Their Rent Is For Taxes )
- Your Heating Costs From November 1, 2017 Thru October 31, 2018
- (Renters May Qualify Even If Heat Is Included In Rent)
- For Direct Deposit: Bank Routing And Account Number or Bring A Blank Check

To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

**PLEASE NOTE: Appointments are available on a first come, first serve basis until full.**

to be  
**CHOOSE WELL**

Little choices, every day, improve your health.

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

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



### 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.



## Donate in Memory or Honor of Someone Special

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. Monetary gifts to the Crawford

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

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



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

Only Available in Black with Gold Lettering

2x4 Actual Size  
\$50 Donation

1x5 Actual Size  
\$25 Donation

2x5 Actual Size  
\$100 Donation

### Senior Center Wish List...

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

### Important Phone Numbers

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

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

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

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

Crawford County  
Commission on Aging  
& Senior Center

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

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

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

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

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

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

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



## Our Sponsors

Blood Pressure Checks by  
InTeliCare Health Services, LLC

Blood Pressure/Sugar Checks by  
Munson Home Health Care

Birthday Dinner Flowers Donated by  
Family Fare

Bingo Coupons Donated by  
The Medicine Shoppe

Hearing Clinic Offered by  
Advantage Audiology

Foot Clinic Offered by  
Comfort Keepers

Legal Aid Offered by  
Jason R. Thompson Law Office PLC

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

Stretch to Fitness & Equipped to be Fit  
Sponsored by  
Munson Rehabilitation Services  
Zumba Sponsored by  
Grayling Nursing & Rehabilitation Community

## Donations

Shirley Bordeaux  
Cheerful Givers Club  
Dead Bear Brewing Company  
Charlie & Marilyn Fick  
Bob & Pat Gallagher  
Linda Goss  
Grayling TOPS  
Peggy Hamrick  
Marleine Jackson  
Bruce Jerome  
Kay Ellen King  
Joyce Klotz  
Francis Matthews  
Ann Mitchell  
Darlene & Paul Mykytuk  
Wayne & Rosemary Nelson  
Roger Priest  
Tom & Deb Rawlings  
Joyce Sorenson  
Ray Swiercz  
Gary Worden



### Sponsoring Agencies



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

★★★★★★★★★★★★★★★★★★★★  
★ **Volunteers and** ★  
★ **Contributions** ★  
★ **received after** ★  
★ **January 11th will** ★  
★ **be acknowledged in** ★  
★ **the next edition of** ★  
★ **the Senior Gazette.** ★  
★★★★★★★★★★★★★★★★★★★★

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



## Thank you to our volunteers!

*Your kindness is  
creating ripples  
of change that  
impact the lives  
of others*



Nancy Billingham	Kirsten Leitz
Sandy Brody Sparks	Cathy Lester
Wendy Clarkson	Rita Lone
Christine Cox	Nancy MacDonald
Marc Dedenbach	George Mascarello
Dick Dodge	Sharlene Mascarello
Lyn Dodge	Barb McCray
Greg Dulkowski	Dean McCray
Tina Foster	Ann Mitchell
Sharron Hagerman	Judy Morford
Mary Lou Hanks	Dolores Norton
Susan Hensler	Bill Nuckolls
Bill Hollenbeck	Angel O'Dell
Karen Hollenbeck	Rosemary Patrick
Donna Hubbard	Deb Rawlings
Eva Hulbert	Tom Rawlings
Francis Hummel	Jack Richards
Tom Jarosz	Jon Schultz
Dennis Kemerer	Gail Schultz
Glenn King	Joyce Sorenson
Lorelei King	Cheryl Starr
Sandy Lakanen	Ann Stephenson
Eileen Langhorne	Nicole Wethington
Dick Lee	Sandy Woods
Alice Lee	



The high cost of prescription drugs means that many people have difficulty paying for them. When people have to choose whether to obtain their needed medications or to buy food or pay their rent or house payment, it is not a good situation. The Extra Help program, also called Low-Income Subsidy, can be of benefit to people who have a low income and few assets. Eligibility for the program is based on both income and asset levels. These change every year, although not usually by a great amount. There has been a change for 2019.

To be eligible for a full subsidy (having no premium for a prescription drug plan), income for an individual must be at or below \$1,386 per month. For a couple the amount is \$1,872. Resources for an individual to get a full subsidy

must be at or below \$9,230 (this includes \$1,500 per person for burial expenses). For a couple the amount is \$14,600 or less (this amount also has the burial expense allowance). There is no deductible and co-pays are \$3.40 for generics and \$8.50 for brand name drugs. If resources for an individual are \$9,231 to \$14,390 and for a couple \$14,601 to \$28,720, there will be an \$85 deductible and the person will pay 15% coinsurance on all medications until the out-of-pocket threshold of \$5,100 is met.

For a partial subsidy, an individual's income must be at or below \$1,538 per month and a couple's income must be at or below \$2,078 per month. Individual resources must be at or below \$14,390 and for a couple at or below \$28,720. There are three levels of partial subsidy (paying for 25%, 50% or 75% of a plan's premium). All three require an \$85 deductible and 15% coinsurance on all medications until the \$5,100 level has been reached.

If you believe that you may be eligible for this program, please contact Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 348-7123 for an appointment.



## 2019 Better Breathing Classes

be able to interact with the instructor and participants at other hospitals through our video streaming service. We will also have a Registered Respiratory Therapist on-site at the Grayling Hospital during the classes who is also available to answer your questions. These classes are offered free of charge.

We want to help patients living with lung disease, including COPD and asthma, live a better quality of life. This class is a Munson Medical Center course available at Grayling Hospital through live video streaming. You will

### Session 1 Dates

**Class time is 1:30pm-3pm at Munson Healthcare Grayling Hospital in the Huron Pines Room on the following dates:**

Feb. 6	Class 1: Lung Anatomy & Physiology, Lung Diseases
Feb. 11	Class 2: Know Your Medications
Feb. 18	Class 3: Breathing Devices, Exercises & Hygiene, Travel Tips
Feb. 25	Class 4: Panic Control, Stress & Relaxation
March 4	Class 5: Psychological Aspects of Chronic Illness; Intimacy
March 11	Class 6: Nutrition & Lung Disease
March 18	Class 7: Building Strength & Endurance
March 25	Class 8: Energy Conservation

You can register for classes online at [www.munsonhealthcare.org/GraylingClasses](http://www.munsonhealthcare.org/GraylingClasses)  
Questions, please call our Cardiopulmonary

Rehabilitation department at 989-348-0371. They are open on Mondays Tuesdays, and Thursdays from 7am-3:30pm

## February Birthdays

Barbara McCray	2/3
Pete Cheney	2/5
Pat McLaughlin	2/5
Alice Ray	2/9
Norm Beach	2/13
Robert Weiman	2/17
Richard Sobieralski	2/19
Donald Germain	2/21
Janet Gildner	2/21
Delores Kinnison	2/23

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





## EMERGENCY HOUSE NUMBER SIGNS AVAILABLE

During an emergency, are the first responders going to be able to locate your house quickly?

There are still homes in Crawford County which do not have good house number signs. Thanks to a grant by the Crawford County Emergency Management Department, the Crawford County Commission on Aging & Senior Center has emergency house number signs available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home. (pictured above)

The Commission on Aging and Senior Center will assist Crawford County residents age 60 and older in obtaining a sign if you do not already have one. If you are unable to install the sign yourself and do not have a friend or relative to do it for you, contact Karl Schreiner at the COA, 348-7123, as we have some volunteers willing to help.

## Don and Janet Gooch Written by Ann Rowland, Photos by Ken Wright, Main Branch Gallery

active in Scouting. He was a Scout Master for 25 years, and she led Girl Scouts and Brownies, which gave her ample opportunities to use her biology background. "I went to day camp with the scouts, took them hiking, and involved the kids in Revolutionary War reenacting. It was 10 or 15 miles from



where we lived to the camp, so Don bought me a moped to ride out there!" Don became President of the S. Cook County Scout Council. Both

were awarded the High Honor "Thanks Badge" for the time they devoted to Scouting. How they came to live in Crawford County is, perhaps, most unexpected. There was no family cabin on the river to inherit, no long history of fishing the Au Sable, camping trips, or hunting the forests. Don explained, "In 1973 a telemarketer-type guy came and saw us. He was selling property up here, flew us up, we looked around, and bought this place. We bought a pre-cut house in '74 and have done most of the work ourselves. It was just a shell and a roof. It's almost done!" He laughed, but pointed to the addition, the workshop, the three-car garage.

He's speaking of their cozy home, tucked into the woods near Frederic, where two years ago they had 17 family members in for



Thanksgiving dinner. A goldfish pond in the yard was built by Janet, numerous bird feeders attract winged visitors, and little traffic passes by on the gravel road. "It was a big change from Chicago," said Don, "but a nice change."

"We've lived here since 1996 and enjoyed every minute of it. It's been a lot of fun," said Janet, whose love for the outdoors is still as keen as ever. "I used to cross-country ski and jog, but it's just walking now. I still try to garden a little bit, but not as much as I used to."

Don says his woodworking hobby has been taken over with going to the doctor. The couple is active in the Michelson Methodist church, which, he said, "keeps me out of trouble." But with most of their family in Ohio and Illinois, they count on their church "family" a lot. "We don't want to be dependent on our family anyway." They have seven grandchildren and three great-grandchildren.

The secret, they said, to their successful marriage is simple. "We've always gotten along well, and we depend on each other. We've learned patience, and I think we try to have a little fun every day."

"We're happy. We're still alive, and we're going for another 65!"



## The Friends The Freedom The Brook



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

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

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

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Grayling • Houghton Lake • Newaygo • Roscommon • West Branch

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NURSING & REHABILITATION COMMUNITY  
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Federal Tax Return - Starting at \$95.00

**By Appointment Only - 989.348.2811**  
Grayling Office - 115 Michigan Ave.

# Upcoming Trips Nashville, Holland, & New Orleans



## Nashville Show Trip June 10-15, 2019

\$663 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Nashville area
- 8 meals: 5 breakfasts & 3 dinners
- 2 Great Shows: 1) The Grand Ole Opry, 2) Nashville Nightlife Dinner Theater
- Guided Tours of Nashville & Belle Meade Plantation
- Admission to the Country Music Hall of Fame
- Admission to the Mansion at Fontanel
- Ride on the Delta Flatboats inside the Opryland Hotel

Final Payment Due: 2/27/2019. For Info. & reservations contact: Mary Ladach, Kalkaska COA (231) 258-5030

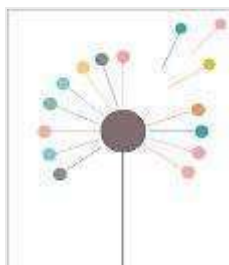


## Holland Tulip Trip May 7, 2019

7:30am-7:30pm - \$75.00

Leaving from the Bellaire COA

Price Includes:



**Making Your Medical Wishes Known  
Advanced  
Care Planning**  
Munson Healthcare's

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

**March 5 from 1 pm - 3 pm**

In the Crawford Room located behind the Grayling Hospital

Register by calling us at 989-348-0296.

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

- Lunch when we arrive at the Civic Center
- Veldheer's Tulip Farm/Wooden Shoe Factory
- Step on Tour of Holland
- **On your own:** We will stop on the way home for a quick dinner

For deadlines, info. & registration contact: Beth Lacy @ (231) 533-8703 at Antrim COA.



## New Orleans May 18-26, 2019

\$815 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the New Orleans area
- 14 meals: 8 breakfasts & 6 dinners
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat cruise on the Mississippi River
- Enjoy Historic New Orleans French Quarter

Final Payment due: 3/11/2019. For Information & Reservations Contact: Beth Lacy @ (231)-533-8703 Antrim COA.

## Crawford County Veteran's Service Office Presents



## Veterans' Coffee Hour

Enjoy conversation and free tasty donuts & coffee each second Thursday of the month from 9am to 10am at the American Legion Post #106

CCTA (Dial-A-Ride) will pick up Veterans at the Commission on Aging at 8:45am and bring them back at 10:15am  
No Charge for Veterans!

### 2019 DATES

<b>February 14</b>	<b>August 8</b>
<b>March 14</b>	<b>September 12</b>
<b>April 11</b>	<b>October 10</b>
<b>May 9</b>	<b>November 14</b>
<b>June 13</b>	<b>December 12</b>
<b>July 11</b>	

Come out and socialize with other Veterans!

For more information contact the Veteran Service office at 989-344-3861

Looking for a way to stay active this winter?

**FREE  
Indoor Walking**

**Grayling  
Elementary School  
306 Plum Street**

**Monday-Friday,  
4:00-5:30pm**

*Please wear clean, dry shoes!*

You can **Quit!**  
We can help!

**1-800-QUIT-NOW**  
1-800-784-8669

Funded by the Michigan Department of Community Health

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becoming tobacco free!**

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Michigan Tobacco QuitLine can help you with each step of the way.

It's Free, Convenient, Safe & Secure.

**Call 1-800-QUIT-NOW**

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The helpful place.

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

**STORE HOURS:** Mon-Fri 7:30-6 / Sat 8-5:30 / Sun 10-3  
Phone: 989-348-2931



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

**REPAIR SHOP HOURS:**  
Mon-Fri 8-5:30 / Sat 8-5 / Sun 10-3  
Phone: 989-348-1003

# Add Years to Your Life & Life to Your Years

## ONGOING ACTIVITIES

### Aerobic Drumming

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

### Bible Study

Tuesdays, 10am

### Bingo

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

### Bridge

Mondays, 1pm

### Clogging, Beginning

Mondays, 12:30pm

### Clogging, Regular

Mondays, 1:30pm

### Computer Club

Assistance by Appointment

### Craft & Chat Club

Wednesdays & Thurs, 10am

### Dinner

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

### Euchre

Tuesdays, 1pm

### Exercise

Stretch to Fitness, Thurs, 10am  
Equipped to be Fit, Fridays, 10am

### Flower Arranging

Monday, 10am

### Legal Assistance

3rd Thursday, 1-4pm

### Lunch

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

### Mahjong

Wednesdays, 1pm

### Pinochle

Fridays, 10am

### Pokeno

Thursdays, 10am

### Pool

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

### Soup (2 choices per meal)

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

### Trips

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

### Unlucky 7's

Wednesdays, 2:30pm

### Wii Bowling

Wednesdays, 1pm

### Yoga

Chair Yoga, 1st, 3rd, & 4th  
Thurs, 6pm (check calendar)  
Gentle Yoga, Tuesdays, 1pm  
\$5.00 Charge

### Zumba

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

## Support Groups

### 11th Step Meeting - Open Meeting

Mondays, 7pm

**St. Francis Episcopal Church, Grayling**

### Alzheimer's Support Group

3rd Wednesday, 11am

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

For more info call the COA 348-7123

### Choices (Anger Management)

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

For more info call 348-3169

### Diabetes Support Group

Last Tuesday 4:30pm, Milltown Rm

**Munson Healthcare Grayling Hospital**

For more info call 344-4826

### Healthy Relationships & Empowerment for Women

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

For more info call 348-3169

### Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon

Sunday, Tuesday, Friday at 8pm

Women's Meeting, Thursdays at Noon

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

Saturdays - Noon

**At Grayling Township Hall**

Thursdays, 7pm in the Crawford Rm,

**Munson Healthcare Grayling Hospital**

For more AA info call 866-336-9588

### Grayling Al-Anon

Tuesdays 11am

Women's meeting, Thursdays at Noon

**St. Francis Episcopal Church, Grayling**

For more info call Greg at 348-1382

### Healing Together (Grief Support Program)

3rd Thursday 4:00pm

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

For more info call 1-989-343-2470

### Munson Hospice Grief Support Group

4th Monday, 11am

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

### ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

**St. Francis Episcopal Church, Grayling**

### Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,

**Munson Healthcare Grayling Hospital**

For more info call Patsy 989-348-3073

### Narcotics Anonymous

Tuesdays 6:30pm,

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

For more info call Ted 989-429-8100

### TOPS Weight Loss Class

Thursdays 4:30-6pm

**St. John Lutheran Church, Grayling**

More info, call Mary Kay at 348-1398

**Winners for the Christmas Dinner** - Gary Dipzinski won the Santa candle and napkin holder. John Wotring and Kathy Lester won the Holiday Wreaths, and Maaria Thompson won the 50/50 in the amount of \$78.00.

**Winners for the Winter Dinner** - Carolyn Osborne won the popcorn tin. Joseph Greenwood won the 50/50 in the amount of \$102.00.

## Valetine's Dinner

Thursday, February 14th from 4 - 6pm

At the Commission on Aging & Senior Center, 301 Lawndale St.

### Menu

Prime Rib Au Jus  
Parmesan Baked Potato  
Roasted Green Beans  
Tomato & Basil  
Couscous Salad  
Triple Berry Crumble

**No  
Reservations  
Required!**

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

Senior Center Meal Program

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

Bowl of Soup

\$1.00 per bowl

Piece of fresh  
fruit 50¢

Milk 30¢ with  
a bowl of soup

Satellite Meals

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

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

Stay in the Know!

You've  
Got Mail

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

Receive the latest information about  
the Senior Center activities, delivered  
directly to your home via e-mail.  
Signing up is easy; just send an email to  
[director@crawfordcoa.org](mailto:director@crawfordcoa.org)  
The Senior Center respects  
your privacy and does not sell or  
make available to others our patrons  
e-mail list.

Free Congregate Meal  
For Seniors 60+

Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located  
Behind  
Burger  
King

Must be a  
first time  
meal.



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat
	<div><div><div><div>Crawford County Commission on Aging &amp; Senior Center</div><div>February 2019</div><div>At-A-Glance Meal &amp; Activities Calendar</div></div></div></div>		<div><div></div><div>“Spread love everywhere you go. Let no one ever come to you without leaving happier.”  Happy Valentine’s Day</div></div>		<div>1 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear</div> 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball</div>	2
3	4 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Cabbage Roll, Parsley Potatoes, Peas &amp; Carrots, Blueberry Yogurt</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks</div> 5pm Aerobic Drumming Power Beats	5 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes</div> 1pm Euchre 1pm Gentle Yoga 4 30-5:30pm Blood Press/Sugar Checks <div>4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad w/ Tomato, Kiwi</div> 6pm Gardening Webinar at MHG 6pm Zumba Stepping it Up	6 9am Chronic Pain Path @ MSUE 9:30am Commodities @ St. Mary's 10am Craft & Chat <div>11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's  <div>4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</div>	7 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic Need Appt.  <div>11:30am-12:30pm Lunch – Sweet &amp; Sour Meatballs, Brown Rice, Peas &amp; Carrots, Kiwi</div> 1pm Penny Bingo  <div>4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes w/Gravy, Green Beans, Orange</div> 6pm Chair Yoga	8 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprouts, Grapes</div> 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	9
10	11 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Smothered Pork Chop, Carrots, Broccoli &amp; Cauliflower, Banana</div> 5pm Aerobic Drumming Power Beats	12 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries</div> 1pm Euchre 1pm Gentle Yoga 4 30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes</div> 6pm Gardening Webinar at MHG 6pm Zumba Stepping it Up	13 9am Chronic Pain Path @ MSUE 10am Craft & Chat <div>11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Burst O' Berries</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's  <div>4:30-5:30pm Dinner – Lasagna, Breadstick, Tossed Salad w/Tomato, Apple</div>	14 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon</div> 1pm Penny Bingo  <div>4-6pm Valentine's Dinner Prime Rib Au Jus, Parmesan Baked Potato, Roasted Green Beans, Tomato &amp; Basil Couscous Salad, Triple Berry Crumble</div>	15 10am Pinochle 10am Equipped to be Fit 10:30am Lunch Bunch to Gaylord 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple</div> 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	16
17	18 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi</div> 12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – BBQ Chicken, Parsley Potatoes, Carrots, Grapes</div> 5pm Aerobic Drumming Power Beats	19 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots</div> 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Birthday Dinner Celebrating Birthdays at 5pm Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries, Cake &amp; Ice Cream</div> 6pm Gardening Webinar at MHG 6pm Zumba Stepping It Up	20 9am Chronic Pain Path @ MSUE 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St <div>11:30am-12:30pm Lunch – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas &amp; Onions, Pear</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's  <div>4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli &amp; Cauliflower, Applesauce</div>	21 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad w/ Tomato, Italian Blend, Grapes</div> 1pm Penny Bingo 1-4pm Legal Assist-Appt. Required 3pm Medicine Shoppe Bingo  <div>4:30-5:30pm Dinner – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O" Berries</div> 5:45pm Chinese New Year Party 6pm Chair Yoga	22 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple</div> 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	23
24	25 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Chicken &amp; Mushroom Orecchiette, Broccoli &amp; Cauliflower, Grapes</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Grapes,</div> 5pm Aerobic Drumming Power Beats	26 9am COA Free B-Fast Pres. 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear</div> 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Dinner – Chicken Fajitas, Green Beans, Tossed Salad, Apple</div> 6pm Zumba Stepping it Up 6pm Gardening Webinar at MHG	27 9am Chronic Pain Path @ MSUE 10am Craft & Chat <div>11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's  <div>4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries</div>	28 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries</div> 1pm Penny Bingo  <div>4:30-5:30pm Dinner – Shepherd's Pie, Carrots, Grapes</div> 6pm Chair Yoga	<div><div>Crawford County Commission on Aging &amp; Senior Center accepts and welcomes SNAP/EBT customers.</div><div></div></div>	

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

## Health Services

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

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

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

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

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

1st Thursday, 11:30-6pm

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

by Advantage Audiology

3rd Monday, 1-4pm, no charge

### **Incontinence Supplies**

Supplies are available for a donation of \$5.00

### **Medical Equipment Loan Closet**

Items are available for a donation of \$5.00

## Nutrition Services

### **Boost Plus**

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

### **Commodities Food Distribution**

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

### **Congregate Meal Program**

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

### **Home Delivered Meals**

(Meals on Wheels)

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

### **Senior Project Fresh**

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

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

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

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

Quarterly @ American Legion Hall

1-2:30pm March .2019

## Resources

### **Computers**

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

### **Information and Assistance**

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

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

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

### **Medical Transportation**

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

### **Resource Center**

Bookcase of loan materials, both videos and books.

### **Senior Gazette**

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

## In-Home Services

For those who need a little assistance maintaining their independence.

### **Housekeeping**

### **Bathing Assistance**

### **Respite for Caregivers**

## Classes

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

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

### **AARP Driver Refresher Course**

Offered once each year.

### **Matter of Balance Program**

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

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

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

### **Powerful Tools for Caregivers**

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

### **Stress Less with Mindfulness**

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

## Cost for Services

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



***How We  
Served You in  
December 2018!***

### **At the Senior Center**

- We served **733** Congregate Meals
- We served **228** Soups
- Activities/Events Attendance **639**
- Average # of Daily Visitors **57**

### **In-Home Services**

- Delivered **1,929** home delivered meals.
- Provided **86** hours of respite care.
- We provided **338.25** hours of homemaker services.
- We provided **59.25** hours of bathing assistance services.



**Tune into the Chemical Bank Creating Community Chemistry  
Calendar to listen for our Calendar of Events!  
Airing daily on these fine stations!**



# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## WHO TO CONTACT: SOCIAL SECURITY OR MEDICARE?

Sometimes it's confusing to know who to contact and for what. Social Security and Medicare offer related services, so people aren't always certain who does what. This "cheat sheet" can help.

### Contact Social Security to:

- See if you're eligible for Medicare;
- Create a *my Social Security* account to do things like request a replacement Medicare card and report a change of address, name, or phone number;
- Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance);
- Apply for Extra Help with Medicare prescription drug coverage (Part D) costs;
- Report a death; and
- Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay a higher Part B and/or Part D premium if their income is over a certain amount).

Find information on how to do all of this



and more at [www.socialsecurity.gov](http://www.socialsecurity.gov) and [www.socialsecurity.gov/benefits/medicare](http://www.socialsecurity.gov/benefits/medicare).

### Contact Medicare to:

- See what services Medicare covers;
- Get detailed information about Medicare health and prescription drug plans in your area, including costs and services;
- Choose and enroll in a Medicare health or prescription drug plan that meets your needs;
- Find a Medicare Supplement Insurance (Medigap) policy in your area;
- Find doctors, health care providers, and suppliers who participate in Medicare;
- Get information and forms for filing a Medicare appeal or for letting someone speak with Medicare on your behalf;
- Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities; and
- View Medicare publications.

Visit [www.medicare.gov](http://www.medicare.gov) for these services.

If you need to find out your claim status, find out deductibles, or get answers to premium payment questions, you can call 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048).

Determining who to contact is the first step in getting the answers you need. Please share these lists with family and friends who need to know more about Social Security and Medicare.

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

### Drivers

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



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

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

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

### Kitchen

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



### Activities

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

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



Not only have we updated our menus, but we updated our look too!

We've had a makeover!

You may have noticed that we look a little different in the Crawford County Commission on Aging's kitchen these days. If you haven't, come check out our contemporary and cutting edge new kitchen uniforms along with trying out the new updated menus!

Come see us!

Pictured L-R Cook Denise Conte, Executive Chef Dale Van Vliet, & Cook Megan Cooper



**MUNSON HEALTHCARE**  
Grayling Community Health Center

Rehabilitation Services

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

(989) 348-0314

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

# Random Word Search Puzzle

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

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

1. pickthank
2. hedgerow
3. gynostegium
4. bedevil
5. colored
6. surname
7. ungrounded
8. counterpaned
9. topmast
10. enrolment
11. thack
12. metrician
13. suitor
14. endure
15. solmisation
16. unfretty
17. unproving
18. vehmgerichte
19. elsinore
20. melodramatize
21. superassume
22. subsidiary
23. mouthbrooder
24. comal
25. boyishness
26. doughface
27. arcuate
28. strongyl
29. gentry
30. siege
31. magyarorszg
32. tuberculose
33. dyspathetic
34. lignified
35. unpenitent
36. melanoid
37. guipure
38. preinclined
39. grinding
40. incentively
41. accusatorial
42. darken
43. parapodium
44. orthopaedically
45. firearm
46. hollandale
47. misheard
48. vasoconstrictive
49. raveling
50. unforfeited



The Crawford County Commission on Aging (COA) along with MSUE Extension staff will be having a FREE hands-on cooking class with new food experiences and nutrition lessons.



**Classes will be Friday afternoon  
March 8th - April 12th  
from 2:00 - 4:00pm**

The 6 week class will be held at the COA in their kitchen. The focus will be on budget-friendly, nutritious, convenient foods and participants will be provided with nutritious bites, plant-based food preparation techniques, along with the recipes used. To register for this class, please call the COA at 348-7123.

## Cook's Corner Valentines Day Trifle

### INGREDIENTS

- Red Velvet Cake
- Pink Velvet Cake
- Vanilla Instant Pudding - 1 large box or 2 small boxes
- 1 Large tub of Cool Whip



### INSTRUCTIONS

1. Start by preparing the cakes. I used store bought Duncan Hines cakes, but you can also make your own. Follow the directions on the box and let cool.
2. Prepare the instant pudding according to the box & refrigerate.
3. Layer the trifle into your trifle bowl:
  - Layer of Cake – start with either one first. rumble the cake to make it easier. Cover the entire bottom bowl.
  - Layer of Pudding
  - Layer of Cake – rotate and use the other color of cake for this layer.
  - Layer of Strawberry Pie Filling
  - Layer of Cool Whip
  - Repeat
4. Top with cool whip

**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



**Rewarding  
Experiences.  
Remarkable Care.**

**MUNSON HEALTHCARE**

**Crawford Continuing  
Care Center**

1100 E. Michigan Ave.  
Grayling, MI 49738

(989) 348-0317

munsonhealthcare.org

# February is American Heart Month

By Nicole Persing-Wethington, from Michigan State University Extension

February is American Heart Month, and not just candy hearts for Valentine's Day. The heart we are concerned with is the muscular organ in your chest, and we want to keep it pumping! According to the Centers for Disease Control and Prevention, Heart disease is the leading cause of death for both men and women. 1 in 4 deaths per year are attributed to heart disease. It is possible to reduce your risk of heart disease by adopting healthy behaviors.

Here are some ways you can protect your heart:

- Know your cholesterol- Cholesterol is a soft, waxy substance that can accumulate along your arterial walls and contribute to heart disease. High cholesterol gives you twice the risk for heart disease. If you have not had yours checked recently, talk to your healthcare provider.
- Quit using tobacco- Michigan Department of Health and Human Services says that tobacco kills more people in Michigan than auto accidents, alcohol, drug overdoses, AIDS, murders, and suicides combined. For help quitting or for information about the Quitline, call 800-QUIT-NOW or visit [Michigan.gov/tobacco](http://Michigan.gov/tobacco).



- Manage your blood pressure- Blood pressure varies throughout the day, but can cause damage if it is chronically high. Some people may not realize they have high blood pressure without getting it checked regularly.

- Get active- Physical activity can help to maintain a healthy weight, blood pressure, cholesterol, and blood sugar.

Make sure you find an activity you enjoy to keep you moving all year long. Make the activity fit into your life. Walking laps around your living room for 10 minutes is a great start; those steps count just as much as if they were on an outdoor track.

- Increase fruits and vegetables, and decrease processed foods- While they may taste good, processed foods are typically high in sodium, sugars, and fats. A diet rich in fruits and vegetables contributes to overall health, and they are naturally low in sodium and cholesterol.

Family history, medical conditions, and other circumstances contribute to heart disease. However, you can reduce your risk by changing behavioral risk factors. If you have concerns about your heart, please check with your health care provider.

## Chinese New Year Party



Join us for a Chinese New Year Party  
**February 21st at 5:45pm**  
At the Crawford County Commission on Aging & Senior Center, 301 Lawndale St.

The Chinese New Year 2019 or the Spring Festival (Lunar New Year) is celebrated on February 5 2019, according to the traditional Chinese Calendar. 2019 is the year of the Earth Pig, which is predicted to be a lucky year. The Pig is a representation of diligence, kindness, and generosity.

### To celebrate the Chinese New Year

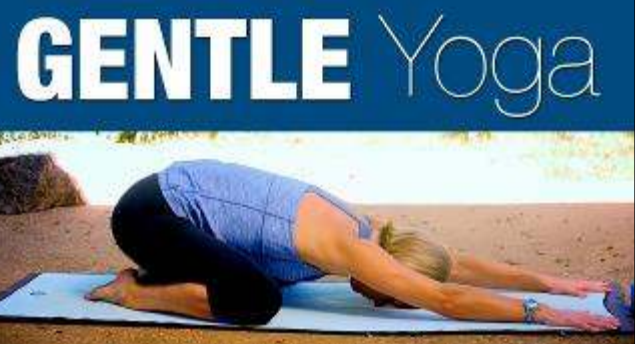
- 10 fresh flower arrangements will be given away which represents how the Chinese decorate their living rooms with flower vases.

- Enjoy a game of Bean Bag Toss into an umbrella and have a go at using chop sticks.
- Lastly, the Dragon Dance is an ancient traditional Chinese dance, in hope of attracting peace and prosperity for the whole nation. So join us for some picture taking with Chinese head bands and a Dragon.
- Dessert will also be served.
- Join us for a Beef Pot Roast dinner before the party from 4:30pm to 5:30pm. Those 60 and older eat for a suggested donation of \$3.50. Those under 60 can eat for a cost of \$5.50.



Until then...

**"Gong xi fa cai" - translates  
Have a prosperous new year!"**



**Thank you for attending  
the free introductory month of  
Gentle Yoga!  
We are excited to have you!**

Starting February 1<sup>st</sup> we will begin charging \$5 per class which can be paid at the reception desk. If you need financial assistance you may be eligible for help. We want everyone to be able to come so don't hesitate to contact Kaitlyn at (989) 348-7123 for further information.



*Dear COA Senior Friends,*

We would like to thank you so much for saving Family Fare Spartan receipts for the Baby to Toddler Baby Closet. Because of your kindness of saving receipts we are now getting ready to count our sixth \$150,000 receipts which will give us another \$1000 to help us purchase the items to keep the children dry (diapers) and safe (safety gates); toilet training items etc. and nearly new items that we cannot reuse when they are donated, such as underwear, socks, shoes & boots etc. We never receive nearly enough new coats so your receipts help us to buy them from consignment shops. Another reason why your donations are so much appreciated.

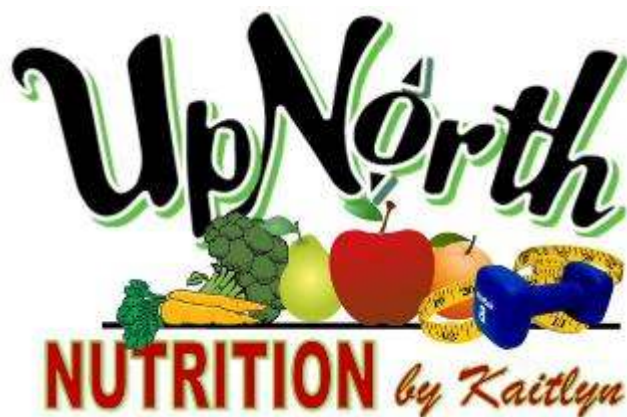
Thank you again and we would like to ask for you to keep saving them for us.

Sincerely,

*Rose Mary Nelson*

Volunteer Coordinator, Baby to Toddler Closet

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Vitamin C is a water-soluble vitamin that is also known as ascorbic acid. It is an antioxidant that protects cells against free radicals in the body. Free radicals are molecules that can damage cells and are byproducts of oxygen metabolism which can be found in the body when exposed to certain environmental situations.

Vitamin C has a variety of functions throughout the body including growth and repair of tissues, immune function, and maintenance of cartilage and bone. The body does not make Vitamin C which means it has to be obtained through your diet or supplements. It is found in high amounts in



fruit and vegetables especially peppers, oranges, and broccoli. The

recommended daily allowance for adult women is 75mg of Vitamin C daily, and for adult men is 90mg daily.

Vitamin C deficiency is common amongst people with a restrictive diet, people who smoke, and who have medical conditions that effect the absorption of food such as ulcerative colitis. Symptoms of a Vitamin C deficiency could include easy bruising, poor healing of wounds, unexpected bleeding from gums, and problems fighting infections. If you are considering supplementing Vitamin C in your diet or think you may be Vitamin C deficient please consult with your physician.



Friday, February 15th  
at 10:30am

Dial-a-Ride will be making a monthly trip to Gaylord for anyone who would like to attend. The trip will include lunch (self-pay) at different restaurants around Gaylord and a trip to the Walmart Plaza for shopping.

The trips will be the third Friday of the month starting January 18th and the cost will be \$10.00 per person.

Bus will leave Grayling at 10:30am. Lunch in Gaylord will be around 11:30am. Shopping will be from approximately 12:30pm to 2:00/2:30pm depending on what everyone thinks. A different restaurant will be chosen by the passengers for the next month's trip. The bus will be parked in the Walmart lot so if you get done shopping early, you can get back on the bus.

Due to limited parking at the COA, we will be picking up passengers at the mini-mall at 10:30am. Please park your vehicle on the south side of the car wash. If you will use Dial-a-Ride to get to the mini-mall, you can wait inside until the bus arrives.

We will then travel to Frederic and pick up people at the Frederic Township Hall between 10:45am and 11:00am. Please park on the north end of the parking lot in Frederic.

If you are interested in going, please register at the Commission on Aging & Senior Center. If you have any further questions call 989-348-7123.



Help is Available

Dementia is a syndrome, usually of a chronic or progressive nature, caused by a variety of brain illnesses that affect memory, thinking, behavior and ability to perform everyday activities.

- There are currently estimated to be over 46 million people worldwide living with dementia. The number of people affected is set to rise to over 131 million by 2050.
- There is one new case of dementia worldwide every three seconds.
- Alzheimer's is the most common type of dementia, but there are over 120 causes of dementia.
- It is estimated that with most dementias the brain shrinks one third of its original size causing many changes in structural and chemical ability.
- 18.4 billion hours of care, valued at over \$232 billion, are provided by family and other unpaid caregivers.
- Many caregivers of people with Alzheimer's or other dementias provide help alone. Forty-one percent of dementia caregivers in the 2014 Alzheimer's Association poll reported that no one else provided unpaid assistance.
- Six in ten caregivers of people with dementia were employed in the past year while providing help. These individuals worked an average of 35 hours per week while caregiving.

Region 9 AAA Dementia Care Consultation program is available. This program will provide family caregivers with individualized tools and strategies to better handle the unique challenges they face as a dementia caregiver. For more information please contact Melanie Conway at (989)348-7123.



**Ralph Oppermann**  
D.D.S., F.A.G.D.

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# COA FREE Breakfast Presentation

Tuesday, February 26th 9am

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

## The Role of Physical Activity & Nutrition on Healthy Aging & Lifestyle

With Kaitlyn Grieb, Fitness & Wellness Coordinator at the Crawford County Commission on Aging & Senior Center



The aging process can have a huge impact on the human body. Aging

brings an increase in the prevalence of chronic disease, loss of balance, increase in body fat, loss of strength, and possible joint injuries. Maintaining a healthy active lifestyle can have a positive effect on weight maintenance, lower blood pressure, increase flexibility and agility, and reduce the overall risk of developing chronic conditions. In a study conducted by the Gerontology Society of America,



people between the ages of 60 - 79, had an increase in brain volume as a result of

physical activity. Incorporating physical activity into your daily routine could include gardening or yardwork, household chores, or taking the stairs. It is recommended that older adults

over the age of 65 get at least 2.5 hours of exercise a week to live a longer, healthier life.



Nutrition is another factor that plays a key role in healthy aging. Eating healthy is essential for all stages of life but especially for older adults. A workshop conducted at Tufts University stated one of the most important aspects for the aging population is to ensure good dietary intake of risk nutrients and decrease the intake of highly processed foods. Incorporating a balanced diet of fruits, vegetables, whole grains, and lean protein and limiting saturated and trans fat along with added sugars can improve quality of life amongst older adults. As we age, the senses of the body become less accurate, including our taste and smell, which effects food

### Breakfast Menu

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

enjoyment and safety. This can lead to food safety and mental health concerns along with lack of proper nutrition.

Maintaining an active and healthy lifestyle as you age can improve your overall quality of life. Learning how to adapt to change, staying physically and emotionally fit, and consuming a balanced diet are all factors that aid in healthy aging.

To learn more about healthy aging through physical activity and a healthful nutrient dense diet please join Kaitlyn Grieb, Fitness & Wellness Coordinator, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday, February 26th, 2019. Hope to see you there!

Referenced from:

<https://www.ncbi.nlm.nih.gov>

<https://gerontology.usc.edu>

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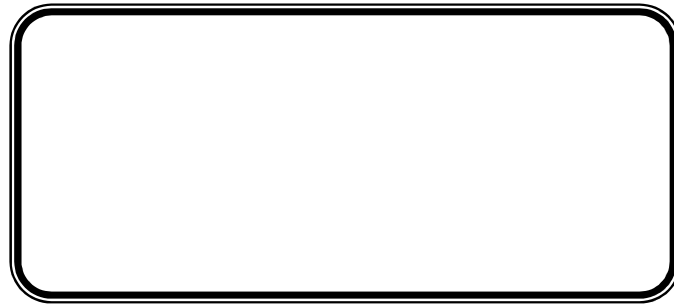
Smartphone Scan  
to our Website

308 Lawndale St.  
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

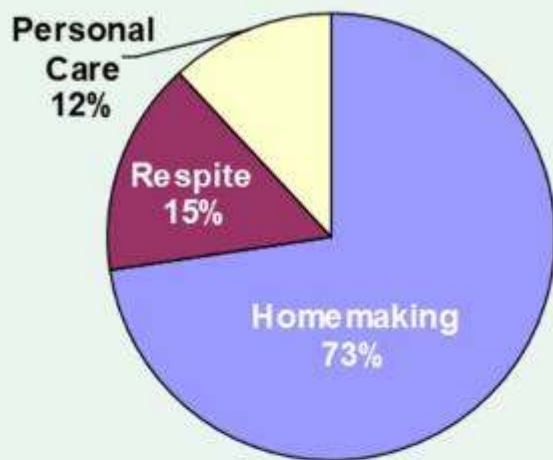
director@crawfordcoa.org



# *Creating Golden Opportunities for Older Adults of Today & Tomorrow* Annual Report to the Community, October 1, 2017 – September 30, 2018

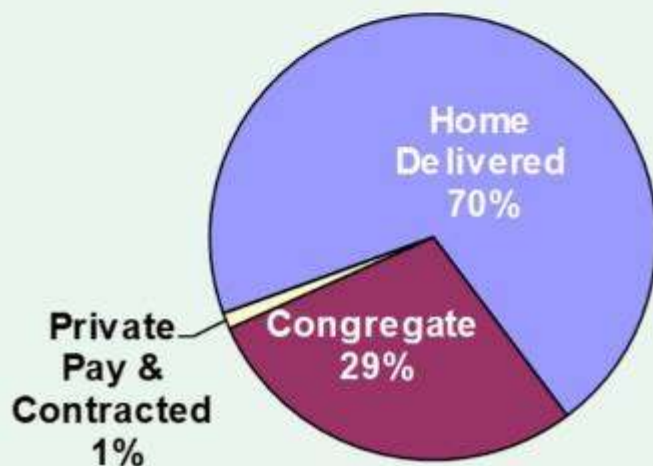
*Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 36% (1,435) of Crawford County seniors age 60 and above.\**

**In-Home Services**  
**6,482 Hours ~ \$31.13 per Hour**  
**143 Individuals**



**Meal Program**  
**40,100 Meals ~ \$7.08 per Meal**  
**1,117 Individuals**

*On average 148 people attended the monthly Community Dinners.*



\*Based on 2010 Census

## Senior Center Activities

- 46 activities offered & attended by 810 unduplicated people.
- Average monthly attendance = 886
- Average daily visitors = 64
- Most people reached = Concerts with 177
- Most popular weekly activity was Bingo with 127 participants.

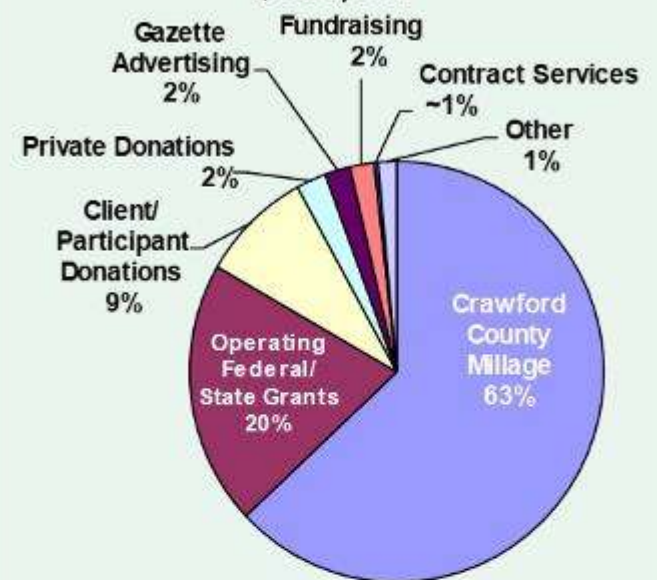
## Commission on Aging Programs

- 538 boxes of Food Commodities were delivered to 56 people.
- 297 hours were spent counseling 256 seniors with their Medicaid and Medicare benefits.
- 211 seniors received "Senior Project Fresh" farm market coupons.
- 87 loans of medical equipment
- 648 people received assistance thru our Advocacy services.
- 122 Medical Transports were provided to 28 individuals.

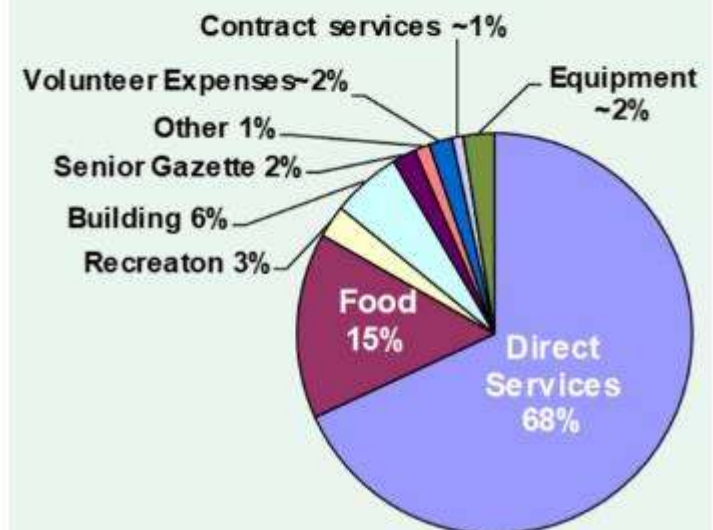
*Thank You Volunteers!*

## Total Budget Information

**Total Revenue**  
**\$911,003**



**Total Expenditures**  
**\$895,586**



Over 4,791 hours were performed by over 107 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$45,223 in staffing dollars saved. In addition volunteers raised \$6,678 for a total of \$51,901 generated by our volunteers.