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Featured Article

Mike and Joyce Ingalls "Still Sweethearts"

"When I get older, losing my hair, many years from now Will you still be bringing me a Valentine...?"

By the time Paul McCartney, of The Beatles, wrote the lyrics to the song 'When I'm 64', Mike and Joyce Ingalls had been married 10 years.

The two had been neighbors in school since they were 12 years old; she at the Lutheran school, and he in public school in Flint. They began dating when they were 14 or 15. "Our first date was either the movies or roller skating," Joyce said. "Roller skating was a big thing back then. We'd take the bus into the city, change buses to Flint Park, and spend the whole day skating. It was a lot of fun."

Joyce and Mike married on September 24, 1955 on what Joyce said was "a beautiful day." Joyce, who was 18 at the time, was told by her mother that it wouldn't last. Mike was 19 years old. His parents said he was too young.

Mike, who is now a 46-year member of the American Legion and the VFW, had enlisted in the US Army, and was assigned duty in Germany. He went home after 30 days of training and married his girl before he shipped out. Three months later, Joyce followed. In the three years following, Joyce gave birth to their first child, a daughter. Back on American soil, two more daughters and a son came along.

Mike worked for Chevrolet in Flint and then took a job in Marquette with a trucking company, moving gravel to build the Air force Base there. "We were in Marquette for three years," he said, "and one day I went to work and the company was gone. There wasn't any warning or anything. The trucks were gone. So we moved back to Flint."

In the meantime, Mike's dad, who grew up in Grayling, retired and moved back north, where Mike and Joyce would visit him. On one of those visits in 1967, Mike joined the Police Department and moved his family to the north woods. He worked at Camp Grayling until he retired because of an injury.

Joyce went to work at Grayling State Bank as a teller but advanced to become an officer and then the Branch Manager at the mini-mall branch of the bank. She stayed on for a couple of years after Mike's retirement.

The kids all graduated from Grayling High School and scattered across the country. "But they still have lots of friends here and they like to come back. Our one daughter has moved back up from Georgia and our son passed away 12 years ago," said Joyce. "We have family all over the place now. In Minnesota, Washington, South Carolina... kids, grandkids, great-grandkids. My dream is to have everybody together in one place again but it's so hard to do."

Mike and Joyce Ingalls enjoyed traveling for more than 20 years, seeing many of the 50 states and serving, sometimes, as campground hosts. "We'd work in campgrounds



**New Building Millage
Proposal
See pg 14-15**



**Cooking for One Class
See pg 13**



**Annual Report
See pg 16**

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

HOURS OF OPERATION

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

**Tuesday—Thursday
8:30am to 6pm**

**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

Director@crawfordcoa.org

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308 Lawndale St.
Grayling, MI 49738

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

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

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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 a free appointment, your income cannot be over \$65,000.

Only two days are available for Home Heating Credit Appointments – **February 3rd and 4th**. Tax appointments are available starting February 10th every Monday & Tuesday thru April 8th.

You **must** bring your Social Security Cards and Picture ID for yourself and each person you are claiming on your tax return. Your appointment cannot be conducted without your Social Security Card and/or ID. See below for a complete list of what to bring to your appointment:

- If your spouse cannot attend then you **MUST have a release form** filled out (forms are available from the Senior Center or the community building where the taxes are prepared)
- Picture ID(s); Driver's License for everyone
- Social Security Card(s) for you and 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
- Amount you paid in **Medical Insurance** including that portion of your **Auto Insurance**
- Daycare total amount paid, providers ID number or SS number
- Mortgage Interest statement if itemizing
- Your property tax bills for last year: summer and winter tax for **Homestead Property Tax Credit** (renters may also qualify need property owners name and address)
- Your heating costs from November 1, 2018 thru October 31, 2019 (renters may qualify even if heat is included in your rent) for **Home Heating Credit**
- 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 served basis until full.

Guardians Needed

Crawford County Probate Court is seeking individuals interested in serving as public guardians/conservators.

The court appoints guardians and conservators to manage the affairs of those who are unable to do so because of a disability or incapacity.

Responsibilities can include things like ensuring adequate housing, medical care, and other basic needs; paying bills and managing finances; coordinating with staff at nursing homes or other living arrangements, etc.

Public guardians are independent contractors, and are paid a monthly rate per appointment. Please contact Julie Miller, Court Administrator, for more information. (989) 344-3882, jmiller@crawfordco.org.



Let's Play Chess!

Do you like playing Chess? Do you want to learn more about Chess? The Crawford County Commission on Aging & Senior Center wants to know if you would be interested in a Chess Workshop.

The Chess Workshop would be held at the Senior Center and could cover how to play, the rules of the game, or just match you up with a partner to play against. **If this sounds like an activity you would like to participate in call and let us know (989) 348-7123.**



Memorial Donations Made By:
Jason & Amy Lindauer,
Cory Gandert,
Kirsten Lietz,
Nancy Lemmen,
& Mark Hansen

In Memory of
Tina Foster

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.



1x5 Actual Size
\$25 Donation

2x4 Actual Size
\$50 Donation

2x5 Actual Size
\$100 Donation

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

Only Available in Black with Gold Lettering

- 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**
 - Stretch to Fitness & Equipped to be Fit Sponsored by Munson Rehabilitation Services**

- Donations**
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 - Bob & Pat Gallagher
 - Clara Gibbs
 - Dianne Gregorich
 - Kathy Hale
 - Thomas Jarosz
 - Dennis Kemerer
 - Eileen Kemerer
 - Kay Ellen King
 - Wayne & Rosemary Nelson
 - Jack & Phyllis Richards
 - Janice Smith
 - Bob Sugden

- 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

Senior Center Wish List...

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Reams of Copy Paper
- Laundry Soap
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size
- Senior Dial-A-Ride Tickets
- Call (989) 348-8215 to purchase and donate to COA

Sponsoring Agencies

We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Crawford County Commission on Aging & Senior Center

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 _____

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

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

★★★★★★★★★★★★★★★★★★
 ★ *Volunteers and Contributions received after January 13th will be acknowledged in the next edition of the Senior Gazette.* ★
 ★★★★★★★★★★★★★★★★★★★

Donations & Payments of \$25.00 or more.

WE ACCEPT

**Thank you to
our volunteers!**

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



“Charlotte Bloomquist Wants You to Volunteer!”

By Cheri Carpenter

If you’ve lived in Grayling long enough, you may remember the Blooming Grape Deli and if you remember the Blooming Grape Deli you may remember its owner, Charlotte Bloomquist. “It was nice, we sold wine and really good sandwiches. I’m a vegetarian, so that kind of stuff,” Charlotte says about the deli. “A lot of people, I think, miss it.” Charlotte’s family is originally from Michigan, her father, from the UP, and her mother, from Detroit. “We’ve lived all over Michigan,” Charlotte says. For 10 years, Charlotte was a court reporter here in Grayling before moving to California to be closer to relatives who had moved there. She lived there for 15 years, working at an international investment firm based out of Australia, but in 1998 she decided to move back to Michigan to reunite with the gentleman she would eventually marry in 2004.



Charlotte has worn many hats over the years, in addition to working at the investment

firm and owning the deli, she has also sold real estate, been a substitute teacher, and been a secretary for her husband’s law practice until he retired just a couple years ago. She has also enjoyed being a Brownie and Girl Scout troop leader. These days, Charlotte and her husband enjoy kayaking and taking their pontoon boat out on the lake before they leave for their winter home in Florida. “We live on the lake so all summer we’re out on the lake. We’d like to get back into cross-country skiing, but we’re only here for not even a month of snow.”

When she’s not enjoying the lake or the Florida sunshine, Charlotte has been serving as a volunteer on the Food Pantry board. “My heart was to be with older people. Seniors need people, they need someone to talk to, someone to care about them.” She eventually decided she would like to volunteer at the Senior Center as well and now serves lunch there. “People need to know that everyplace needs volunteers,” she says. “It takes a village.” She encourages others to volunteer, “They’ll be surprised at the people they’ll meet. It makes you more aware of what’s going on out there and you’ll look at people differently.”

- Michelle Arnholt
- Tiffany Bean
- Nancy Billingham
- Charlotte Bloomquist
- Roy Bryant
- Gloria Buskirk
- Wendy Clarkson
- Marc Dedenbach
- Dick Dodge
- Lyn Dodge
- Diana Doremire
- Jennie Gibbons
- Mary Garcia
- Mary Jo Gingerick
- Sherry Haag
- Sharron Hagerman
- Susan Hensler
- Bill Hollenbeck
- Karen Hollenbeck
- Francis Hummel
- Ron Kemerer
- Dennis Kemerer
- Glenn King
- Kay Ellen King
- Lorelei King
- Sandy Lakanen
- Eileen Langhorne
- Betty Leibler
- Cathy Lester
- Rita Lone

- Susan Lynch
- George Mascarello
- Sharlene Mascarello
- Julie McClain
- Dean McCray
- Barb McCray
- Ann Mitchell
- Judy Morford
- Dee Niedzielski
- Marcus Niedzielski
- Bill Nuckolls
- Chelsea Partello
- Sharen Perkins
- Nancy Pletzke
- Tom Rawlings
- Deb Rawlings
- Jack Richards
- Dave Ridal
- Gail Schultz
- Jessica Schultz
- Jon Schultz
- Tom Seames
- Nancy Smitz
- Ben Snyder
- Joyce Sorenson
- Dianne South
- Cheryl Starr
- Judy Steffen
- Ruth Witcher

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
- Jeannie Matista 2/18
- 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!

Wii Bowling Team

Come join our Wii Bowling team at the Crawford County Commission on Aging & Senior Center! The team meets every Wednesday from 1 to 2pm at the Senior Center to practice. No experience is necessary: come play, meet new friends, and have a good time.

The team also travels once a month starting in February through October to play against other Senior Centers but you are more than welcome to come and play without traveling. The best part is no bowling ball or bowling shoes are needed.

If you have any questions or are looking for more information please call Kaitlyn at the Crawford County Commission on Aging at (989) 348-7123.

Veterans’ Coffee Hour

The Crawford County Veteran’s Service Office Presents Veterans’ Coffee Hour on the second Thursday of the month from 9am to 10am at the American Legion Post #106. Enjoy conversation and free tasty donuts & coffee at no charge. Come out and socialize with other Veterans!

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

2020 Dates:



- | | |
|-------------|--------------|
| February 13 | August 13 |
| March 13 | September 10 |
| April 9 | October 8 |
| May 14 | November 12 |
| June 11 | December 10 |
| July 9 | |

Winter Utility Protection Plan

The Winter Protection Plan (WPP) protects enrolled seniors and low-income customers from service shut-offs and high utility bill payments during the winter months (Nov 1-Mar 31). If you are eligible, your utility service will remain on (or restored with the WPP) from Nov 1 through March 31, if you:

- pay at least 7% of your estimated annual bill each month, and
- make equal monthly payments between the date you apply and the start of the next heating season on any past due bills.

When the protection period ends (March 31), you must begin to pay the full monthly bill, plus part of the amount you owe from the winter months when you did not pay the full bill. **Participation does not relieve customers from the responsibility of paying for electricity and natural gas usage, but does prevent shut-off during winter months.** You qualify for the plan if you meet at least one of the following requirements:

- are age 65 or older,
- receive Department of Health and Human Services cash assistance, using SSI,
- receive Food Assistance,
- received Medicaid, or
- household income is at or below the 150% of poverty level shown below.

Senior citizen customers (65 or older) who participate in the WPP are not required to make specific payments to ensure that their service will not be shut off between Nov 1 and March 31. Service for seniors can be restored without any payments.

Note: All customers 65+ are eligible regardless of income. Customers are responsible for all electricity and natural gas used. At the end of the protection period, participants must make arrangements with their utility company to pay off any money owed before the next heating season.

Contact your local utility company for more information or to apply.

Income Guidelines 2019-2020 150% Poverty Guide

# in Household	Max Income
1	\$18,735
2	\$25,365
3	\$31,995

Add \$6,630 for each add'l member

Mike & Joyce Ingalls

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

when we found a place we liked. It was nice to meet so many people from all over," said Mike.

These days, because of health issues, the two stick closer to home but their circle of friends is as big as ever, if not bigger, as they both enjoy being H.A.M. operators. "We've done it for years," Mike said. "We used to go out to Arizona and meet up with other operators. We'd sit out in the desert for a week at a time, and oh boy, that was fun. We do it from home now, and we also have got three computers set up in the house because we like to have face time with our family."

The two were key volunteers for 22 years for the AuSable River Canoe Marathon as well, sometimes working at the headquarters, and sometimes at the Five Channels Landing.

Joyce smiled, remembering how they "kept a little stove going all night. We had coffee on and made steak and eggs for breakfast. And the donuts! There were a lot of donuts."



That old Beatles song asks, "will you still need me, will you still feed me, when I'm 64?". But for Mike and Joyce Ingalls, the 64 years is the age of their marriage. He said the secret of staying together for so long is "I keep my mouth shut!" She said, "You have to give more than

you take." But they also reflected on having grown up in a different era. He said, "You got married, and you stayed together. You learned to accept each other by taking care of each other."

"And we were fortunate," added Joyce. "We're still sweethearts."



Emergency Utility Assistance Available

Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas). To qualify for assistance you must have a past due notice, disconnected, your residential propane/fuel oil tank is at or below 25%, or your firewood must be at less than a 30 day supply. Income limit for 1 person is \$1,561 or for 2 people is \$2,113. Assistance awarded can be up to \$850 per year for non-deliverable (electric, natural gas) or \$1200 per year for deliverable (propane, fuel oil, firewood). You must apply to DHHS first, but can get additional assistance for a second request from NEMSCA.

DHHS application may be made using the State of Michigan MiBridges system. NEMSCA can also help with DHHS co-payments. Please contact NEMSCA at 989-358-4713. For Crawford County residents 60+ needing assistance with these applications, call Tammy Findlay at (989) 348-7123 for an appointment.



Do You Have Concerns About Falling?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. These eight, two-hour sessions are led by trained facilitators.

You Will Learn To:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend?:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Classes are every **Tuesday and Wednesday** starting **March 3rd through March 25th** from **1:30 to 3:30pm** at the **Nature Center** in Grayling. For more information or to **register** please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

Breakfast Presentation: Healthy Living for Body & Brain

Tuesday, February 25th at 9am at the Crawford County
Commission on Aging & Senior Center, 308 Lawndale St., Grayling
With Taylor Cramer, Program Coordinator for the Alzheimer's Association

Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, and maintaining good heart health.

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Taylor Cramer is currently the Program Coordinator for the Alzheimer's Association and has worked for the Alzheimer's Association for 4 years. Mr. Cramer covers the Northern MI region and provides care consultations, education programs, and oversight of the caregiver support groups throughout northern MI. Prior to working in northern MI, he spent a few years working

with the homeless population in Central and Southern Michigan. Mr. Cramer enjoyed interacting with the senior population and was looking to serve them in any way he could. It was a natural transition for him to move into the Program Coordinator position with Alzheimer's Association, continuing his service to Michigan's senior population.

Come join us on February 25th at 9 am at Crawford County Commission on

Aging & Senior Center for a Healthy Living for Body and Brain presentation with Taylor Cramer, Program Coordinator for the Alzheimer's Association.



Holland Tulip Festival Trip

Thursday, May 7, 2020

Join us as we make our way to Holland for their annual Tulip Time Festival in May. The Tulip Festival has been around for nearly 90 years and gives us a chance to experience Dutch culture, traditions, and over 5 million tulips blooming throughout Holland!

We will leave Grayling at 7am on Thursday, May 7th and travel to Holland. Upon arrival, we will have a brunch buffet at Evergreen Commons followed by a one-hour show presented by Ah! Men. The performance will feature jazz, gospel, show tunes, and American standards. Proceeding the show, we will visit Windmill Island Gardens and have a short guided tour of an original working Dutch windmill. After our tour, you will have time to explore the grounds with Tulips and the gift shop. On the way home, we will stop in Big Rapids for a quick dinner at Burger King (at your cost). We will arrive back in Grayling at approximately 7:30pm.

The **cost of the trip is \$75** that includes transportation, tickets to the Ah! Men brunch buffet, and tickets to Windmill Island Gardens. Dinner is not included in your \$75 fee.

There are only 23 tickets available! Call the Crawford County Commission on Aging & Senior Center at (989) 348-7123 to reserve your spot.

Lunch menu includes pesto club sandwich (sliced ham, turkey, bacon, Swiss and cheddar cheese with shredded lettuce, tomato, and mayo, served on Focaccia bread), fruit salad, chips, a pickle spear, and a cookie.

Breakfast Menu

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

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Add Years to Your Life & Life to Your Years
ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study
Tuesdays, 10am

Bingo
Medicine Shoppe Bingo
one Thurs per month 3pm
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Birthday Dinner
Tuesdays, once per month

Craft & Chat Club
Wednesdays & Thurs, 10am

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

Wii Bowling
Wednesdays, 1pm

Fitness

Aerobic Drumming
Golden Beats, Mondays, 10am

Clogging
Beginning, Mondays, 12:30pm
Regular, Mondays, 1:30pm

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

Line Dancing
Tuesdays, 11am

Water Aerobics
Must call to register
Tues 5:30pm & Weds 9am
& Weds 10am
@ Grayling Super 8
\$5.00 charge per class

Yoga
Chair Yoga, Thursdays, 5pm
Gentle Yoga, Tuesdays, 1pm

Zumba
Zumba Gold Tuesdays, 10am

Table Games

Bridge
Mondays, 1pm

Euchre
Tuesdays, 1pm

Mahjong
Wednesdays, 1pm

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

Kinship Care Program

The Region 9 Area Agency on Aging Kinship Care Program is a program to assist adults ages 55 and older who are taking care of a relative children. Through this program, two requests per year per child can be made for financial assistance to pay for items such as school supplies, clothing, camps, tutoring, music lessons, sports, counseling, scouting or church trips, and more. Funds up to \$300 per child will be granted for qualified purchases.



The goal of funding these activities and purchases is to enhance the family environment, Enhance self-esteem, and to help reduce negative behaviors and poor performance in school or social settings. For those in Grayling or the greater Crawford County area contact Alice Snyder, Director at the Crawford County Commission on Aging & Senior Center, to get more information or to make an application for funds.

Winners of the Christmas Dinner were Glenda Sampsel and Jeannie Miller who won the Christmas Wreaths and Perry Wilson who won the 50/50 in the amount of \$107.

**Valentine's Day Dinner
February 13th, 4-6pm**



Menu

Prime Rib
Twice Baked Potato
Balsamic Glazed French
Green Beans
Ramen Noodle Salad
Raspberry Strudel

Open to the
Public, No
Reservations
Required!

At the Crawford County Commission on Aging & Senior Center
 Under 60 Cost is \$5.75. Suggested Donation for 60+ \$3.50

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm
St. Francis Episcopal Church, Grayling

ACA (Adult Children of Alcoholics)
Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group
3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
For more info call the COA 989-348-7123

Choices (Anger Management)
Mondays, 4:30-6pm at River House
For more info or to register call 989-348-3169

Cancer Support Group
Every other Tuesday, 6pm
at Grayling Baptist Church
For anyone touched by cancer
Call Cathy at 989-348-8684 for more info.

Grayling Alcoholics Anonymous
Monday, Wednesday, Friday at Noon
Sunday, Tuesday, Friday at 8pm
Women's Meeting, Thursdays at Noon
At St. Francis Episcopal Church, Grayling

Saturdays - Noon
At Grayling Township Hall

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

For more AA info call 888-596-0699
or visit www.area34district12.org

Grayling Al-Anon
Tuesdays 11am
Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

Healthy Relationships & Empowerment for Women
Thursdays, 4pm-5:30pm, at River House
For more info call 348-3169

Munson Hospice Grief Support Group
3rd Friday, 11am
Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous
Wednesdays, 8pm,
St. Francis Episcopal Church, Grayling
For more info call Ted 989-429-8100

Overeaters Anonymous
Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery
Thursdays, 5-6:30pm, at River House
For women suffering PTSD Symptoms
Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class
Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
More info, call Mary Kay at 989-348-1398

February 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center Meal Program</p> <p>Lunch Monday-Friday from 11:30am - 12:30pm Dinner Tuesday-Thursday from 4:30 - 5:30pm</p> <p>2nd Menu Option served both meals Over 60 suggested donation of \$3.50. Under 60 cost \$5.75.</p>				
2nd Meal		Weekend Meals		
If a participant eats lunch at the meal site they can request a second meal to take home for dinner. Options for the second meal include a Frozen Meal or the daily 2nd Menu Option. The second meal is given to the participant when they leave the congregate site.		Weekend Meals are available to congregate meal participants if they eat a meal at the Senior Center during the week (at a regularly scheduled time). You may receive up to 4 Frozen or 2nd Menu meals for the weekend. A choice of meals will be made available.		
3 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	4 11:30-12:30 Lunch Taco Salad, Pinto Beans, Broccoli, Apricots 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	5 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	6 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	7 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
10 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	11 11:30a-12:30p Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	12 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	13 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4:30-5:30pm Valentine's Day Dinner Prime Rib, Twice Baked Potato, Balsamic Glazed French Green Beans, Ramen Noodle Salad, Raspberry Strudel 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	14 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
17 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	18 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Applesauce 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	19 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	20 11:30a-12:30p Lunch Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	21 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
24 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	25 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30pm B-Day Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries, Cake & Ice Cream 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	26 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	27 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	28 11:30-12:30 Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 2nd Menu Option Egg Salad Pita, Bean Soup, Banana

February 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Guest Under Age 60 Welcome!</p> <p>Participants under the age of 60 are welcome at any of our fitness classes, regular activities, or special events. However, in the event that registration at an event or activity becomes overly full, we are required to give preference to Crawford County Residents ages 60 and over. If you have any questions call (989) 348-7123.</p>		 <p>CLOSED</p> <p>The Commission on Aging & Senior Center will be closing on Tuesdays & Thursdays at 6pm in February.</p>		
3 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	4 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	5 9:30am Commodities @ St. Mary's 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1-2pm Walking Group @ Kirtland CC 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	6 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30a-5:30p Foot Clinic —Appt. Req. 1pm Penny Bingo	7 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo 1pm Pool - 9 Ball
10 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1-2:30pm TEFAP @ American Legion 1:30 Regular Clogging	11 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	12 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1-2pm Walking Group @ Kirtland CC 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	13 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo 4-6pm Valentine's Day Dinner	14 10am Pinochle 10am Equipped to be Fit NO Blood Pressure Checks 12pm Frederic Satellite 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo 1pm Pool - 9 Ball
17 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1-4pm Hearing Clinic —Appt. Req'd 1:30 Regular Clogging	18 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	19 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling 1-2pm Walking Group @ Kirtland CC 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	20 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Chair Yoga w/ Dianne	21 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo 1pm Pool - 9 Ball
24 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	25 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 4:30pm B-Day Dinner	26 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1-2pm Walking Group @ Kirtland CC 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	27 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo 1pm Wii Bowling @ St. Helen 5pm Chair Yoga w/ Dianne	28 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo 1pm Pool - 9 Ball

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

- Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm
May, August, November, February

Resources

Computers

Internet, computers, and printers are available at

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

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- **Housekeeping**
- **Bathing Assistance**
- **Respite for Caregivers**

Classes

AARP Driver Refresher Course

Offered June 17th-18th, 2020.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable. Offered March-April, 2020.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered March, Aug, and October in 2020.

PATH (Personal Action Toward Health)

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Offered June-July 2020.

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down. Offered June-July 2020.

Walk with Ease

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

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 2019!

At the Senior Center

- We served **714** Congregate Meals
- Activities/Events Attendance **635**
- Average # of Daily Visitors **51**

In-Home Services

- Delivered **2,436** home delivered meals.
- Provided **465.75** hours of respite care.
- We provided **378.50** hours of homemaker services.
- We provided **80.50** hours of bathing assistance services.



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



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Your Earnings Record is Both Your Financial History and Your Financial Future

Social Security is an earned benefit. Your earnings history is a record of your progress toward your benefits. Social Security keeps track of your earnings so we can pay you the benefits you've earned over your lifetime. This is why reviewing your Social Security earnings record is so important.

If an employer didn't properly report just one year of your work earnings to us, your future benefit payments from Social Security could be less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled. Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have easy



access to past tax documents, and some employers may no longer exist or be able to provide past payroll information.

While it's the responsibility of your employers, both past and present, to provide accurate earnings information to Social Security so you get credit for the contributions you've made through payroll taxes, you should still inform us of any errors or omissions you find. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

The easiest and most efficient way to validate your earnings record is to visit www.socialsecurity.gov/myaccount to set up or sign in to your own my Social Security account. You should carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them. Keep in mind that earnings from this year and last year may not be listed yet. Notify us right away if you spot errors by calling 1-800-772-1213.

You can find more detailed instructions on how to correct your Social Security earnings record at www.socialsecurity.gov/pubs/EN-05-10081.pdf.

Remember, you can access important information like this any time at www.socialsecurity.gov and do much of your business with us online.



Medicare Disenrollment

The Medicare Advantage Disenrollment period runs from January 1st through March 31st. During this time, you will have the one-time opportunity to switch to a different Medicare Advantage Plan, drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B, or sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare).

In the past, you could only switch from a Medicare Advantage Plan back to Original Medicare. This recent change will allow more flexibility for Medicare recipients.



Come visit us!

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

A Non-Profit Faith-Based Organization

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

The Medicine Shoppe & PHARMACY

Proudly Serving Our Community Since 1999

- Prescription Delivery Service
- Senior discount available daily



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



Looking for a way to stay active this winter?

FREE Indoor Walking

Grayling Elementary School
306 Plum Street
Monday-Friday,
4:00-6:00pm

Please wear clean, dry shoes!



Senior Gazette
ADVERTISE WITH US
Call 348-7123

Reaching Seniors and Beyond!



MUNSON HEALTHCARE
Grayling Community Health Center

Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738
(989) 348-0314
munsonhealthcare.org/graylinghospital

SMITH & ASSOCIATES, C.P.A., P.C.
ROBIN L. SMITH-MARTIN C.P.A.

New Clients - 60 yrs. of age & older
SPECIAL PRICING

Michigan Tax Return Only - Starting at \$55.00
Federal Tax Return - Starting at \$95.00

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

Random Word Search Puzzle

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

No doubles this time!

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

1. alarmable
2. ascospore
3. blackmore
4. bobadilla
5. cerecloth
6. cobaltine
7. conspired
8. corallike
9. detective
10. diesinker
11. digitised
12. doctorate
13. donnishly
14. dottiness
15. fagaceous
16. fleshhook
17. gettinging
18. glutamine
19. holidayer
20. hypoderma
21. inelegant
22. jesselton
23. magunning
24. marinetti
25. menomonie
26. moldavite
27. nonserous
28. nontropic
29. ostringer
30. outdodged
31. overstand
32. parodical
33. pedagogic
34. plowstaff
35. rancherie
36. recommend
37. recreator
38. repriming
39. reputedly
40. sapanwood
41. senescent
42. spiculate
43. sunbonnet
44. tractable
45. unmunched
46. unspurred
47. untreated
48. valentine
49. workhorse
50. yamashita



Photo credit: freeimages.com/Silvia McCabe

Cooking for One

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six, 1-and-a-half-hour lessons, participants in Cooking for One will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
- Participate in cooking real recipes for one

The class will be every **Wednesday starting March 4th through April 8th from 3:30 – 5pm** at the Crawford County Commission on Aging & Senior Center. Participants will receive a vegetable peeler, a cutting board, and a 3-quart slow cooker in addition to a \$15 voucher for each class attended to use at Save-A Lot for fresh, frozen, or canned fruits and vegetables. You will also receive a handbook with printed resources and recipes.

If you have any questions or would like to register for the class please call the Commission on Aging at (989) 348-7123. Class size is limited, call and reserve your spot today!

This class is FREE thanks to a grant through DHD#10 and the partnership between the Crawford County Commission on Aging, Munson HealthCare, MSU Extension, and DHD #10.



Grayling Save a Lot

Purchase of

Pepsi Products 2 Liters 79¢
Plus Deposit

Valid Feb 1, 2020 thru Feb 29, 2020

Limit 2 Please with coupon

2333 S. I-75 Business Loop 348-6690

Look for printable coupons at www.Save-A-Lot.com

McLEAN'S ACE HARDWARE

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



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



Grayling Hospital for Animals

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

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

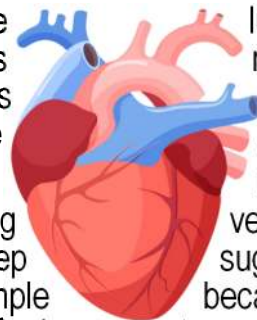


Heart Health

By Nicole Persing-Wethington, from Michigan State University Extension

February is traditionally American Heart Month. There is more to heart health than the single organ. The entire circulatory system is important to keep healthy for longevity and quality of life. The circulatory system includes your heart and blood vessels. These circulate oxygen and nutrients throughout the body. Any time this system is not flowing smoothly, there are potential problems.

How can we keep everything flowing smoothly? One way is to keep moving! When blood pools, for example in the ankles and calves while sitting for long periods, there is potential for blood clots which clog the system. Try to avoid sitting for long periods, especially while traveling. The Mayo Clinic suggests taking a break from sitting every 30 minutes. Setting a timer will help you remember to get up and increase circulation.



You can also do seated exercises to encourage blood flow. Remember your ABCs: draw the alphabet with your toes to get your blood moving. Besides circulation, the movement has the added benefits of lubricating your joints and exercising range of motion.

Nutrition can also have a big impact on circulatory health. Increase heart healthy foods like fruits and vegetables. The Cleveland Clinic suggests increasing these food groups because they include nutrients beneficial to cardiovascular health. Certain medications, genetics, and other factors can increase risks for clotting. Check with your health care provider if you have concerns or if you notice symptoms of blood clots like pain, swelling, and discoloration.

VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape...

What's Your **SUPERPOWER?**



Kitchen Volunteers

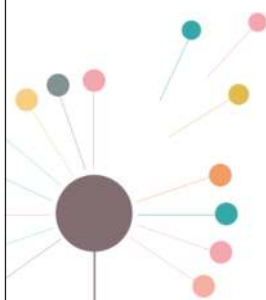


Servers are needed to serve Dinner from 4:30pm– 5:30pm. Plates are prepared by kitchen staff and delivered by our volunteer servers. No roller skates required!

Our **Dishwashers** help the kitchen stay on top of dishes, cleaning the kitchen area, and also occasionally help with making sandwiches, cupping fruit, etc.

We are also in need of a **Stock Person** to help with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

If you are interested in volunteering contact Alice Snyder at 989-348-7123.



Making Your Medical Wishes Known

Munson Healthcare's Advance Care Planning team is hosting free workshops to help guide you through the process of talking with loved ones about your medical wishes and completing an advance medical directive.

2020 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

- Jan 9 from 10 am - noon
- Mar 12 from 1 - 3 pm
- May 14 from 10 am - noon
- July 9 from 1 - 3 pm
- Sept 10 from 10 am - noon
- Nov 12 from 1 - 3 pm

Register by calling 989-348-0296.



munsonhealthcare.org/advancecareplanning
MUNSON HEALTHCARE Advance Care Planning

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Funded by the Michigan Department of Community Health

Free!
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DROP OFF YOUR OLD, UNUSED & EXPIRED MEDICATIONS

at the Crawford County Sheriff's Department, Grayling City Hall, Munson Healthcare Grayling Hospital, or The Medicine Shoppe.

DEQ Help Us Protect our Rivers & Lakes!
Department of Environmental Quality



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

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When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care services will have you feeling better faster than ever.

MUNSON HEALTHCARE
Grayling Physician Network

Grayling

Open Monday - Friday, 10 am - 6 pm, Saturday, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturday, 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900



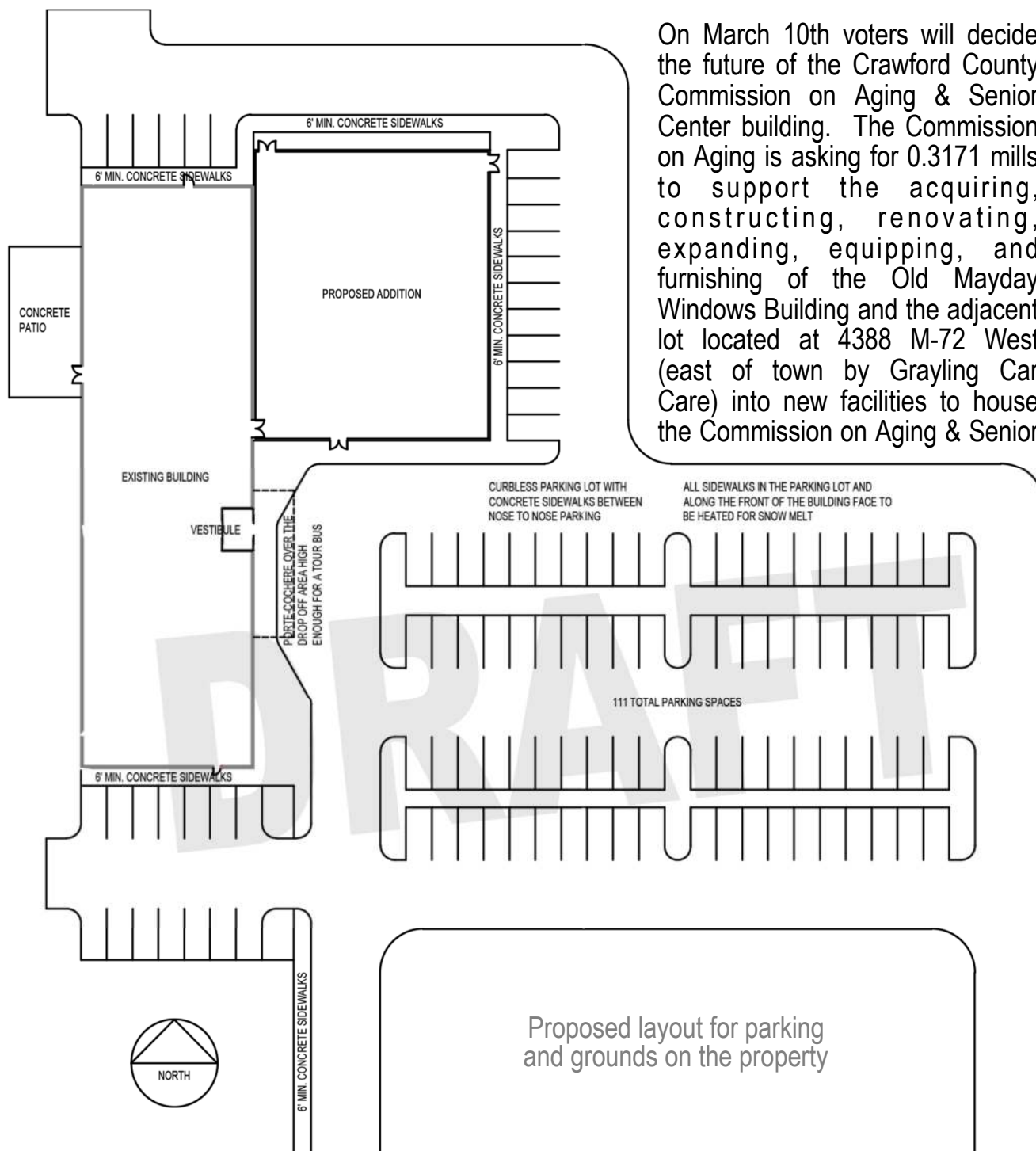
**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd.
P.O. Box 668
Grayling, MI 49738

(989) 348-7321
(800) 968-2722
Fax (989) 348-7698

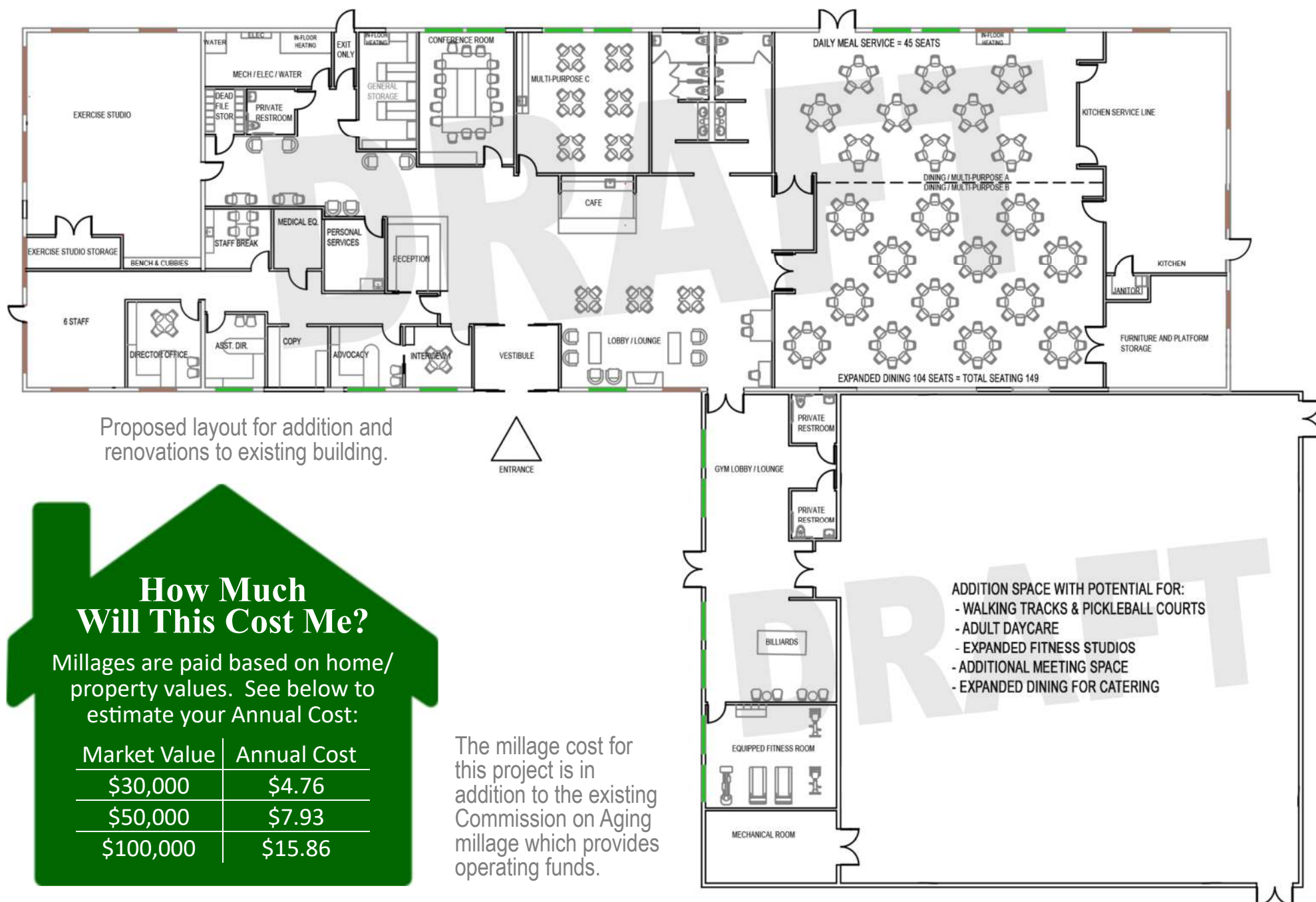
New Building Millage Proposal On the Ballot March 10, 2020

Exterior of the Mayday Windows building that would be purchased.



Center operations. The new facilities would feature many beneficial changes including the following:

- Enlarged office space for staff and volunteers
- Dedicated fitness spaces with appropriate finishes and flooring allow for quieter, more comfortable exercise
- Added multi-purpose/meeting spaces to allow for multiple events simultaneously
- Three times the space for private, 1-on-1 counseling and advocacy services will allow for drop-in appointments which currently cannot be accommodated
- Additional restroom capacity plus an accessible companion/family bathroom
- Greatly expanded parking space (111 vs 42 spots) with heated sidewalks and covered drop-off
- Better regulation of heating & air conditioning due to double entry doors, improved insulation, enclosed kitchen space, and extra HVAC vents
- Larger lobby and waiting area with a fireplace that allows for card games, puzzles, and socialization out of the way of ongoing events plus greater ease of access
- Easily accessible storage spaces for medical supplies, old files, staging, decorations, fitness equipment, etc.
- Large, professional dining & kitchen areas with potential to be rented out with catering service
- Dedicated entrance for Meals on Wheels drivers and other deliveries
- Outdoor dining area



Proposed layout for addition and renovations to existing building.



How Much Will This Cost Me?

Millages are paid based on home/property values. See below to estimate your Annual Cost:

Market Value	Annual Cost
\$30,000	\$4.76
\$50,000	\$7.93
\$100,000	\$15.86

The millage cost for this project is in addition to the existing Commission on Aging millage which provides operating funds.

Voting Absentee

For Crawford County residents who migrate for the winter or who will be out of town or unable to vote in their township on election day, an Absentee Ballot can be acquired so that you can still make your voice heard!

All eligible and registered voters in Michigan may now request an absent voter ballot without providing a reason. You must be a registered voter to receive an absent voter ballot, but you can register and apply for an absent voter ballot at the same time. Applications for an absent voter ballot should be requested from your local city or township clerk's office. Requests may be returned by hand, via postal mail, fax, or email, as long as a signature is visible.

Deadlines to submit your absent voter ballot application change depending on how you wish to receive your ballot:

- Requests to have an absent voter ballot *mailed to you* must be received by your clerk no later than **5 p.m. on March 6th**. Absent voter ballots may be issued to you at your home address or any address outside of your city or township of residence.

- You can request an absent voter ballot *in-person* at your clerk's office anytime up to **4 p.m. on March 9th**. If you request your ballot the day before the election, you must vote the ballot in the clerk's office.

After receiving your absent voter ballot, you have until **8 p.m. on March 10th** to complete the ballot and return it to the clerk's office. You may return your ballot in-person, by mail, or via a member of your immediate family or a registered elector.

Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. More information about absentee voting or how to find your clerk's office can be found online at www.michigan.gov/vote.

More information, including information for those who need assistance to vote or become ill and need an emergency ballot, can be found at https://www.michigan.gov/sos/0,4670,7-127-1633_8716_8728-21037--,00.html

This local tax millage which the County Commissioners approved to be placed on the March 10th Presidential Primary ballot is the only feasible option for the expansion of the Commission on Aging & Senior Center:

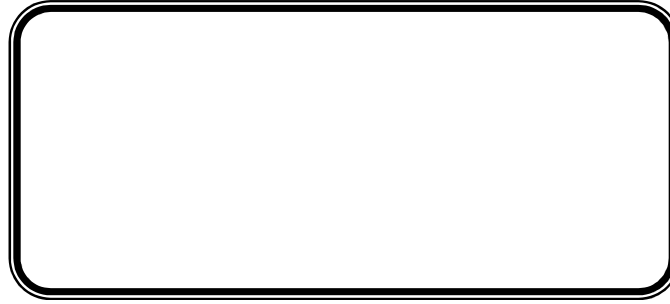
Commission on Aging Facility Bond Proposition

Shall the County of Crawford, Michigan, borrow the sum of not to exceed Three Million Dollars (\$3,000,000) and issue its general obligation unlimited tax bonds therefor for the purposes of acquiring facilities and sites therefor and acquiring, constructing, renovating, expanding, equipping, and furnishing said facilities to house the County's Commission on Aging facilities and offices, and making other improvements to sites thereof? The maximum number of years the bonds may be outstanding, exclusive of refunding, is 20 years; the estimated millage that will be levied to pay the proposed bonds in the first year that the levy is authorized is 0.3171 mills (which is equal to \$0.3171 per \$1,000) of taxable value); and the estimated simple average annual millage that will be required to retire the bonds is 0.2978 mills.



Smartphone Scan
to our Website

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



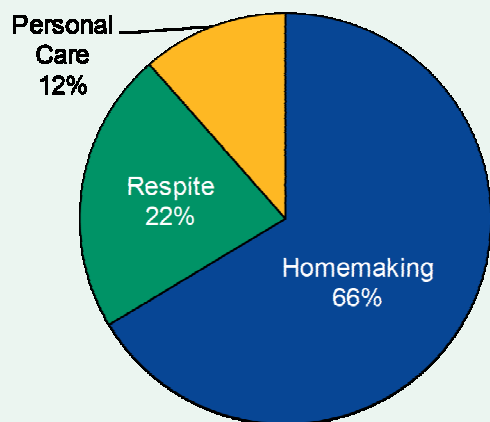
Creating Golden Opportunities for Older Adults of Today & Tomorrow

ANNUAL REPORT TO THE COMMUNITY, OCTOBER 1, 2018 - SEPTEMBER 30, 2019

Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 37% (1,505) of Crawford County seniors age 60 and above.*

In-Home Services

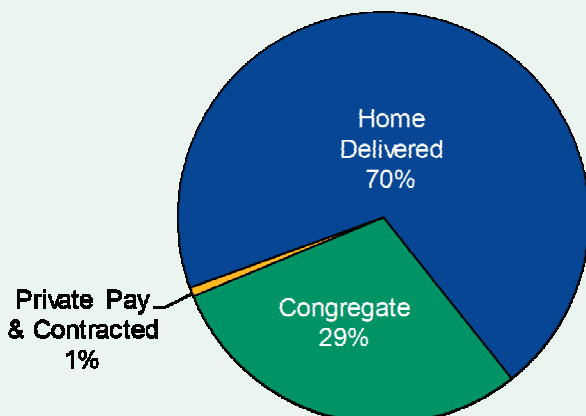
6,669 Hours ~ \$33.41 per Hour
142 Individuals



Meal Program

35,686 Meals ~ \$7.00 per Meal
906 Individuals

On average 149 people attended the monthly Community Dinners.



Senior Center Activities

- 57 activities offered & attended by 898 unduplicated people.
- Average monthly attendance = 921
- Average daily visitors = 64
- Increased Fitness opportunities reached 282 unduplicated people

Commission on Aging Programs

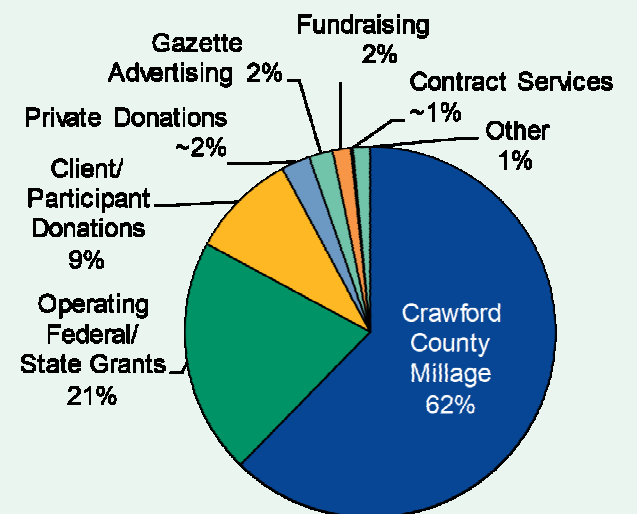
- 432 boxes of Food Commodities were delivered to 53 people.
- 297 hours were spent counseling 233 seniors with their Medicaid and Medicare benefits.
- 212 seniors received "Senior Project Fresh" farm market coupons.
- 51 loans of medical equipment
- 513 people received assistance thru our Advocacy services.
- 82 Medical Transports were provided to 25 individuals.

Thank You Volunteers!

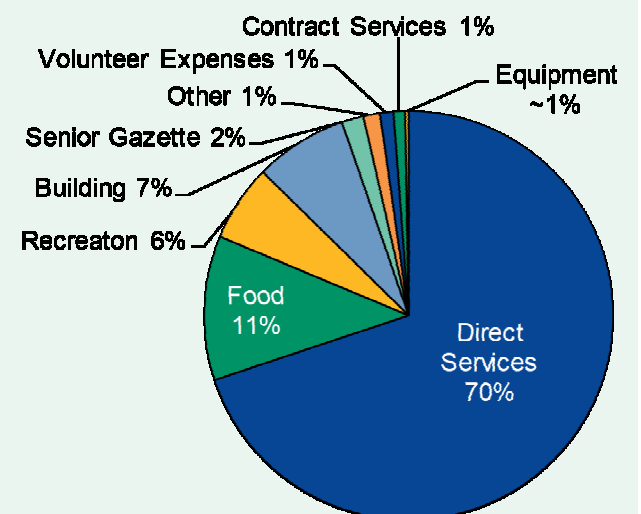
Over 4,791 hours were performed by over 107 volunteers to help make the Commission on Aging & Senior Center programs a success. This equates to \$45,223 in staffing dollars saved. In addition volunteers raised \$6,678 for a total of \$51,901 generated by our volunteers.

Total Budget Information

Total Revenue
\$900,391



Total Expenditures
\$893,525



*Based on 2010 Census