

Crawford County Senior Gazette February 2026

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Love in Action: The Story of Brad and Barb Summers

by Toby Neal

Some love stories begin with fireworks. Others begin with something far more ordinary, like a car that needs repairs. In 1984, Barb found herself at a Midas near 15 Mile where Brad happened to be employed.

She needed work done on her vehicle, but the timing and cost made things complicated. Brad, who worked in automotive and had a knack for fixing just about anything, stepped in to help. What started as a practical act of kindness quietly became the foundation for a life built together, one rooted not only in love, but in service.



A few months into dating, Barb and Brad both realized something important was happening. At the time, each of them was in another relationship. But it became clear that what they shared deserved honesty and commitment. They ended those relationships and chose one another, beginning a partnership that has now lasted more than four decades (42 years together, 38 of them married).

Over the years, their relationship has taken them from Michigan to Boston and back again, across careers, family life, entrepreneurship, and eventually into deep and sustained community involvement. Through it all, one thing has remained constant: they do life best as a team.

Early in their marriage, Brad worked for Ford, and the couple moved to Boston. They fell in love with the East Coast - the history, the beauty, the sense of possibility. Eventually, they struck out on their own, starting a business together. When family health issues later called them back to Michigan, they returned to the Detroit area with a business that was portable and a partnership that was already well-tested.

Continued on Page 11

Hours of Operation

Monday - Friday
8:30 a.m. - 4:30 p.m.
4388 W. M-72 Hwy
Grayling, MI, 49738
www.crawfordcoa.org
Find us on Facebook!



Find Us By Searching

Crawford County
Commission on Aging
& Senior Center



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.



director@crawfordcoa.org
Fax: (989) 348-8342
Phone: (989) 348-7123
4388 West M-72 Hwy
Grayling, MI 49738

Smartphone Scan
to our Website



Meals on Wheels Fundraiser Coming Soon!

Get ready for a night of laughs for a great cause! The Crawford County Commission on Aging is thrilled to host a Comedy Show, featuring Michigan’s Funnyman, Joel Tacey, on Thursday, April 9th, from 5:00–7:00 pm at the COA Center. This event is not child-friendly, and is a completely different show from last year. This show is geared to a mature audience only. Please keep that in mind when purchasing tickets. Enjoy an evening filled with great food, raffles, a 50/50 drawing, and plenty of laughter that’s sure to lift your spirits. Tickets go on sale February 23rd. Tickets are \$20.00 per person. Best of all, every dollar raised supports the COA’s Meals on Wheels program, helping ensure local seniors receive nutritious meals and a friendly connection. Please bring your friends, enjoy a fun night out, and feel good knowing your participation makes a real difference in our community.

Washing Your Hands Could Save Your Life

Cold and flu season is here, and respiratory illnesses are spreading quickly. One of the easiest and most effective ways to protect yourself and others is proper handwashing. Many illnesses, including RSV and the flu, spread through germs on everyday surfaces like doorknobs, handrails, phones, and tables. Washing your hands with soap and water for at least 20 seconds helps remove these germs before they spread. It is especially important to wash your hands before eating, after using the restroom, after coughing or sneezing, after being in public places, and after caring for someone who is sick.

Many winter illnesses share similar symptoms, making them hard to tell apart. Seasonal allergies, RSV, the flu, and COVID-19 can all cause congestion, coughing, or fatigue, but they have different causes and require different responses. While handwashing does not prevent allergies, it plays a key role in reducing the spread of viruses. The table below, provided by the Kalamazoo County Government Health & Community Services Department, highlights the differences between these common illnesses.

Symptoms	Allergies	RSV	Flu	Covid-19
Body Aches			X	X
Chills			X	X
Dry Cough	X	X	X	X
Fatigue	Sometimes		X	X
Fever		X	X	X
Headache	Sometimes		X	X
Itchy Eyes	X			
New Loss Taste/Smell				X
Nasal Congestion	X	X	Sometimes	X
Nausea/Vomiting			Sometimes	X
Runny Nose	X	X	Sometimes	X
Sneezing	X	Sometimes	Sometimes	
Sore Throat	Sometimes		Sometimes	X
Shortness of Breath	Rare	X	Sometimes	X

Need Help with Taxes?

The COA and AARP will be offering a free tax service for the 2025 tax year. You will need to make an appointment by calling 989-348-7123. We will need your name and address. We will send you instructions on what to bring. You must have a Social Security card for each person listed on your tax form, and a picture ID (or driver’s license) for adults. If filing jointly, both persons must attend the appointment. As a general rule of thumb, you will need:

- Social Security Cards For You, Your Spouse And Dependents
- Birthdates For Spouse And Dependents
- Copy Of Last Years 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, Provider’s ID Number or SS Number
- Charitable donations up to \$300 if you do not itemize.
- A Copy of Your Property Tax Bills For Last Year: Summer And Winter Taxes
- Renters may also apply for a Homestead Property Tax Credit.
- Your Heating Costs From November 1, 2025 Thru October 31, 2025. (Renters May Qualify Even If Heat Is Included In Rent)

For direct deposits, we will need your bank routing and account number. You can also bring a blank check. We do not do Schedule A or Schedule C. Please call 989-348-7123 to schedule an appointment.

Coming Attractions: Save the Dates

Region 9 Area Agency on Aging Webinars for February 2026



Matter of Balance Workshop

February 9, 2026,
10:00 am-12:00 pm, via Zoom

Powerful Tools for Caregiver Workshop

February 9, 2026
1:00 pm-2:30 pm, via Zoom

February's Group Support

Theme: Understanding Grief and Loss

Dementia Caregiver Support Group

First Wednesday of the Month
5:00 pm - 6:30 pm, Via Zoom

Relatives Raising Relatives' Children (Kinship) Caregiver Support Group

Second Thursday of the Month, 10:00 am - 11:30 am, Via Zoom

General Caregiver Support Group

First Monday of the month,
5:30 pm - 7:00 pm, Via Zoom

To register, call
989-889-4667, or email
healthyaging@nemscsa.org

Veteran's Coffee Hour Date



Date: Thursday, February 12th

Time: 10:00-11:00 AM

The meeting is held at the
American Legion Post #106

More Info: (989) 344-3861

Grant Programs Coming in Spring 2026

Water Aerobics for Arthritis - April 2026

Water Aerobics for Arthritis, led by Carlie Wilson, is a gentle, low-impact exercise class designed to help reduce joint pain, improve flexibility, and increase strength in a safe, supportive environment. The buoyancy of the water lessens stress on joints while providing natural resistance to help build muscle and improve mobility. Classes will be held on Wednesdays from 10:30 a.m. to 12:00 p.m. at the Super 8 in Grayling. The formal start date will be announced in March, with sign-ups opening at that time. Space is limited due to the pool size. This class is ideal for individuals looking to stay active, manage arthritis symptoms, and move with greater comfort and confidence. Enrollment will be limited and is expected to fill quickly, so early registration is encouraged once sign-ups begin. You must attend 10 out of the 12 classes to participate.

Geri-Fit - May 2026

Geri-Fit, led by Toby Neal and Jan Williamson, is a safe, effective strength training program designed specifically for older adults to improve muscle strength, balance, and overall fitness. Classes will be held on Wednesdays and Fridays from 3:00 p.m. to 4:00 p.m. The program focuses on fall prevention, improved mobility, and increased confidence through guided, age-appropriate exercises. Geri-Fit is ideal for individuals looking to stay active, protect bone health, and improve overall physical function in a supportive group setting. Participants often report feeling stronger, more balanced, and better prepared for daily tasks. This popular class fills quickly, so early sign-up is encouraged. Join Geri-Fit and take an important step toward staying strong, steady, and independent. Sign-ups and formal date announcements will be shared in April. It is highly encouraged for those interested in Geri-Fit to participate in Matter of Balance beforehand. For questions on the class, call 989-348-7123. You must attend 22 out of 24 sessions.

Cooking with Confidence Future Sessions Preview, Alternating Tuesdays, 1:00 pm - 3:00 pm:

March 3rd: Chinese

Skip the Chinese buffet line and blanch, velvet, and stir fry your way through creating a Chicken & Vegetables in brown sauce dish that may rival your favorite restaurant's

March 10th: Mediterranean

Pair fresh vegetables and salty cheese together with their classic dressing for a Greek-style salad, and marinate and grill some Mediterranean-style chicken breast for a light meal that is unbelievably flavorful.

Secretary of State Mobile Office

Get all of your yearly renewals done in one quick, easy, and convenient place. The Secretary of State Mobile Office will be at the Crawford County Commission on Aging from 10:30 am - 3:00 pm on April 20th. Call the Secretary of State for your county for specific pricing information. Pricing is subject to change based on guidelines from the Michigan Secretary of State. For all other questions or to book your appointment with the mobile office, call the COA at 989-348-7123. Walk-ins are welcome by availability only.

Special Dinner Schedule

March 19th

St. Patrick's Day

April 16th

Spring Serenade

May 14th

Mother's Day

June 18th

Father's Day

July 16th

Hawaiian Luau

August 20th

Backyard BBQ

September 17th

Thursday Night Lights

October 22nd

Halloween

November 19th

Thanksgiving

December 17th

Christmas

Time: 4:00 pm - 6:00 pm,
Suggested donation of
\$4.00 for those over 60
and a cost of \$8.00 for
those under 60.



Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies and Crawford United we could not do what we do without also having the support of people just like you. You can donate online at crawfordcoa.org/make-a-donation, in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, MI, 49738.

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

You can assign a charitable organization as the beneficiary of your life insurance policy which can provide tax benefits while helping to sustain arts and culture.

Charitable Trusts

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

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

Thank you for your consideration.

Sponsors

Silver Sneakers

Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic

by Linda Russel

Hearing Clinic Offered

by Advantage Audiology

Birthday Lunch Flowers

donated by Family Fare

Legal Aid Offered

by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo

by The Grayling Pharmacy

Fit for the Aging

by Sami Szydzik of Stronger
Fitness

Housing Counseling

by Laurie Jamison

Memorials

Monetary gifts to the
Crawford County

Commission on Aging are a
fitting tribute to the memory
of those no longer with us or
in honor of those we love.

Your tax-deductible gift in
their name will enable us to
continue to provide and
initiate programs that
promote the well-being and
independence of all older
adults of Crawford County.
You can also buy a memorial
plaque to be displayed in our
Exercise Lobby. If you are
interested in donating in
memory of someone, call
989-348-7123 for more
information.

General Donations

Juanita Bilinski
Linda Bostic
Crawford County Juvenile Department
Cornell Insurance
Joan Culbertson
Michelle & Rob Harris
Kelly Lako
Brad Lapworth
Jim & Sarah Lawless
Kirsten Lietz
Judy Marchlewicz
Dave Markle
McNearney Quilters
Sandy Moore
Erica Mudry
Paws for a Cause Donors
Jack & Phyllis Richards
Clif & Linda Schultz
Randy & Tanya Stephans
Ron & Margaret Yon

Hometown Heroes

**\$300.00 per day supports a day
of Meals on Wheels**

**Running Tally of Support: 89 Days,
\$27,390.00. Thank You!**

Become a Hometown Hero by donating a
day's worth of meals for local Meals on
Wheels recipients! February 2nd is donated
by Jerry Larson in memory of Ernie Larson.
February 6th is donated by Keith Radwanski
& Erin Fanning, in memory of Janean & Ken
Wilske. February 9th is donated by Jerry
Larson in honor and gratitude for meals
drivers. February 13th is donated by Tom and
Janet Gaffke in honor of all of the staff and
volunteers who work on the Meals on Wheels
Program. February 16th is donated by Jerry
Larson in memory of Roger Priest.

Memorial Donations

Farrell Thomas in memory of Linda
(Brooks) Thomas, and Mah Jongg Friends in
memory of Vera Trimble

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

Method of Payment o Cash o Check Amount Enclosed \$ _____

Please make check payable to "COA" at 4388 West M-72 Hwy, Grayling, MI 49738

Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.

All Gifts are Tax Deductible

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

February Birthdays

Pete Cheney 2/5
Norm Beach 2/13
Dorothy (Gene) Koerner 2/18
Jeannie Matista 2/18
Sharon Wroblewski 2/18
Richard Sobieralski 2/19
Janet Gildner 2/21

Happy Birthday

Birthday Lunch is on Thursday,
February 26th, 11:30 am - 12:30 pm
Want your birthday in the Senior Gazette?
Stop by Reception to fill out the form to allow
us to share.







Region 9 Area Agency on Aging Person-Centered Options Counseling

Free one-on-one options counseling that
provides interactive, unbiased choices about
long-term services to adults aged 18 and over.

Services are available to any adult, their family
members, and caregivers who support them,
regardless of income, assets or disability status.

Program Benefits:

-  Supports navigating complex care options.
-  Provides reliable information and resources.
-  Simplifies program services, eligibility, and paperwork.
-  Offers unbiased guidance so you can make informed decisions.

This project has been made possible through a grant awarded to NEMCSA Region 9 AAA by the Michigan Department of Health and Human Services.

☎ 1-800-803-7174 ☎ 989-358-4611



Volunteers

Meredith Anderson
Mark Anderson
Sue Camren
Kelly Canter
Ben & Pam Carr
Debbie Carrigan
Carolyn Diponio
Kathy Drefts
Donna Farren
Thomas Fauntleroy
Dave Felker
Richard Ferrigan
Linda Fielhauer
Janet Gilbert
Ron Gribb
Sherry Haag
Sharron Hagerman
Donn Handy
Susan Hensler
Cheryl Hopp
Annette Hritz
Donna Hubbard
Francis Hummel
Liedewey Hunter
Jim & Cindy Johnson
Ron & Eileen Kemerer
Glenn & Lorelei King

Jim Lawless
Nancy Lemmon
Cathy Lester
Kirsten Lietz
David & Mary LoPresto
Judy Marchlewicz
Dave Markle
Sandy Marshall
Rick McBride
Dan & Karen McCarthy
Barbara McNamara
Max Meisner
Mike Miller
Tim & Olie Miller
Brian Miller
Michelle Millikin
Cheryl Millikin
Marlyn Neuberger
Bev Organek
Suzanne & Mark
Ostahowski
Ron Pagereski
Anthony Pringle
Al Reynolds
Chuck & Robin Rodgers
Jon & Gail Schultz
Jon Shazri

Randy & Tanya
Stephens
Dave & Ann
Stephenson
Brad Summers
Farrell Thomas
Ellen Thompson
Ken Thurston
Scott Ulery
Kate Wagner
Becky Walrath
Curtis Williams
Jan & Michael
Williamson
Ernie & Ruthann
Windolph
Laura Wood



Fall in Love with these February Activities



Cooking with Confidence

1:00 pm - 3:00 pm

Feb 3rd: Mexico

Make your Quesadillas explode with layers of flavor, see how quick and easy a quick blender sauce is to make, and learn to prepare Mexican rice from scratch.

Feb 17th: Italian

Learn to make meatballs with fresh ingredients that would make an Italian Nona proud, and the Spaghetti & Marinara sauce to go with them.

Game Days with COA Staff

Every Friday, 10:00 am - 11:30 am

Get your chance to socialize, play against, and beat the Management Team!

February 6th: Trivia with Brian McLaughlin

February 13th: Phase 10 with Carlie Wilson

February 20th: Uno with Lynn Cheney

February 27th: Yahtzee! with Sarah Pollock

Valentine's Day Party

February 10th, 12:45 pm

Celebrate with a sweet afternoon featuring a homemade candy-making contest, complete with prizes, sharing, and voting for favorites. After the contest, enjoy snacks, punch, and love-themed karaoke. For more information, please read the article on page 7.

Music For Life

February 12th & 26th

3:00 pm - 4:00 pm

Do you love to sing? Do you like to learn new things? Come out to Music for Life and sing along to some of the greatest songs out there. Sing old songs or learn a new favorite, every other Thursday from 3:00 pm - 4:00 pm.

New: Book Club

Starts February 25th

10:00 am

Join Alice Lee for a new weekly book club. The club will meet on Wednesdays starting at 10:00. The first book will be announced during the first meeting.

The Golden Stage Theater

Workshop

Begins February 25th, 3:00 pm

Learn all about the performing arts, and practical skills you can use in life and in the theater. Taught by Stacey Rosin, this class is sure to bring you out of your shell.



Snow and sidewalk salt are dangerous for dog paws, causing dryness, cracking, cuts from sharp crystals, and chemical burns, which can lead to pain, infection, and poisoning if licked; protecting paws with booties or balms, wiping them after walks, and using pet-safe ice melts are crucial for winter safety.



TAMMY'S TIPS

For seniors in February, focus on heart health (American Heart Month) with regular, low-impact exercise like walking or yoga, a diet rich in fruits/veggies, and stress management through meditation or hobbies, while also boosting immunity with proper nutrition, hydration, and hygiene, staying warm by dressing in layers, and combating winter blues with consistent socialization and brain-stimulating activities like puzzles or games at the senior center.

Info For Monthly Commodities

Commodities will be available for pickup on Wednesday, February 25th from 1:00 pm - 3:00 pm. Any commodities not picked up by Friday, February 27th, will be donated. For questions, Please call Tammy Findlay at 989-348-7123.

Don't wait: Medicare Advantage Open Enrollment ends March 31st

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these: Switch to a different Medicare Advantage Plan with or without drug coverage; Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan. Call Tammy Findlay @ 989-348-7123 to schedule an appointment if you need assistance reviewing your plans.

February is Dental Health Awareness Month, but What Does that mean for Pets?

Don't turn your nose to your pet's bad breath! That odor might signify a serious health risk. Dental health is a critical part of your pet's overall health, and dental problems can cause, or be caused by, other health problems. 80% of dogs and 70% of cats has some form of dental disease by age of three per American Veterinary Medical Association. Brush your pets teeth and see a veterinarian once a year (don't use human toothpaste).



TAMMY'S TIPS

Be aware of what information you disclose on the phone unless you can positively identify the caller.

- Request detailed bills for medical services and make sure they are accurate.
- Beware of healthcare scams. Never release information to any health service provider that you did not contact directly.
- Examine your mail – If the postmark is from outside the U.S. it is most likely mail fraud.

Food Commodities Income Guidelines 2026

Family Size	Income Requirement
Household of 1	Annual income limit of \$23,475, or a monthly income limit of \$1,957.
Household of 2	Annual income limit of \$31,724 or a monthly income limit of \$2,644
Household of 3	Annual income limit of \$39,975 or a monthly income limit of \$3,332
Household of 4+	For each additional family member, add: \$8,250 annually, or \$688 monthly.



New to Medicare

Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, February 18th at 9:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance.

Upcoming Online Classes from Michigan State Extension Office - February 2026

Upcoming Online Classes from MSU Extension- February 2026

Tips to Build and Protect Your Credit (Webinar) – February 2, 2026
 February 2, 2026 10:00AM – 11:00AM Virtual - Zoom

Top Ten Credit Tips (Webinar) - February 3, 2026
 February 3, 2026 2:00PM – 3:00PM Zoom

2026 Winter Wellness Series: Changing Negative Self-Talk
 February 5, 2026 12:00PM – 1:00PM Zoom

Mindfulness for Better SLEEP Online - Feb/Mar 2026
 February 11, 2026 – March 18, 2026 Online via Zoom

Preserving MI Harvest- Beyond the Bean: Tips, Tricks, and Tasty Recipes
 February 12, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

2026 Winter Wellness Series: SLEEP Basics
 February 12, 2026 12:00PM – 1:00PM Zoom

Lifestyle Strategies to Boost Brain Health
 February 12, 2026 12:00PM – 1:00PM Zoom

Financial Disaster Preparedness and Recovery - February 18, 2026
 February 18, 2026 11:00AM – 12:00PM Zoom

Preserving MI Harvest - Making Jam and Jelly
 February 25, 2026 10:00AM – 11:00AM Zoom

Thriving on a Fixed Income! (Webinar) - February 25, 2026
 February 25, 2026 12:00PM – 1:00PM Zoom

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



VOLUNTEERS WANTED

Give Back. Stay Active. Connect.

For more information: visit www.nemcsa.org or call 1.877.222.9043

CLASSROOM GRANDPARENT PROGRAM (FGP)

Provide compassion, support, and one-on-one attention to students, helping them build confidence and develop a love for learning.

For adults 55+ in Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon Counties

- *20 hours per week.
- *Non-taxable stipend of \$4.00/hr.
- *Mileage reimbursement
- *Supplemental/excess insurance during service
- *Annual recognition event.

income eligibility requirements apply*

SENIOR COMPANION PROGRAM (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization






1.877.222.9043

The Scoop with Jan: Tips for Heart Health

- Get enough quality sleep:
 - Try to get 7-9 hours of sleep each night, going to bed and waking up at the same time each day.
 - Avoiding caffeine and nicotine before bed will help you sleep better.
- Maintain a healthy weight:
 - Choose healthy snacks like fruits, vegetables, yogurt, or nuts. Stay hydrated and drink water as your primary beverage.
 - Aim for at least 150 minutes of moderate exercise each week.
 - Try keeping a log of what you eat, drink, and exercise each day can help you stay on track.
- Eat Better:
 - Try to focus on foods that are lowest in saturated fat, sodium, and added sugars. Read labels and compare food ingredients.
 - Try a mix of lean meats, fish, and vegetables. Try to eat two or more meatless meals each week.
- Be more Active:
 - Sit less! Get out of your chair at least every hour and walk around the house or step in place. MOVE!
 - Try muscle-strengthening activities like using weights or resistance bands. You can use these while sitting and watching TV, or concentrate on exercises using them.
 - Another tip is to break exercise into small time increments. Exercise for 10 minutes 3-4 times a day. A little goes a long way.
- Stop Smoking!
- Control Cholesterol:
 - Know what your cholesterol level is and talk with your Dr about how to keep it under control. Diet, exercise, and sometimes medication will help with this.
- Manage your Blood Sugar:
 - Know what your blood sugar is and talk with your Dr about how to keep it under control. Diet, exercise, and sometimes medication will help with this, too!
- Control your Blood Pressure:
 - Know what your blood pressure is and talk with your Dr about how to keep it under control. Get your blood pressure taken regularly, either at home or by taking advantage of clinics offering regular blood pressure checks.
- Manage your Stress:
 - Use relaxation techniques, breathing techniques. Try taking a yoga class, Tai Chi, or other group exercise classes.
- Practice Self-Care & Find Social Support:
 - Try to do at least one positive action for your heart health each day. Make and keep Dr's appointments to monitor your heart health. Talk with your family about your heart health goals and allow them to help you maintain your goals.







You're a fabulous, valuable person!
 Take care of yourself and your Heart Health!

Valentine's Day Party, February 10th

Valentine's Day confections are easily the best holiday candy of the year. There is just nothing capable of beating the decadence of chocolate melted over nougat, caramel, and creme, nothing! Join Kate and Carlie for a Valentine's Day celebration starting off with honoring the best candy of the year with a homemade candy making contest. Bring a plate of your best, not just to compete, but to share with the group! Prizes will be given for best tasting and most original and all participants will be able to vote for their overall favorite once the judging is complete and sharing commences. Share your recipes, or not, as you choose but please submit a list of ingredients with your entry so that we can flag for allergens.

Following the contest, stay for snacks, punch, and love themed karaoke. Platonic, unrequited, brotherly, scorned, romantic or any other kind of senior center appropriate love will do as a song topic so start thinking about your favorites! Drink punch, eat snacks and witness your friends' unsung talents break free at the microphone as you spend a lovely afternoon with us on February 10th at 12:45 pm.

February 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange  February 2 nd is donated in memory of Ernie Larson.	3 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Parmesan Fish, Brown Rice, Princes Charles Vegetables, Pear	4 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	5 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	6 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes February 6 th is donated in memory of Janean and Ken Wilske. 
9 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear  February 9 th is donated as a thank you to all meal delivery drivers, thank you for all that you do.	10 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Roll, Apple	11 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes	12 Meal Delivery Day 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch Meatloaf, Gravy, Mashed Potatoes, Brussels Sprouts, Apple  February 16 th is donated in memory of Roger Priest.	13 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Roll, Kiwi  February 13 th is donated in honor of all the staff and volunteers that work on the Meals on Wheels Program.
16 <div style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</div>	17 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	18 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	19 11:30a-12:30p Lunch Honey Mustard Chicken Thighs, Herbes De Provence Potatoes, Peas & Onions, Pear 4:00p-6:00p Chinese New Year Special Dinner Orange Chicken, Chinese Pepper Steak, Sugar Snap Peas, Fried Rice, Crab Rangoon, and Bananas in a Strawberry Glaze	20 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Vegetable Egg Roll, Kiwi
23 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Roll, Pear	24 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Orange	25 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	26 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	27 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Orange
Light Bites – Dine in Only Chicken Taco, Cuban Black Bean Soup, Fresh Pear	Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes	Light Bites – Dine in Only Ham & Cheese Sub, Cabbage & White Bean Soup, Fresh Pear	Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Roll	Light Bites – Dine in Only Italian Meatball Sub, Tomato Florentine Soup, Mandarin Oranges

February 2026 ~ Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	3 9a Friends of a Feather Quilting 10a Zumba Gold 12:30p Euchre (Events Room) 1:00p Cooking with Confidence	4 8:30-4:30p AuSable Quilt Guild 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling	5 10a Zumba Gold 1p Penny Bingo 3p Grayling Pharmacy Bingo	6 10a-11:30a Game Day: Trivia with Brian McLaughlin 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
9 10a Silver Sneakers 10:30a-3:00p Secretary of State Mobile Office 1-4p Chess Club 2-3p Diamond Art Club	10 10a Zumba Gold 10a Grief Support Group 12:30p Euchre 12:45p Valentine's Day Party 1:00p Cancer Support Group	11 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling	12 10a Zumba Gold 1p Penny Bingo 3p Music for Life	13 10a-11:30a Game Day: Phase 10 with Carlie Wilson 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
16 CLOSED	17 10a Zumba Gold 12:30p Euchre 1:00p Cooking with Confidence	18 8:30a Blood Pressure Checks 9a New to Medicare 11a Alzheimer's Support @ the Brook 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling	19 10a Zumba Gold 1p Penny Bingo 4p-6p Chinese New Year Special Dinner 1p-3p Legal Advice	20 10a-11:30a Game Day: Uno with Lynn Cheney 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
23 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	24 10a Zumba Gold 12:30p Euchre	25 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Book Club 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling 1:00p-3:00p Commodities 3:00p-4:00p The Golden Stage Theater Class	26 10a Zumba Gold 11:30a Birthday Lunch 1p Penny Bingo 3p Music for Life	27 10a-11:30a Game Day: Yahtzee! with Sarah Pollock 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo

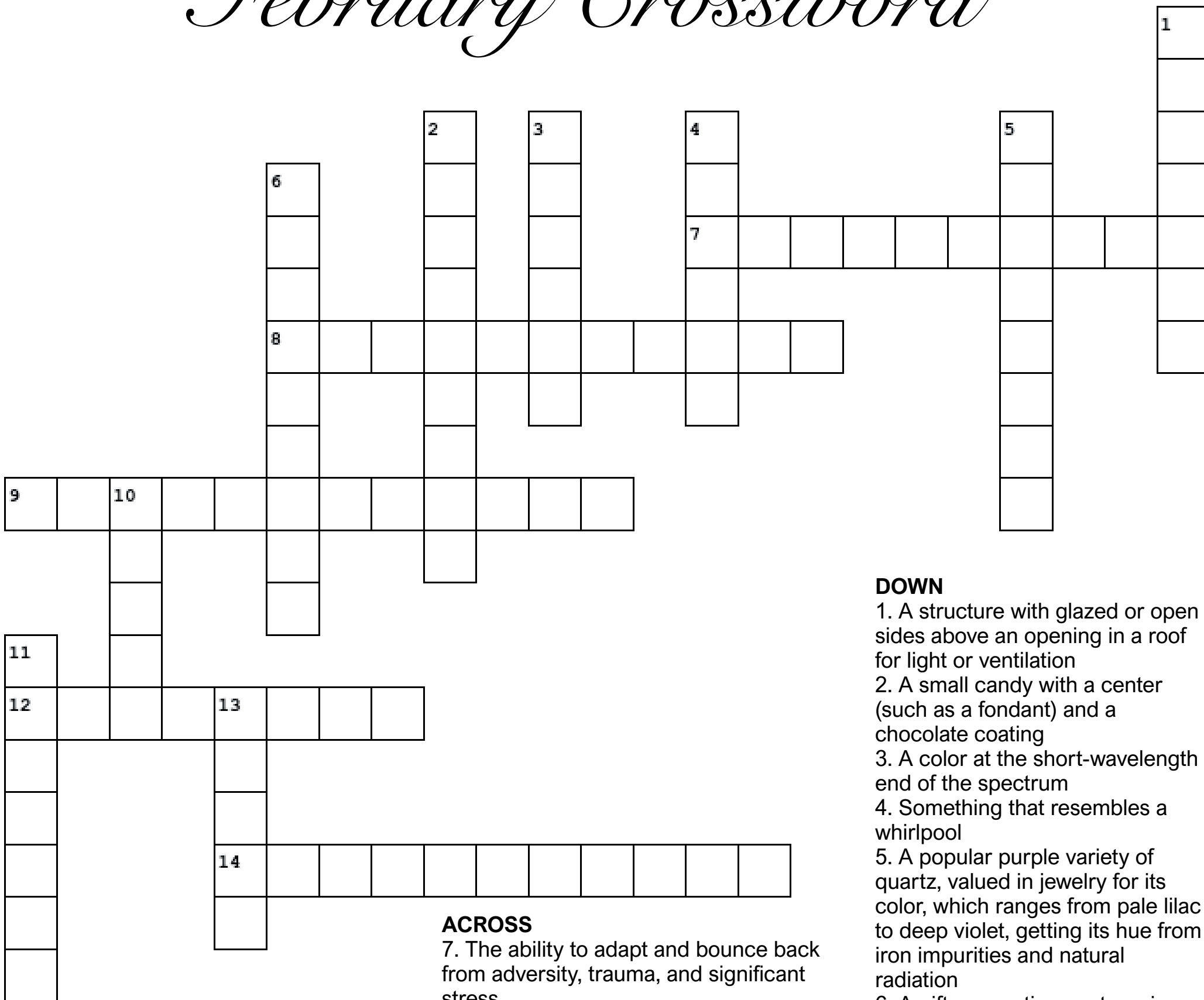
Paws for a Cause - Thank You

Thank you to all of the generous donors who supported the Meals on Wheels Paws for a Cause program. Your kindness and support make a meaningful difference, and we truly couldn't do this work without you. Donations were collected throughout December and raised a total of \$268.00! This money will help the COA continue to provide these much needed services in the community.

Tech Tuesday Update

Tech Tuesday will be temporarily on hold and will resume on Tuesday, April 7. Our dedicated Tech Tuesday volunteer, Patty Lemmons, will be assisting with tax season this year and, as a result, needs to pause her Tech Tuesday sessions during this busy time. We look forward to welcoming participants back in April and appreciate your understanding.

February Crossword



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



ACROSS

7. The ability to adapt and bounce back from adversity, trauma, and significant stress

8. The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

9. A prior action that takes into account or forestalls a later action

12. A covering of clouds over the sky

14. A divine influence or action on a person believed to qualify that person to receive and communicate sacred revelation

DOWN

1. A structure with glazed or open sides above an opening in a roof for light or ventilation

2. A small candy with a center (such as a fondant) and a chocolate coating

3. A color at the short-wavelength end of the spectrum

4. Something that resembles a whirlpool

5. A popular purple variety of quartz, valued in jewelry for its color, which ranges from pale lilac to deep violet, getting its hue from iron impurities and natural radiation

6. A gift or greeting sent or given especially to a sweetheart on Valentine's Day

10. A woman's small hat without a brim made in any of various soft close-fitting shapes

11. A feeling of intense attraction and love, expressed through courtship, thoughtful actions, and a focus on a deep emotional connection

13. The Roman god of erotic love

Love in Action: Brad and Barb Summers (Continued)

Nearly 30 years ago, Barb and Brad made another move, this time to the Grayling area. They brought their business with them, put down roots, and raised their family. Along the way, they immersed themselves in their children's lives, volunteering with Little League baseball, Cub Scouts, Boy Scouts, and other extracurricular activities.

Volunteering wasn't something they scheduled around their lives, it was simply how they lived. "We're volunteer junkies," Barb says with a laugh. "We can't get enough of helping." That philosophy carried into how they raised their two sons. Service wasn't presented as an obligation, but as a way of being in the world. Today, both of their sons are successful, compassionate professionals. Tyler holds a degree in social work and serves the southwest Michigan area as a recreation therapist. Troy, their youngest, earned a master's degree in business finance and works as a risk management agent.

For Barb and Brad, those outcomes feel like part of their legacy, not just as parents, but as people who modeled what it looks like to give back. Like any long marriage, theirs has evolved over time. What has surprised them most, they say, is how patience and understanding have deepened. These days, they find themselves laughing more than arguing. "I honestly can't remember the last time we had a real argument," Barb says. Brad jokes that if Barb mentions something needs to be done, he knows it's time to get moving. He attributes much of his problem-solving nature to his father, a shop teacher who taught woodworking and metalworking and passed down a love of tinkering, taking things apart and putting them back together better than before.

That skill set pairs perfectly with Barb's natural organization and attention to detail. When they decided to formally partner in business, the fit became obvious. Barb handled administrative work and logistics; Brad focused on hands-on operations. Together, they learned how to set differences aside for the common good. "We know that what we're doing is bigger than just us," they explain. "So, we fold into that." That mindset - shared purpose over individual preference - has shaped not only their marriage, but their approach to service as well. For Barb and Brad, volunteering has always been an extension of their partnership. As self-employed business owners, they saw service as both a responsibility and a privilege, an opportunity to strengthen the community they were part of.

Even after retiring from their business, they haven't slowed down. Barb now serves as treasurer for the local animal shelter, where she also handles the books and spends roughly 20 hours a week

supporting operations. Brad has helped the shelter in hands-on ways as well, building what's needed and lending his practical skills. Both are lifelong animal lovers and share their home with two Labrador retrievers.

Brad is also an award-winning Rotarian and remains active in the Grayling Rotary Club. He currently delivers Meals on Wheels, a role that holds special meaning for him. Years ago, his grandmother in Pontiac relied on Meals on Wheels, and he remembers how sometimes those drivers were the only people she would see all day. "That stuck with me," Brad says. "It mattered." Barb continues to volunteer as well, serving as an on-call volunteer for the Senior Center and previously assisting the fire department when weather allowed. She also served on the board of the North Central Area Credit Union for 20 years, offering steady leadership and financial oversight.

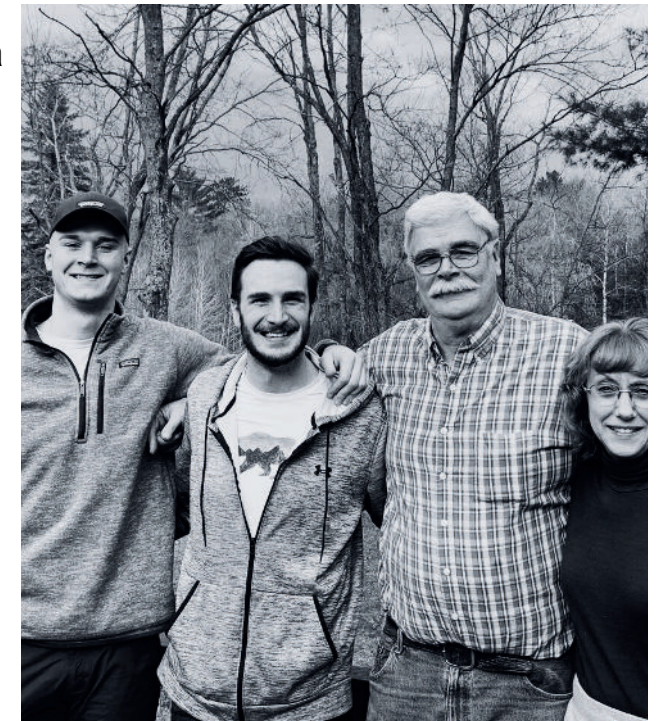
Together, they also take part in local Salvation Army bell ringing each year - another small but meaningful way they give back.

Serving together hasn't always been easy. It takes time, communication, and a willingness to learn each other's rhythms. But over the decades, Barb and Brad have discovered that working through challenges side by side strengthens not only the organizations they support, but their relationship itself. When they reflect on moments of service, they see two people who love each other and who love their community just as deeply. They've learned that volunteering doesn't have to be overwhelming.

It doesn't require endless hours or special expertise. Often, it's simply about showing up, using the skills you already have, and being willing to contribute. "If you want something done," they say with a smile, "ask a busy person."

When asked what they hope others take away from their story, Barb and Brad are clear: they want to inspire participation. They hope people - especially younger see that love can last, and that shared service can be a powerful way to grow together. Volunteering, they believe, helps people get outside themselves, meet new people, develop skills, and feel connected. And the return on that investment is real. "You feel better," they say. "You know more people. And you leave things better than you found them."

As for what's next, Barb and Brad aren't slowing down. They look forward to continuing to travel, camp, spend time with friends, and stay active, together. Because for them, love has never been just about romance. It's been about partnership, purpose, and a shared commitment to making their community a better place, one act of service at a time.



Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic - appointments only \$25 per visit - by Linda Russell — 4th Mondays, 9:00 am – 4:30 pm - 4388 West M-72 Hwy, Grayling

Hearing Clinic - appointments only by Advantage Audiology. Call COA Office for appt.

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

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30—9:30 am.
Lunches: Mon-Fri from 11:30--12:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

Home Delivered Meals: (*Meals on Wheels*)

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

Senior Project Fresh:

Each summer, qualified seniors receive \$25 worth of coupons for fresh fruits & vegetables.

Resources

Information / Assistance:

(989) 348-7123

Our COA staff are ready to assist you in finding answers to your questions or 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 1-5pm

Housing Counseling

Get housing advice from Laurie Jamison from Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.

Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

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

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course: Offered once each year.

Tai Chi: Helps people with or without arthritis to improve balance.

Geri Fit:

Learn helpful skills to improve balance and strength.

Fitness Programs

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

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

Zumba Gold: Held on Tuesdays and Thursdays at 9:00 am and 10:00 am. It is a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson and Cindy Johnson.

Cost of Programs

Almost all COA services are available to Crawford County Residents on a suggested donation basis. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. However, our needs are greater than covered by these sources. Your support through donations helps us to help more. We are grateful!

How We Served You in December 2025

At the Senior Center

We served a total of 730 Congregate Meals

In-Home Services

HDM – 2,917

Respite – 72.75

Homemaker – 227.75

Bathing – 26

Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

Crawford County Commission On

Aging & Senior Center

(989) 348-7123

Telephone Reassurance Service is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

to add events to calendar email: peyton@blarneystonebroadcasting.com



**Do You
Recognize
these Famous
Names?**

- Hank Aaron
- Maya Angelou
- Aretha Franklin
- Denzel Washington
- Halle Berry
- Jimmy Hendrix
- Michael Jackson
- Lebron James
- Nelson Mandela
- Misty Copeland
- Mohammad Ali
- Barack Obama
- Satchel Paige
- Serena Williams
- Shaquille O’Neal
- Simone Biles
- Stevie Wonder
- Harriet Tubman
- Usain Bolt
- Whoopi Goldberg
- Jackie Robinson
- George Washington Carver
- Chubby Checker
- Colin Powell
- Bessie Colman
- Magic Johnson
- Mahalia Jackson
- Martin Luther King Jr.
- Willy Mays
- Walter Mosley
- Oprah Winfrey
- Jesse Owens
- Pele (Brazilian Soccer Star)
- Satchmo (Louis Armstrong)
- Howard Sims
- Thurgood Marshall

T	E	N	W	F	R	C	I	X	V	R	Z	G	J	A	A	H	K	O	F	Q	C	J	D
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J	Z	Q	P	T	M	P	D	L	E	Y	O	N	O	O	B	I	G	G	U	B	L	L	N
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❄️ Aaron	❄️ Colman	❄️ Leadbelly	❄️ Obama	❄️ Sims
❄️ Angelou	❄️ DeGrasse	❄️ LeBron	❄️ Oprah	❄️ Spirituals
❄️ Aretha	❄️ Denzel	❄️ Magic	❄️ Owens	❄️ Stevie
❄️ Banjo	❄️ FloJo	❄️ Mahalia	❄️ Pele	❄️ Supremes
❄️ Blues	❄️ Halle	❄️ Mandela	❄️ Robinson	❄️ Thurgood
❄️ Bronzes	❄️ Hendrix	❄️ Martin	❄️ Satchel	❄️ Tubman
❄️ Buffalo	❄️ HipHop	❄️ Mays	❄️ Satchmo	❄️ Tuskegee
❄️ Carver	❄️ Jazz	❄️ Misty	❄️ Serena	❄️ Twist
❄️ Chubby	❄️ Jackson	❄️ Mohammad	❄️ Shaquille	❄️ Usain
❄️ Colin	❄️ Juneteenth	❄️ Mosley	❄️ Simone	❄️ Whoopi



Welcome to The Kitchen Corner

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

February Nutrition Education: Understanding Nutrition Label Claims

Nutrition labels make MANY claims about the food it contains. Every word is very carefully chosen, whether to inform or misdirect, and every word has a set definition. Let's cut through the confusion to what they really mean.

Beware of claims designed to misdirect your attention. Many processed foods will have claims on their labels like "Low-sodium" or "Low-fat," so you buy the product without looking at the nutrition facts and while the claim is correct, what else is in it? Always check to see if there is something they are drawing attention away from. If the claim is low sodium, it may have excessive fat, calories, or artificial ingredients. So, was consuming less sodium worth it?

- "Good Source" -means 10%-19% of your total recommended daily value (DV) of the nutrient in question
- "Excellent Source"- 20% or more of DV
- "Low-Sodium"- 140mg or less per serving
- "Low-Fat"- 3grams of less per serving, or less than 30% of calories are from fat or 10% or less are from saturated fat
- "Lite" or "Light"-half as much as normal- can be used to reference calories, fat, or sodium- check the nutrition facts!
- "Reduced" or "Less"-contains 25% less of the nutrient in question in either the same or similar food. IE: a package of pretzels says "Reduced sodium", but it doesn't need to be less than other pretzels; it can be less than another snack food like potato chips, so it might be high sodium even if it is "less" than another product.

Nutrition Facts		
1. Serving Information	4 servings per container	
	Serving size	1 cup (227g)
2. Calories	Amount per serving	
	Calories	280
		% Daily Value*
	Total Fat 9g	12%
	Saturated Fat 4.5g	23%
	Trans Fat 0g	
	Cholesterol 35mg	12%
	Sodium 850mg	37%
	Total Carbohydrate 34g	12%
	Dietary Fiber 4g	14%
	Total Sugars 6g	
	Includes 0g Added Sugars	0%
3. Nutrients	Protein 15g	
	Vitamin D 0mcg	0%
	Calcium 320mg	25%
	Iron 1.6mg	8%
	Potassium 510mg	10%
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is low
• 20% or more is high

How do you really know what you are eating? Always read your nutrition facts! Would you like more detailed information?
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

February Recipe: Marry Me Chicken

This chicken dish got its name because it, supposedly, is so good it gets an instant marriage proposal from anyone you make it for. As I am already married to whom I make this for, I can't speak to the accuracy of the claim but cook with caution and remember; you can always say no. Happy Valentines Day!

Marry Me Chicken

- 3 chicken cutlets
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 2 tablespoons butter
- 3 cloves garlic minced
- 1 cup chicken stock/broth
- 1 cup heavy cream
- ½ cup parmesan cheese grated
- ¼ teaspoon chili flakes-if desired
- ¼ teaspoon oregano
- ¼ teaspoon thyme
- ⅓ cup sundried tomatoes chopped
- 1 tablespoon fresh basil leaves

1. Season chicken with salt and pepper, then dredge in flour. In a large skillet, heat olive oil and melt the butter on medium heat. Swirl pan to coat with oil and butter.
2. Brown the chicken for 4-5 minutes on each side or until golden brown and cooked through. Transfer onto a plate and set aside.
3. Sauté the garlic for a minute or until it's fragrant. Add chicken broth, and scrape up any bits stuck to the bottom of the pan with a wooden spoon.
4. Turn the heat to medium-low, and add the cream and the parmesan. Let the sauce simmer for 5 minutes, then season with chili flakes, thyme, and oregano.
5. Add salt & pepper to taste and the sundried tomatoes then put the chicken back in the sauce and let simmer until it thickens. Garnish with fresh basil leaves and serve over pasta.

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St. John Lutheran Church, Grayling

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