

Crawford County *Senior Gazette* January 2022

Save a lot
food stores
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Business Loop
989-348-6690

Highlights:

- Pg 2 Giving Tuesday
- Pg 2 Snowshoe Outing
- Pg 2 Clogging Suspended
- Pg 4 Tax Preparation
- Pg 4 Free Medical Equipment
- Pg 5 Phone Recycling
- Pg 6 Walking Group
- Pg 6 Paint Party
- Pg 6 Car Donations
- Pg 7 Dementia Webinar
- Pg 7 Pickleball Courts
- Pg 8-9 January Meal and Activity Calendars
- Pg 11 Winter Picnic Luncheon
- Pg 11 Food Assistance
- Pg 11 Winter Protection Plan
- Pg 13 Vaccination Clinic
- Pg 13 Double Up Food Bucks
- Pg 13 Intro to Zoom
- Pg 13 New to Medicare
- Pg 14 Eye Care Guide
- Pg 14 Judy Morford Retires
- Pg 15 Upcoming Classes
- Pg 16 A Matter of Balance
- Pg 16 SilverSneakers
- Pg 16 Medicare Advantage Enrollment
- Pg 16 Utility Assistance
- Pg 16 Pictionary Time
- Pg 16 Cross Country Skiing
- Pg 16 Tammy's Tips

Money-Saving

Coupons:

- Pg 12 Save-a-Lot
- Pg 13 Spike's Keg 'O' Nails

Featured Article

Richard Ferrigan

"Mobility, Stability, Strength"

"Fitness is for everybody," said Richard Ferrigan of Grayling in a recent interview. Ferrigan is the owner of Grayling Fitness Center, a business he started in 1994.

Born in 1960, on Halloween, Rich moved from Lansing with his family in 1974, and graduated from Grayling High School in 1979 before spending 3 few years in Florida where he earned a degree in Optometry. "I was an optician for about 20 years," he said. "I'm also a State of Michigan licensed builder."

Though optometry and carpentry may be worlds apart professionally, one thing has been a constant interest and pursuit for Rich, and that is Fitness.

"I was kind of a scrawny kid," he said. "Originally, I started working out to get bigger, and I did. I also got stronger, and as that happened, I

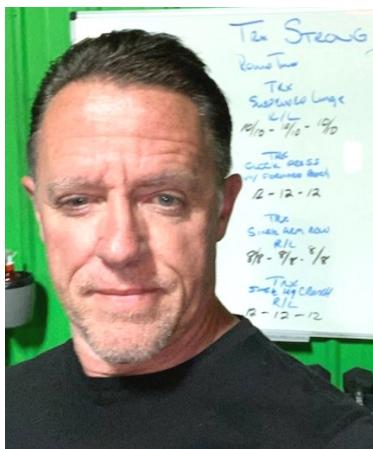
developed an interest in competitive body building." And compete he did, from 1982 - 2002, and successfully, including taking top prizes in the prestigious Mr. Michigan Bodybuilding Championship in various divisions over several years.

"It's always been about fitness. Bodybuilding is a whole other thing.

That's 24 hours a day, seven days a week. I got into it, quite honestly, to look sexy. People never like to admit that that's their real motivation for getting into shape, but there it is." Rich laughed, gave a little shrug, and continued. "But fitness? Fitness is for everybody."

As the owner of a fitness center, it might seem like "that's easy for him to say", and perhaps it is, but Rich also understands that fitness, and the commitment to getting healthier is a mindset. "A lot of people think they have to go on a special diet or work out for hours a day to get into shape. But it just comes down to moving more and eating better. If you can't

Continued on Page 5



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

HOURS OF OPERATION

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

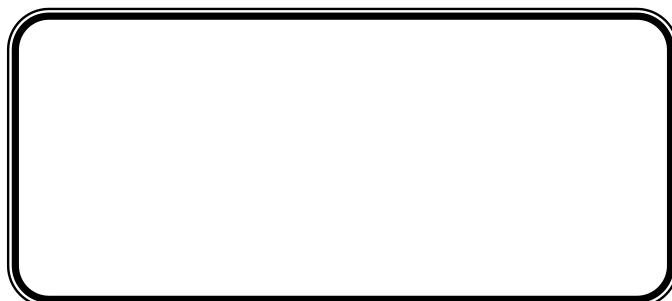
**308 Lawndale St
Grayling, MI 49738**

**Phone (989) 348-7123
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The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

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

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

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THANK YOU!

\$2,714 Raised for Meals on Wheels

The Crawford County Commission on Aging is excited to announce that your giving efforts during the worldwide giving event, #GivingTuesday November 30th was a huge success!! We topped our total from last year, raising \$2714 for the Meals on Wheels program—enough for almost 500 meals!

Our Meals on Wheels program allows every participant to receive not only a hot lunch on Mondays, Wednesdays, and Fridays but also frozen meals for dinner and non-delivery days. Another benefit of this great program is the social connection, and support Meals on Wheels drivers bring to help recipients stay out of nursing homes and hospitals. No one is ever turned away from Meals on Wheels because of an inability to donate so we rely on the community to help make this program possible.

We wanted to give a special thank you to all of you who donated during this event to help us raise the money we need to fulfill our mission!

Judith Blair
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Sandra Woods



Snowshoe in the Woods

If you enjoyed or missed out on our fall Walk in the Woods, you might want to get in on some snowshoeing! Join us on one or both of these two snowshoeing outings:

Wednesday January 19th and Wednesday January 26th, Craig Kasmer and Hillary Pine will lead us through the Old Growth at Hartwick Pines. They will be teaching us about the history of the Old Growth and talking about the various aspects of nature as we snowshoe. This will be a guided snowshoe event with plenty of breaks along the way. If you are new or an experienced snowshoeing, you will enjoy these guided hikes!

If you do not have snowshoes, Hartwick Pines has them available for you to use, free of charge! You are encouraged to bring trekking poles if you have them. The COA also has several sets we can loan out for those who do not have them or need them. Your vehicle needs to have a Recreation Passport on it. If you do not have one, you can purchase it at Hartwick Pines for the cost of \$16 per vehicle. This is an outdoor winter activity, dress accordingly (layering is strongly advised!). You do not need a special boot for snowshoeing, just wear the warmest most water resistant boots you have.

We will meet at Hartwick Pines visitor center at 1:30pm on both days and will snowshoe about a mile total with breaks and stops along the way. For more information or if you are interested in attending please contact Toby Neal at the Crawford County Commission on Aging 989-348-7123.



Clogging Announcement:

Clogging will be postponed through the winter months. If you have any questions, please feel free to call Toby at 989-348-7123.

General Giving

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

General Donations Made By:

Al Etson
Sherry Hanson
Richard Kiessel

Kirsten Lietz
Weyerhaeuser

Grayling Promotional
Association - Memory
Tree

*Volunteers and
Contributions received
after December 10th
will be acknowledged in
the next edition of the
Senior Gazette.*

Memorial Gifts

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

Legacy Giving

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

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you or your business are interested in sponsoring an event, activity, or program contact Alice Snyder at (989) 348-7123 or at director@crawfordcoa.org. Sponsorship can be one-time or continual and is available at any financial level.

Memorial Donations Made By:

Scott Foster

In Memory of Tina Foster

Jean Brown, Stuart and Nancy
Goodyear, Jim & Delores
Morford, Donald & Rae Ann
Schanz, Judith Morford, Mary
Berry, Duane & Jo Nimke, Kay
Ellen King, Nancy Lemmen,
and Mark Hansen

In Memory of Jerry Morford

Wish List Item

Television

The Crawford County Commission on Aging and Senior Center is purchasing one of the TVs for the new Senior Center early so that it can be mounted and used at the new building this winter for fitness classes. It's a 65" Samsung Smart TV. The cost is \$665. If you would like to make a donation toward the new Senior Center, here's your chance! Please call the Senior Center at (989) 348-7123 to discuss what you'd like to contribute.

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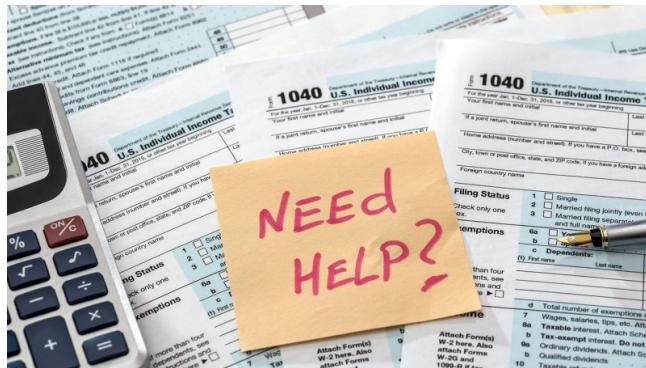
Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.

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

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



- | | |
|-------------------|---------------------|
| Paige Clinton | Sharlene Mascarello |
| Charles Curro | Rosemary Nelson |
| Faith Dandois | Wayne Nelson |
| Marc Dedenbach | Ashlynn Palmer |
| Dick Dodge | Keith Radwanski |
| Lyn Dodge | Dave Ridal |
| David Felker | Gail Schultz |
| George Hall | Jon Schultz |
| Susan Hensler | Liedewey Sims |
| Cheryl Hopp | Joyce Sorenson |
| Tom Jarosz | Maze Stephan |
| Myra Johnson | Gail Swope |
| Glenn King | Farrell Thomas |
| Lorelei King | Ellen Thompson |
| Sandy Lakanen | Vera Trimble |
| Karen Leslie | Janet Weaks |
| Cathy Lester | Becky Walrath |
| Rita Lone | Sandy Woods |
| George Mascarello | |



Tax Preparation

Just a reminder that the Northern Michigan Free Tax Service closed its doors in 2021. The COA was asked to take over this program, but a volunteer leader has not come forward so there will be no tax aide program in 2022. Below is a list of tax preparers in Grayling if you are in need of assistance this year.

- **Smith & Associates, CPA, P.C.**
www.smithassocmi.com
989-348-2811
- **ATS Advisors**
www.atscpas.com
989-348-4055
- **H & R Block**
www.hrblock.com
989-348-8978
- **Coulters LLC**
www.coulterstaxservice.com
989-889-1555
- **JPK Accounting**
989-348-8990



Ashlynn Palmer

Ashlynn grew up in a small town in midwest Utah but has been living in Grayling for about a year. Ashlynn moved here with her family to be a missionary for her church. As missionaries her and her family do a lot of service in the community including at her church, the River House Resale, and as a bingo caller and special dinner server at the Senior Center. "I think the thing that I love the most about all these places is that I have blessed to meet so many great people."



When not volunteering and serving others Ashlynn likes to go on walks and hike. She says she is "super outdoorsy" and loves getting outside in nature. She also loves to paint, mainly landscapes and nature paintings!

Her love of being outside probably comes from her childhood in Utah where her family had a small farm. In addition to many other kinds of animals, their family raised chickens including roosters. Her brother's favorite rooster, Reggie, even attacked her once, latching onto her leg and pecking at her pants. After much flailing and yelling the rooster retreated. Ashlynn says, "I'm not sure who one that day but I like to think it was me. We kept our distance from each other from then on."



Even Reggie couldn't dissuade her from the farm life though. When listing her passions it begins with God and family followed closely by agriculture. Once her mission is over, she plans to return home, finish college, and get a degree in Agricultural Education. "Fun fact," she says, "Did you know that part of your phone was made from corn? It's true!"

In addition to her three younger brothers she has an older sister who has two kids of her own. "I love being an aunt so much!" Ultimately though she says, "My biggest dream and goal is to be a wife and a mom!"

January Birthdays

Karen Luark	1/1
Ceriel Vandecasteele	1/3
John Smock	1/9
Cassie Campbell	1/14
Norm Beach	2/13
Lenora Beckett	1/22
Lisa Munofu	1/25

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



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The Crawford County Commission on Aging has some available along with other medical equipment for older adults 60 and over and are on a first come first served basis. Please call Kathy at (989) 348-7123 to see if we have what you might need.

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Richard Ferrigan

Written by Ann Rowland

get out of your chair without assistance, you have a mobility problem. If you can't put your socks on without sitting down, you've got a stability problem. Especially for people over 50 years of age, improving mobility is the first consideration. Once you're more mobile, stability is the next step. Any kind of strength training comes after those two, and along the way, you'll naturally drop some pounds. Move more, eat better. It's mobility, stability, strength; in that order."

Going into a new year, a lot of folks make a lot of promises to themselves about how they'll 'do better' in the future, but often fail to follow through. "That's because they try to do it all at once," said Rich. "And they think they have to eat less. The thing is, many older people don't eat enough. If you don't eat, you don't have any energy to do anything. If I have any advice for people, it's this:



1. Get up and move for 20 minutes a day. That doesn't have to be 20 minutes at once, either. Move for 10 minutes before lunch, and then move again later in the day if that's what works better for you. Just walking is a great place to start, at any age. If you can't get up and move, move what you can where you are.

2. Drink enough fluids. And I don't mean more beer. You need to drink water, and you need to drink enough of it. Hydration is so important to overall health.

3. Eat! Eating right is good, but eating regularly is better. You need those calories to hold onto muscle mass."

He said a person is never too old to improve their fitness. "I've worked with men 80+ years old who have gotten into good shape. Getting more mobile makes you feel better, and when you feel better you naturally want to do more things. Actually, loss of mobility has a higher morbidity rate than cancer in older people. The bottom line is, you're either gaining strength and mobility or

losing strength and mobility every day. It's that whole 'if you don't use it, you'll lose it' thing."

He mentioned that after a long pause because of the Covid 19 epidemic, the SilverSneakers classes are scheduled to start again in January. "Those are for anybody. It's important for older folks to get moving again. It's a go-at-your-own-pace, gentle workout on Mondays and Wednesday at 10:00 a.m.."

At 60 years old, Rich's doctor says he looks like he's 20 years younger. "I like to think it's my active lifestyle," he said. "Outside of the gym I enjoy mountain biking, cross country skiing in winter, and fishing in the summer. And my dog keeps me busy too. But I also really love pie. Any and all pie. Pie is a daily ritual for me. These days, I work out not to compete, but to stay above ground."

Rich's other passion is Halloween. "I'm a little bit obsessed with Halloween, I guess you could say. I have a lifelong love of Halloween. I use my carpentry skills mostly these days to build Halloween stuff for the gym, like the pirate ship. This is probably the only gym in the country with a huge pirate ship theme. I built that for Halloween one year and just decided to keep it. I'm always working on things. Someday, when I retire (whenever that might be) I might make this place into a big, old haunted house."

Rich said he likes the familiarity of a small town like Grayling. "I can step out of the building for a few minutes and know that when I come back things will be as I left them. People here are good people. It's a good family community."

Rich has three daughters (one is a fitness professional) and 8 grandchildren. "It's good to spend time with people who are younger. It keeps you young, too, and you get to share your knowledge."



New Opportunity! Recycle Your Used Cell Phones

Did you get a new cell phone for Christmas? Do not throw away your old one or leave it lay around taking up space in your drawers and cabinets. If disposed of improperly in the landfills, used cell phones can pose a serious threat to our health and to the environment. Dangerous chemicals and heavy metals found in cell phone batteries and casing can potentially contaminate the surrounding soil in landfill and water systems.

The Crawford County Commission on Aging & Senior Center will be collecting your old, unusable cell phones, tablets and MIFI hotspots (no accessories or chargers). You may drop them off during business hours Monday through Friday between 8:30am-4:30pm at 308 Lawndale Street in Grayling. We will be turning them in and receiving a small donation from The PaceButler Corporation, who has been in business since 1987.

All data will be erased to protect all of your sensitive information. The recycling company also donates a wonderful book to various schools, mentorship programs and institutions for each phone that they receive.

Help us to help them keep our environment safe. Any questions, please call the Commission on Aging at 989-348-7123.

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Indoor Walking Group Starting Back Up Again!

Our indoor walking group will be able to meet and walk together again! Join us every Thursday starting January 13th from 10-11am at Kirtland's new gym on 4-mile road. The cost to use Kirtland's indoor walking path is \$2/walk. Join Toby and others as we get our steps in and start melting away those holiday pounds! For any questions please call Toby Neal at 989-348-7123.



Painting with Jennifer Thompson!

Come learn how to paint with Jennifer Thompson at the at the Crawford County Commission on Aging & Senior Center. Professional artist Jennifer Thompson will spend an afternoon of fun and laughter leading you step-by-step to create a piece of décor that would be perfect to display inside your home! This event will be held on Monday, January 31st from 1-3pm at the Crawford County Commission on Aging & Senior Center in Grayling. Cost is only \$20 per person and includes all the supplies/materials you will need to create your painting. Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date. For more information or to register for this event please contact the Commission on Aging at 989-348-7123. Space is limited; call to reserve your spot today.



Car Donation Now Available!

The Commission on Aging is excited to announce we have officially partnered with CARS, Inc. and Meals on Wheels America to launch a program making it simple and easy to convert your used vehicle into cash for Meals on Wheels in Crawford County. Your gift may qualify for a tax deduction and you avoid the cost and hassle of repairing or selling a car you no longer want.

All vehicles are considered including cars, trucks, motorcycles, RVs, boats, airplanes, heavy equipment, farm machinery, and most other motorized vehicles (running or not). To qualify your vehicle must be in one piece, towable, tow truck accessible, have an engine, and have a clear title.

The entire sale process of each donated vehicle can take approximately up to four to 12 weeks, and then Meals on Wheels receives the proceeds. After submitting your donation information online, over the phone, or via email the Vehicle Donation Support Team will contact you within 48 business hours to complete the donation and confirm your pick-up information.

The donation process is designed to be as fast and easy for donors as possible. No cost from the pickup or sale of the vehicle is EVER passed onto the donor.

Vehicle donations are tax-deductible. An initial donation receipt is provided at the time of the pick-up. If the vehicle sells for \$500 or less, you will receive a thank-you letter within 30 days of the sale of the vehicle, which serves as a tax receipt. If the vehicle sells for

more than \$500 and you have provided your tax identification number, an IRS Form 1098-C will be mailed to you within 30 days of the sale stating the amount of gross proceeds (the maximum amount of the donor's tax deduction) received from the donation. For specific tax-related questions, you are advised to consult with their tax advisor.

This program allows us to accept cars as a donation with less staff time invested and every donation is personally reviewed by CARS, Inc. to determine the most effective sales process and get the highest revenue per vehicle. Their expansive network of vendors allows them to be more competitive with inventory as well as leverage volume to increase prices, providing maximum returns to our county.

All funds raised from car donations will be used to support Meals on Wheels in Crawford County. Meals on Wheels provides food to homebound seniors in Crawford County regardless of their ability to pay. No one is EVER turned away from Meals on Wheels because of an inability to make a donation. Every participant receives hot lunches on delivery days as well as frozen meals for dinner and non-delivery days. In addition, social connection, and support to keep help recipients stay out of nursing homes and hospitals.

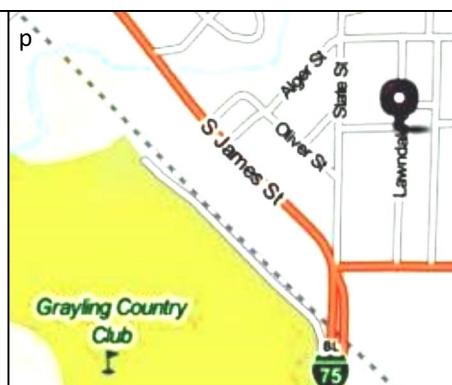
If you'd like to donate a vehicle today visit <https://www.mealsonwheelsamerica.org/donate-a-vehicle---local>, call 844-583-8227, or email donorsupport@careasy.org.



Reaching Seniors and Beyond!

Our Mission...

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



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

Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Birthday Lunch, Thurs, once per month
Medicine Shoppe Bingo, Thurs, once/month
Pantry Bingo, Fridays 1pm
Penny Bingo, Thurs 1pm
Pool, Fridays, 1pm

Fitness

Zumba Gold, Tuesdays, 10am

Table Games

Pokeno, Thursdays, 10am

#AgeisJustaNumber

By Toby Neal, Senior Center Manager

Putting words together with no spaces followed by the number or pound symbol (#) is commonly referred to as a "hashtag." Hashtags are used primarily to promote social media posts by keeping their content collected with others who use the same hashtag. When we promote our posts on Facebook, for example, the Commission on Aging will sometimes use the hashtag #ageisjustanumber. One of the reasons we use this hashtag is because it represents how we think and feel about older adults and aging. These articles in our Gazette will be aimed at promoting a positive outlook on aging and offer a healthier perspective. In short, we want to be an agent of change in how people think about aging and older adults; we want to fight ageism.

"Ageism" is a word coined by Dr. Robert Butler in 1968, and is considered the last socially sanctioned prejudice. Ageism in a nutshell is discriminating and stereotyping based on a person's age. Ageism, like other prejudices (racism, sexism, etc.,) often start internally, and work their way out. We speak what we think. Part of the reason these

prejudices flourish and remain is denial. "Other" people are old or getting old, not us. Old people can't do this, or can't do that. "You must be having a 'senior moment.'" Internalizing this can cause us to think and speak about age negatively. "I am sure I forgot, I am an old geezer after all!" What we think, we speak. How you talk about aging might just reveal how you view it. Based on that, it might be time for a change in thinking.

A great time to consider changing something is the New Year. Traditionally this is the time to make new resolutions. What are you going to do differently in the new year? How about resolving to consider the way we think and talk about aging, and change it if needed? One way to do that is to start by exploring your own internal biases about aging. What myths and stereotypes have you internalized over your lifetime? (Hint: if you think or talk negatively about old people or growing old you might be prejudice.) Change the way you think about aging; then change the way you talk about age this year! New year, new view!

alzheimer's  association®

Dementia Webinar Series

Region 9 Area Agency on Aging is hosting three one-hour webinar sessions presented by the Alzheimer's Association Michigan Chapter. Older adults and caregivers of all types, are welcome to attend.

January 14, 2022 from 1:00-2:00pm: Effective Communication Strategies. Learn how communication takes place in those with dementia, how to decode verbal and behavioral messages, and identify strategies to help connect and communicate at each stage of the disease.

For more information or to register contact Brooke Mainville at 989-358-4616 or visit <https://forms.gle/yDyRfg5GpzYQj7Pp7>.



Pickleball Courts Now Available at Kirtland!

Pickleball players, Kirtland's new gym facility is opening up the week of January 10th for pickleball. The cost to use the facility in this fashion is \$5/day. Kirtland does offer other options if you would like to get a gym punch-card. The cost then is \$50 for 10 punches. You can also buy a membership for a month at \$40/month or you can pay for an entire semester at \$120/semester (5 months).

Support Groups

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.
Mon. / Fri (C/D/H) A.A. NOON
Mon.. (H)"Recovery Group"* 6 p.m.
Thur. O/D/H) NOON (Women's)
At St. Francis Episcopal Church, Grayling
SAT. 6:00 PM (C/D/H)
At Frederic Twp. Hall

ALZHEIMER'S SUPPORT GROUP

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

CHOICES GROUP

Anger Management for Women
Mondays, 1:00-2:30pm
At River House Inc. in Grayling
Call Lynn or Danyelle to register (989)348-3169

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders
At River House Inc. in Grayling
who have experienced domestic violence (directly or indirectly) sexual abuse or bullying.
Call RiverHouse, Inc at 989-348-3169 for info.

GRAYLING AL-ANON

Tuesdays 11am
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm
At River House Inc. in Grayling
Call Barbara to register at (989)348-3169

LONG COVID PATIENT SUPPORT GROUP

First Thursday of each month, 5-6:30pm
via Zoom, call 231-935-0951 to register

NARCOTICS ANONYMOUS

Wednesdays, 8pm
Saturdays, 4pm
St. Francis Episcopal Church, Grayling

TOPS WEIGHT LOSS CLASS

Thursdays 10am - 11:15am
St. John Lutheran Church, Grayling
More info, call Mary Kay at 989-348-1398

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

January 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	4 11:30a-12:30p Lunch Stuffed Peppers, Broccoli & Cauliflower, Grapes	5 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	6 11:30a-12:30p Lunch Macaroni & Cheese w/ Ham, Bacon Fried Cabbage, Green Beans, Grapes	7 11:30a-12:30p Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
10 11:30a-12:30p Lunch Beef Goulash, Green Beans, Kiwi	11 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	12 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon	13 11:30a-1p Winter Picnic Luncheon BBQ Ribs, Potato Salad, Honey Glazed Carrots, Rio Citrus Salad, Apple Pie	14 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
17 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	18 11:30a-12:30p Lunch Chicken Fajita, Roasted Corn & Black Bean Fiesta, Apple	19 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear	20 11:30a-12:30p Lunch Chicken Stew, Biscuit, Brussels Sprouts, Pear	21 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
24 11:30a-12:30p Lunch Chicken & Mushroom Alfredo, Broccoli & Cauliflower, Orange	25 11:30a-12:30p Birthday Lunch Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Grapes, Cake & Ice Cream	26 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	27 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Breadstick, Apple	28 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
31 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots	<p>You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available that you can pick instead.</p> <p>You can pick up meals every few days or even once a week. You can order up to 2 meals per day of the week.</p>			

January 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10am Bible Study – Lawndale 10am Zumba – E M72	5	6 9am-12pm COVID Vaccination Pop-Up Clinic @M72 10am Pokeno – Lawndale 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale 3-4pm Medicine Shoppe Bingo – Lawndale	7 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
10 10am SilverSneakers @ M72	11 10am Bible Study – Lawndale	12 9:30–10:30am Commodities – St. Mary’s Church 10am SilverSneakers @ M72	13 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-1 Winter Picnic Luncheon— Take Out Only at Lawndale St. 2pm Penny Bingo – Lawndale	14 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
17 10am SilverSneakers @ M72 1-3pm Judy Morford’s Retirement Party	18 10am Bible Study – Lawndale 10am Zumba – E M72 12:30pm Pictionary Time @ Lawndale	19 10am SilverSneakers @ M72 11am Alzheimer’s Support Grp. @ The Brook of Grayling 1:30pm Snowshoe in the Woods @ Hartwick Pines	20 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	21 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale 2pm Intro to Zoom – via Zoom
24 10am SilverSneakers @ M72 1-4pm Foot Clinic — Appt. Req. – Lawndale	25 10am Bible Study – Lawndale 10am Zumba – E M72 11:30a-12:30p Birthday Lunch	26 10am SilverSneakers @ M72 1:30pm Snowshoe in the Woods @ Hartwick Pines 6pm New to Medicare Seminar – via Zoom	27 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	28 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
31 10am SilverSneakers @ M72 1-3pm Paint Party @ Lawndale	<p>We ask that participants social distance whenever possible.</p> <p>We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.</p>			

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*
- Thursdays, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*
4th Monday, 1-4pm at 4388 M-72 E, Grayling

Hearing Clinic - by appointment

by *Advantage Audiology*
Contact the COA office to set up an appt.

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. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

Home Delivered Meals

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

Senior Project Fresh

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

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

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

Resources

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 by calling (989) 348-7123.

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Cooking for One

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

Matter of Balance Program

This program offers practical strategies to reduce falls.

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to

better handle the unique caregiver challenges you face.

Stress Less with Mindfulness

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

Tai Chi

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

Walk with Ease

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

Wellness Initiative for Senior Education

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

Cost for Services

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



How We Served You in November 2021!

At the Senior Center

- We served **547** Congregate Meals

In-Home Services

- Delivered **2,503** home delivered meals.
- Provided **108.75** hours of respite care.
- We provided **239.25** hours of homemaker services.
- We provided **49.50** 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

Social Security Benefits Increase In 2022

Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your

Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 17, 2021, to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/news/press/factsheets/colafacts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2022 COLA at www.ssa.gov/cola

If for any reason you cannot access the online Social Security tools call Tammy for assistance at (989) 348-7123.



HEATING ASSISTANCE

The Winter Protection Plan Helps with Heating Bills

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

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

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

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

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

For more information or to apply, call Michigan Gas Utilities at 800-401-6402.

Income Guidelines (2020-2021)

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

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

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



Winter Picnic Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Winter Picnic Luncheon on **Thursday, January 13th from 11:30–1pm**. On the menu will be BBQ Ribs, Potato Salad, Honey Glazed Carrots, Rio Citrus Salad, and Apple Pie.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.



Food Assistance

The next CSFP Food Distribution will be Wednesday, January 12th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We are currently considering resuming puzzle collection in the future.

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

1. acerate
2. belliferous
3. belling
4. boustrophedon
5. carious
6. clysmian
7. constructivism
8. coupe
9. denehole
10. diplomatics
11. ecliptic
12. elide
13. enchiridion
14. estaminet
15. euchology
16. guichet
17. gyrograph
18. inly
19. kirking
20. leprology
21. libaniferous
22. manrope
23. meronym
24. minacious
25. misprision
26. moonraker
27. muscoid
28. phytoid
29. pointillism
30. popjoy
31. profulgent
32. ptochocracy
33. quale
34. quatsch
35. scaphism
36. scarp
37. scintillesscent
38. scotoma
39. slipslop
40. suscept
41. synzesis
42. syntagm
43. taghairm
44. tain
45. taseometer
46. terotechnology
47. trichoschisis
48. tyroma
49. wurley
50. younker

Cook's Corner Pineapple Upside Down Cake for Two



INGREDIENTS

- 4 teaspoons butter, melted, divided
- 4 teaspoons brown sugar
- 2 canned unsweetened pineapple slices
- 2 maraschino cherries
- 1/3 cup all-purpose flour
- 3 tablespoons sugar
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- Dash ground nutmeg
- 3 tablespoons fat-free milk
- 1/4 teaspoon vanilla extract

DIRECTIONS

- 1) Pour 1/2 teaspoon butter into each of two 10-oz. ramekins coated with cooking spray. Sprinkle with brown sugar. Top with a pineapple slice. Place a cherry in the center of each pineapple slice.
- 2) In a small bowl, combine the flour, sugar, baking powder, salt and nutmeg. Beat in the milk, vanilla and remaining butter just until combined. Spoon over pineapple.
- 3) Bake at 350° for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes. Run a knife around edges of ramekins; invert onto dessert plates. Serve warm.

Recipe by Taste of Home

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

Grayling Save a Lot

Purchase of

1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Whole

Limit 2 Please with coupon

Valid Jan 1st, 2022
thru Jan 31st, 2022

2333 S. I-75 Business Loop

989-348-6690

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



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Dental, P.C.**

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

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

Sorenson Lockwood FUNERAL HOME INC.

Pre-Planned Funerals Cremation Services
Markers Monuments

Terrie L. Lockwood, Manager/Owner

Phone: (989)348-2951 Fax: (989)348-4968

1108 North Down River Rd, Grayling MI 49738

Web: sorensonlockwood.com

E-mail: sorensonlockwood@gmail.com

Fruits and Vegetables in the Winter

By Sarah Peterson, from Michigan State University Extension

Eating seasonal fruits and vegetables can be challenging, especially in the winter months. Not only does produce that is in season taste better but buying in season can save you money. The fruits most plentiful in the winter include apples, avocados, bananas, grapefruit, lemons, limes, mangoes, oranges, pears, pineapple and tangerines. Seasonal vegetables for winter months include broccoli, cabbage, cauliflower, mushrooms, potatoes, spinach, turnips and winter squash.

Try to purchase only the amount of produce your household can consume before they spoil, but freezing extra fruits or vegetables is also a great way to eat your favorites all year round. Make sure to look for produce that is free of signs of spoilage like mold or an unusual odor or color. Knowing how to store your produce properly can help them keep for even longer and prevent waste. Some produce is best when stored at room temperature like bananas, onions, potatoes, and winter squash. Most other items should be stored in a refrigerator at a temperature of 40 degrees or lower. Keep your fruits and vegetables separate in the fridge to extend their life.

Finally, keep in mind that eating your favorite fruit or vegetable frequently is great,

having a variety is the most beneficial for your health. Each fruit or vegetable has unique benefits so try and vary your fruits and veggies.

Consider trying new ways of preparing some items that you are already used to eating, like this winter side dish.

Roasted Winter Squash with Pears:

- 4 cups winter squash chunks
- 3 cups pears chunks
- 1 Tbsp olive oil
- 2 Tbsp maple syrup
- salt and pepper to taste
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg



Preheat oven to 350 degrees. In a small bowl stir together oil, maple syrup, and spices. In a mixing bowl, combine chunked pears and squash and toss with syrup and spice mix. Spread mixture onto baking sheet and bake for 30 minutes.

Remove from oven and toss or stir. Return to the oven for another 15 minutes or until the squash and pears are fork tender.

If you are interested in learning more, a complete seasonal produce guide is available on the MSU Extension website.



Flu & COVID-19 Pop-Up Vaccination Clinic

The Crawford County Commission on Aging will be hosting a COVID-19 & Flu Shot Pop-Up Vaccination Clinic on Thursday, January 6th from 9am-12pm at our soon to be new Senior Center location just east of Grayling on M-72. The COVID-19 vaccine is FREE. Booster dose will be available for eligible individuals. Flu shot is covered by most insurances. If no insurance, cost for flu shot is \$37 or \$46 for high-dose and preservative-free. Walk in. No appointment necessary. Parents must accompany minors.



Double Up Food Bucks Program Makes Changes to Limits

Double Up Food Bucks is returning to the previous \$20 daily earning limit starting January 1, 2022.

That means shoppers can only earn up to \$20 in Double Up Food Bucks per day when shopping at participating locations. If shoppers already have Double Up to spend, there's no limit to how much they can use per day to bring home fresh fruits and veggies.



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Friday, January 21st at 2pm.**

Learn how to join meetings online via your computer, tablet, smart phone, or other device. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

To join the meeting visit <https://msu.zoom.us/j/95354614775> (Meeting ID: 953 5461 4775 Passcode: learn). Or join via conference call by calling (312) 626-6799. For more information call (989) 348-7123.



New to Medicare Seminar

Are you turning age 65 in 2022? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, January 26th at 6pm** for a presentation that will help demystify the issues surrounding Medicare.

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

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



301 N. James Street • Grayling, MI 49738 • 989-348-7113
www.spikes-grayling.com • email: spikes@freeway.net

Judy Morford, Dancing her way into everyone's hearts.

By Toby Neal, Senior Center Manager



Eye Care Guide for Seniors

Adults ages 40 and older in the United States are at the highest risk for eye diseases. The risk raises even more for seniors aged 65 and above.

Vision loss doesn't just impact your eyes. It can also raise the chances of social isolation, falls and accidents, chronic health conditions, and depression.

Many health conditions that impact vision are treatable and can be managed when taken care of early. This makes regular eye care even more important for seniors. Common age-related vision problems in the senior population include cataracts (Clouding of the normally clear lens of the eye), age-related macular degeneration (loss in the center of the field of vision), glaucoma (the nerve connecting the eye to the brain is damaged, usually due to high eye pressure), and dry eye (occurs when tears aren't able to provide adequate moisture).

Early detection and healthy lifestyle choices, including diet and exercise, can help to prevent vision loss from progressing and deter some vision issues. Traditional Medicare does not cover eye exams, but some Medicare Advantage Plans and vision insurance providers offer coverage for seniors.

Age-related vision changes can impact driving. Being aware of these changes and taking extra precautions can help seniors drive safely. Thankfully, there are various resources to help seniors with vision-related concerns.

Site NuVision/June 29, 2021

Long-time volunteer and Zumba and Clogging instructor, Judy Morford, is retiring from teaching at the COA. Judy moved to this area in 1980 and officially became a Grayling resident in 1991 where Jerry, her husband, was city manager. Judy's background was in teaching, and she taught for 30 years, some of them in the Roscommon school system. Judy's love for teaching reached farther back though and spread to everything she did throughout her life.

Judy started dancing as a young girl, dancing in various competitions in her teens, she quickly was noticed and soon was asked by local parents to teach their kids how to dance. She started teaching dance at age 13, teaching every day after school until she went off to college. Her mother ended up putting in hardwood flooring in their home for her to teach her classes on! As gifted as she was of a dancer, she was also a teacher, and this is where her love for both grew. Throughout her life, Judy has studied and taught 11 different types of dancing, tap dancing being her favorite.

After retiring from teaching, Judy began her involvement with the COA. Hearing about the line dancing activities being offered, she decided to come. She loved to dance still; little did she know that while she may have retired from teaching in the schools, she would not be retiring from teaching dance. In 2009, Judy began teaching Clogging at the COA. She picked up Clogging while living in northern Michigan and found it to be a lot like tap dancing, which was her favorite form of dancing. The following year, Judy began teaching Zumba Gold to area older adults.

Zumba incorporates various dance styles, and when Judy heard about it, she tried it out, and loved it. After going to Zumba training in Fort Wayne, Indiana, Judy started teaching it here at the COA in the fall of 2010.

In 2012 Judy introduced the beloved Foot Pillows, something she had hand crafted for her kids in years past and loved making. From 2012 to 2019, Judy and a group of older adults crafted Foot Pillows with the help of donations from area sponsors. These Foot Pillows were handmade and given out in December through the Christian Help Center. Families in need could come and pick out one for their family. During those seven years over 1400 pillows found their place in people's homes.

For Judy, volunteering was never work, but more about being able to do what you loved with people you cared about. It also helped to have a loving spouse standing by her side. Jerry was a big part of what Judy did, from supporting her, to finding and downloading music for CDs for her workouts, he was there for her. Judy always appreciated her students, without whom, she said "would not have been needed or useful or have been the teacher I was." Judy's philosophy was simple, but impactful: "we are not here to be perfect, we are here to have fun!" It is easy to see how Judy was able to dance her way into everyone's hearts!

The Crawford County Commission on Aging and Senior Center want to publicly thank Judy for all she has done and meant to us and for her service here. Please plan on joining us Monday, January 17th from 1-3pm to celebrate Judy's retirement.

Let's band together.

United, we can stop COVID-19. Let's roll up our sleeves and end this pandemic for good.

MUNSON HEALTHCARE

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services.

VOLUNTEERS we need you!
Show us your SUPERPOWER

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

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

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



NO SMOKING Thank You



Tobacco Cessation: Its Never Too Late!

When it comes to tobacco products, the young and old share a commonality. If the right tools are made readily available, older smokers quit smoking at similar rates to those younger smokers who've just taken their first few puffs. Perhaps this article will help reveal some of those necessary tools.

It's never too late to stop smoking! In fact, the earlier you give it up, the more years you can add on to the docket. One study found that older adults who quit smoking between the ages of 60-69 can reduce their mortality risk from smoking related diseases by roughly 10%. Smoking cessation can also reduce the risk of lung cancer by approximately 50% with ten years of abstinence.

During the COVID-19 pandemic, older adults with COVID-19 infection made up 45 percent of hospitalizations, 53 percent of intensive care unit admissions, and 80 percent of deaths. In addition to increased risk for many types of cancer, older adult smokers in comparison to non-smokers are more prone to worse management and outcomes of common age-related diseases such as diabetes, osteoporosis, cardiovascular disease, chronic kidney disease, and respiratory problems. But do not despair! The health benefits of quitting tobacco products like cigarettes, chewing tobacco, etc. can be immediate, even as early as within the first hour of quitting.

There are proven health benefits in quitting tobacco use in older adult smokers. Quitting tobacco use can lessen the risk of cognitive decline and brain atrophy, and prevent

polypharmacy arising from the management of complex morbidities associated with smoking.

How might one start their path to giving up tobacco products? Start with answering this: What are the 5 A's of a tobacco cessation program?

Ask - Identify and document tobacco use status for every patient at every visit. (You may wish to develop your own vital signs sticker, based on the sample below).

Advise - In a clear, strong, and personalized manner, urge every tobacco user to quit.

Assess - Is the tobacco user willing to make a quit attempt at this time?

Assist - For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her quit.

Arrange - Schedule follow-up contact, in person or by telephone, preferably within the first week after the quit date.

Growing old is a privilege too few will ever have the luxury of knowing. Collectively, you make up the resounding presence that is our loved ones, our friends, and more so our leaders. Don't be left behind to catch your breath, let the smoke clear and begin anew. It's never too late!

For more information about the Michigan Tobacco Quitline or local resources in your area please visit <http://www.livewell4health.org/tobacco-cessation> or contact your local health department office.



Upcoming Classes

Our Community Partners are offering educational and fitness classes. To register or to learn more about the classes visit the links below:

- **Online Tai Chi for Fall Prevention**
Tues & Thurs, Jan 4-Mar 10, 9-10am
<https://tinyurl.com/tai-chi-jan22>
- **Property Tax Foreclosure Basics**
Thurs, Jan 6, 6-7pm
<https://tinyurl.com/foreclosure-jan22>
- **Personal Action Towards Health**
Mon, Jan 10-Feb 28, 2-4pm
<https://tinyurl.com/path-jan22>
- **Sleep Education for Everyone**
Tues, Jan 11-Feb 15, 12pm
<https://tinyurl.com/sleep-jan22>
- **Laughter is the Best Medicine**
Thurs, Jan 13, 7-8:00pm
<https://tinyurl.com/laughter-jan22>
- **RELAX: Alternatives to Anger**
Jan 18-21, 4pm
<https://tinyurl.com/anger-jan22>
- **Retirement Myths and Facts**
Thurs, Jan 20, 12-1pm
<https://tinyurl.com/retiring-jan22>
- **Stress Less with Mindfulness**
Jan 24-28, 12-1pm
<https://tinyurl.com/stress-less-jan22>
- **Introduction to Lakes & Ecology**
Jan 25-Mar 16, self-guided
\$115 per person, scholarships available
<https://tinyurl.com/lakes-jan22>
- **Protecting Your Identity and Avoiding Scammers**
Thurs, Jan 27, 12-1pm
<https://tinyurl.com/scams-jan22>



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A Matter of Balance

Region 9 Area Agency on Aging is offering A Matter of Balance ONLINE January 5, 2022 – February 2, 2022. This online class will be held from 10:00 AM to 12:00 PM. Contact Brooke at 989-358-4616 or mainvilleb@nemcsa.org with questions or to register for this program.



We are excited to partner with Rich Ferrigan and Grayling Fitness Center to offer older adults in our area the SilverSneakers program! SilverSneakers is an innovative fitness program and we are excited to partner with Rich Ferrigan to offer it to you! SilverSneakers is on Mondays and Wednesdays from 10-11am at the new Senior Center located just east of Grayling on M-72. To register for this class or if you have any questions, please call Toby at 989-348-7123.



Medicare Advantage Open Enrollment ends March 31

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

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

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

Do You Need **Utility** Assistance?



Emergency Utility Assistance Available

Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas). To qualify for assistance one of the following must apply

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

Income limit for 1 person is \$1,610 or for 2 people is \$2,168. 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 request from NEMSCA. DHHS application may be made using the State of Michigan MiBridges system. NEMSCA can also help with DHHS copayments. Please contact NEMSCA at 989-358-4713.

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



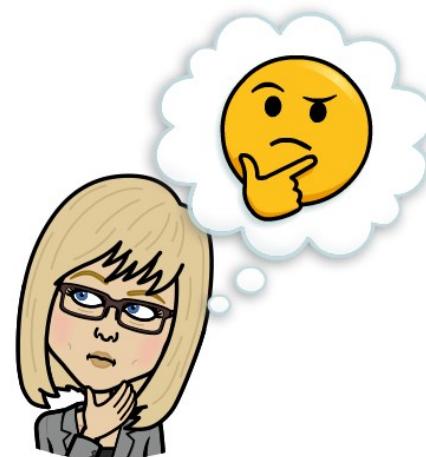
Pictionary Time

On Tuesday, January 18th, gather your friends and family and bring them for a fun afternoon of Pictionary at the Commission on Aging's Senior Center! You will be placed into teams to compete against each other. This event will take place after lunch and based on how well this event goes it could turn into a regular event for us at the COA! So, come for lunch and stick around or just come at 12:30pm and play some Pictionary with your host, Toby Neal, at the Senior Center!



Cross Country Skiing w/ the COA in February

The Crawford County Commission on Aging and Senior Center is planning several cross country skiing activities to explore the beauty of the winter season in February and would like to know if you would be interested in participating. Cris Jones will be leading this cross country ski group through local trails and you will be able to see them through the lens of winter! Beginners welcome! There will be a rental fee for skis and boots if you do not have your own. Based on which trails we ski on there may also be the need for a Recreation Passport or a cost of \$16 per vehicle is required to enter state parks. For more information or if you are interested in attending please contact Toby Neal at the Crawford County Commission on Aging 989-348-7123.



Tammy's Tips

- Keep warm, check your propane tank
- Have you tested your generator?
- Change the batteries on your smoke and carbon monoxide detectors.
- Have your ceiling fans move in a clockwise direction so they push hot air along the ceiling towards the floor.
- Window insulation film can keep up to 70% of heat from leaking out of the windows.
- Place draft guards by the doors to prevent heat loss.
- Regularly changing the filters in your heating system can significantly improve its efficiency and longevity
- Check the temperature on your hot water tank and make sure it's not exceeding its maximum.
- Did you know walking like a penguin on ice and snow helps to prevent falling