

# Crawford County Senior Gazette July 2021

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## Featured Article

### Sherry Haag

#### "The Red, White, and Blue Lady"

If you ask Sherry Haag who her role model in life is, or was, she'll undoubtedly tell you about her grandmother.

"My grandma was born way ahead of her time," Sherry said, and went on to describe the woman with whom Sherry spent a great deal of her childhood. "My grandma's first husband, who was my biological grandfather, was a WWI soldier. In about 1938 or '39 the government offered soldiers a \$500 bonus. The law was passed, but the money never came, so a lot of them boarded buses and marched in protest on Washington DC. My grandfather was one of them...except he told Grandma that's where he was going, got on the bus, and never came back. My mom was about 4 years old



at that time. Grandma eventually remarried...actually she had four husbands in all... but she did what she needed to to take care of my mom."

Sherry continued her story, telling how her grandmother wore pants before it as acceptable for women to do so, how she was the first drill press operator for Dodge Manufacturing, how she made bathtub gin, was open-minded, had no prejudices, taught Sherry to cook and clean, and demonstrated how to keep going when life is hard.

"She also taught me kindness, and to help other people whenever I can. I try hard to live up to that; to her little book of life's instructions."

Sherry was born in 1943 and grew up in South Bend, Indiana... except for weekends, summers, and holidays, when she was with her Grandma in PawPaw, MI. "My mom and biological dad divorced when I was 7. He was abusive. But before

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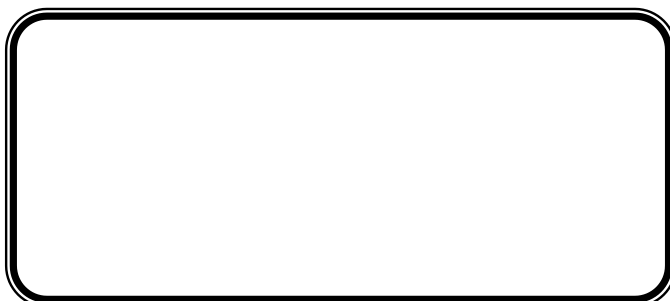
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**The Senior Gazette**  
308 Lawndale St.  
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## **We Are OPEN!**

If you haven't heard the news yet, the Senior Center has reopened with limited dining and activities. This was announced with an email and robocalls to our active participants. Do you have email and didn't get it? Call the Senior Center at (989) 348-7123 to get your name added to the email list.

Face masks will be required for non-vaccinated participants. This will continue in July and be evaluated each month. Of course, anyone who is vaccinated and would be more comfortable wearing a mask may do so at any time.

We are asking everyone to practice social distancing while in the building. Your patience is appreciated while entering the building as we ask that only one person (or household) be in the lobby at a time. Participants will also be asked to use hand sanitizer upon entry.

Dig out your old Key Tag! We'll be using the MySeniorCenter kiosk not only to sign in for meals and activities, but also to complete a daily health screening.

### **Congregate Lunch**

Congregate lunch will remain available for pickup but will now be open for dine-in as well. For either pick-up or dine-in please call between 9am and 11:30am to make reservations. No walk-ins will be allowed. Doors will be open at 11am for those who have made reservations. Lunch will be served from 11:30am until 12:30pm. Frozen meals will still be available for take-out for both dine-in and take-out participants. We hope to add dinners back in the near future.

### **Activities**

We will have a select number of activities available to start. See below for a listing. The NuStep machine will also be available by appointment, so please call the morning of to reserve a time. Don't forget to bring your own water bottle. The water/ice machine and water fountain will not be available. We will be evaluating bringing back additional activities each month.

- Bible Study – Tuesdays 10am with Brandon Smith - Grayling Free Methodist Church
- Pool – Wednesdays 1pm
- Wii Bowling – Thursdays 1pm
- Pantry Bingo – Fridays 1pm
- Pool – Fridays 1pm

-Alice Snyder, Director



## **When Are We Moving to the New Senior Center?**

We've gotten several questions recently about the status of the building we purchased in March 2020. Let me give you a little history.....

On March 10, 2020 the voters of Crawford County passed a \$3 million bond for the purchase, renovation and addition of property located east on town on M-72. It's located next to Grayling Car Care with a sign that says "Future Home of the Crawford County Commission on Aging & Senior Center. Days later, COVID hit. For many months, there was not any staff time to work on the building project as we were reassigned to work related to the pandemic and our banner year for Meals on Wheels clients.

In September 2020, the Board selected an architect for the project and we began to move forward. Grayling Township had their site plan review and special use permit completed at the end of November. Preliminary design plans were being finalized and a budget based on those plans was completed in early December. At that time the project was over budget by \$800,000. The COA then engaged in a process to review the project eliminating pieces to bring the budget in line. At the beginning of February, the Board met and approved the alternative plans for moving forward.

It was around this time that the cost of construction began to rise. The consensus was that if the project was put out to bid, they would come in significantly over budget. It was then when it was decided to put the project on hold until we could either raise additional monies or construction pricing decreased. It is the intent to try to do the project as presented to the voters in March 2020 without reducing its scope (which would most likely be eliminating the gymnasium). We continue to try and be patient. As said by Roy Davis, "Patience is not passive waiting. Patience is active acceptance of the process required to obtain your goals and dreams."

If you have question, please don't hesitate to call me at (989) 348-7123. If you'd like to have input, please attend our next Board meeting on Tuesday, July 27th at 4:30pm at the Senior Center.

-Alice Snyder, Director



# 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:

Roger Wilcox

David & Patrica Wiltse

*Volunteers and Contributions received after June 11th 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 use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA 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're interested in becoming a sponsor give us a call at (989) 348-7123.

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## Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- No-Rinse Shower Caps
- Chux (Chucks) Pads
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call the COA for details

## Volunteers

Volunteers give of their time and we could not do what we do without them. Our volunteers save us thousands of dollars of each year in staffing costs.

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.

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

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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.





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Sharlene Mascarello	



## Brandon Smith

Brandon M. Smith is 28 years old, an associate of Grayling Free Methodist Church, and an aspiring pastor. Brandon also runs a cleaning business called “McKinley Cleaners” which is named after his Grandpa Smith who has passed away.

Brandon grew up in Grayling, MI on the South side of town (the neighborhood where the Commission on Aging is located). He grew up in church but became a devoted follower of Jesus in 2017 after being estranged from the faith most of his adolescent and young adult life.



Brandon says, “My walk with Christ has been the single thing that has made me the person I am today. My life is constantly under the construction and prompting of The Holy Spirit. Some of my main focuses in ministry are discipling others, teaching God's Word, and preaching, which I'm thankful to do as often as I can.”

Mark Jurkovich, a friend of Brandon's, invited Brandon to take over the Bible study here at the Senior Center and he says he is looking forward to this new chapter that God has presented him with!

Some of Brandon's recreational hobbies include spending time in the great outdoors; fishing, bike riding, playing disk golf, and working on my parents farm. He also enjoys playing and writing music especially guitar and drums.

Brandon is looking forward to meeting all who have previously attended or plan on joining the Senior Center Bible Study.

## GetSetUp GetSetUp Announces Series

GetSetUp formally announced its 2021 Speaker Series, which brings together luminaries, experts and GetSetUp learners to share their ideas, talents, and experience with each other. Learners will have an opportunity to engage in conversation with A-listers—here's just a sampling:

- Pete Souza, former Chief Official White House Photographer
- Harry Moseley, Global Chief Information Officer at Zoom
- Victor Cho, CEO of Evite, the world's leading platform for bringing people together to celebrate important moments
- Marci Alboher, author and thought leader
- Eric Rice, Head of Impact Investing at BlackRock (the world's largest asset manager)
- Ray Boshara, Senior Advisor at the Institute for Economic Equity—Federal Reserve Bank of St. Louis
- Atalaya Sergi, Director with AmeriCorps Seniors
- Jeri Sedlar, author of Don't Retire Rewire and researcher

The growing speaker list reflects our commitment to empowering older adults to continue learning, contributing to their communities, and connecting with those who have shared interests. Users can get started by registering at <https://getsetup.io/auth/register>. A New Member Orientation class is provided for those who would like to get more comfortable searching and registering for classes. Michigan users can use the coupon code “MICHIGANHEALTH” to waive any fees associated with small group classes. GetSetUp is adding more top-tier speakers to the schedule. Check back often!

## SCSEP - Help Wanted

The Senior Community Service Employment Program is seeking participants in the counties of: Cheboygan, Crawford, Ogemaw, and Oscoda.

SCSEP is a work training program which provides 20 hours a week, at minimum wage, of on-site training at a variety of non-profit host agencies.

Applicants must be age 55 or older, unemployed, with an annual income at or below \$16,100 for a single person.

If you know anyone who may be interested, please call Connie at 989-358-4661.

## July Birthdays

Nancy MacDonald 7/2  
Margaret Haynes 7/5  
Ron Kemerer 7/5  
Tommi Latoff 7/6  
Kathy Shepherd 7/8  
Alice Burak 7/17  
Delores Papendick 7/28

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## Sherry Haag (Cont.)

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

they split they rode motorcycles. After the divorce, Mom went to work in a factory to support me and my brother and stayed in contact with some of their friends. One was a man who lived in California. He regularly bought new cars, in Detroit, and then drove them home to California. Often, when he came through Chicago, he'd stop in South Bend to see how Mom was doing. One time when he stopped, he suggested that Mom, my little brother, and I should move out to California. He thought it would be a good place for Mom to start over. So, we did, the very next day! We were there about six months before Mom got homesick and asked Grandma to send money to get us home."

Sherry's grandma wired the money, and the three got on an eastbound bus. Sherry said, "It was five days and four nights to get to South Bend by bus. People were kind, helping Mom with us kids...we were about 9 and 7 by then, and they kept us entertained to lighten things for her. But there was a serviceman on his way home from Korea who found a seat next to Mom as often as he could, and at the end of the trip, the two exchanged addresses and wrote letters back and forth for a while. A year later, they got married, and they had my baby brother in 1959. They stayed married for 34 years, until he died in a car crash. He was who I thought of as my dad."

Fast forward a few years, and Sherry was working at the Granada Theater in South Bend as a candy girl when she met and fell in love with the head usher, named Bill. "They all said it would never work because we're such opposites," she said. "He's quiet. He's organized. I'm neither." But the two married in 1963 and are coming up on their 58th wedding anniversary.

Bill served in the US Army beginning in

November of 1963, and the two lived "all over". Panama, Tokyo, Illinois, Kentucky, Texas... and in 1980, moved to Grayling when Bill was working with the National Guard on training protocols. "He did that for four years, then he went to Germany."

Sherry went to work for RSVP, first as secretary, and then as the Director She was then the Director of the Crawford County



Commission on Aging for 10 years, worked as the Mercy Home Care receptionist for two years, was the Volunteers Coordinator for Mercy Hospice for 15 years, and then retired.

"I stayed retired for a couple of years," she said with a laugh. "About a year and a half ago I found out that the Commission on Aging was looking for an Alzheimer's Support Group coordinator. I thought about it and said yes. I had dealt with some dementia in my own family. I studied and learned as much as I could because, you know, I needed to understand as much as I could, and I like helping. I really like it."

Because of the Covid 19 pandemic, the group stopped having in-person meetings, but Sherry tried to call people she knew from the group at least once a month to see how they were doing. "And I had a couple of socially distanced, masked, outdoor gatherings, too.

Support is so important. Just knowing that you're not alone... to be able to talk to others who are going through similar things and not feel any judgment... makes such a difference. That's what this group is for."

The group is set to begin having regular meetings again in July, Sherry said. "July 21st we're getting back together. We meet at The Brook, starting at 11:00 am. I'm so excited!"

"I've always volunteered and worked with volunteers. The caliber of people who volunteer their time, especially with Hospice, are some of the kindest, most dedicated people you'll ever find. Whether they're taking someone out fishing, or horseback riding 'one more time', or to a casino because they always wanted to go, or even...oh my goodness, it was so funny...to see the male strippers...they just want to help. Because Hospice isn't about the quantity of life, it's about QUALITY of life. Our volunteers are the best!"

The way the people of Grayling take care of one another is what Sherry loves about living here. "It's a community taking care of Community," she said. "That was my first impression back in 1980, and it still is. I've lived here the longest of anywhere in my life. This is my home. This will be home for us until they carry us out."

Until then, Sherry Haag will be following the example set by the women who came before her; her grandmother and her mother, doing what's in front of her to do, being kind, and helping when she can.

And she'll be traveling with Bill in their 5th wheel, seeing the country. "If anybody's looking for me, I'm always wearing red, white, and blue. I'm the red, white, and blue lady. It's just what I always wear!" That, and a smile.

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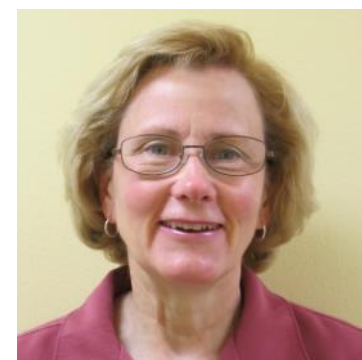


# July 2021 - Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange <b>Activities</b> 1pm Wii Bowling	<b>2</b> <b>11:30-12:30 Lunch</b> Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana <b>Activities</b> 1pm Pantry Bingo 1pm Pool
<b>5</b> <b>CLOSED FOR INDEPENDENCE DAY</b>	<b>6</b> <b>11:30-12:30 Lunch</b> Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange <b>Activities</b> 10am Bible Study	<b>7</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi <b>Activities</b> <b>9:30-10:30am</b> <b>Commodities – St. Mary's Church</b> 1pm Pool	<b>8</b> <b>11:30a-12:30p Lunch</b> Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange <b>Activities</b> 1pm Wii Bowling	<b>9</b> <b>11:30-12:30 Lunch</b> Beef Tips, Brown Rice, Corn, Applesauce <b>Activities</b> 1pm Pantry Bingo 1pm Pool
<b>12</b> <b>11:30-12:30 Lunch</b> Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi <b>Activities</b>	<b>13</b> <b>11:30-12:30 Lunch</b> Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes <b>Activities</b> 10am Bible Study	<b>14</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear <b>Activities</b> 1pm Pool	<b>15</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange <b>Activities</b> 1pm Wii Bowling	<b>16</b> <b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple <b>Activities</b> 1pm Pantry Bingo 1pm Pool
<b>19</b> <b>11:30-12:30 Lunch</b> Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes <b>Activities</b>	<b>20</b> <b>11:30a-1:00p Special Luncheon – Take Out Only</b> BBQ Chicken, Potato Salad, Honey Glazed Baby Carrots, Fresh Fruit Salad, Pie <b>Activities</b> 10am Bible Study	<b>21</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Boiled Potatoes, Green Beans, Apple <b>Activities</b> <b>12pm Intro to Zoom – via Zoom</b> 1pm Pool	<b>22</b> <b>11:30a-12:30p Lunch</b> Chicken Fajitas, Green Beans, Tossed Salad, Apple <b>Activities</b> 1pm Wii Bowling	<b>23</b> <b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple <b>Activities</b> 1pm Pantry Bingo 1pm Pool
<b>26</b> <b>11:30-12:30 Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi <b>Activities</b>	<b>27</b> <b>11:30a-12:30p Lunch</b> Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple <b>Activities</b> 10am Bible Study <b>4:30pm Board Mtg</b>	<b>28</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes <b>Activities</b> <b>10am New to Medicare Seminar – via Zoom</b> 1pm Pool	<b>29</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Peas, Grapes, Breadstick <b>Activities</b> 1pm Wii Bowling	<b>30</b> <b>11:30-12:30 Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear <b>Activities</b> 1pm Pantry Bingo 1pm Pool

## Meet Our New Staff!

Please help us welcome these new staff members to the Commission on Aging. Feel free to introduce yourself or give them a call...they'd love to meet you and get to know you!



**Jennifer Kreft**  
**In-Home Services Manager**

Jennifer has recently moved to Northern Michigan after years of working in the retirement facilities

of the Sisters of Mercy and Trinity Health. There, she was part of the administrative team with a focus on pastoral care and advocacy during health challenges. Jennifer has served as an Alzheimer's Association respite volunteer and coordinated a support group to help family caregivers process their daily challenges and little victories.

After serving the needs of the elder population in different capacities, she feels she has always received far more than she gives from those she's been privileged to serve.

Jennifer is originally from Lansing. As the 11th of 12 children, she says her large family has taught her to listen, laugh and learn from the challenges and joys of life.



**Toby Neal**  
**Senior Center Manager**

Toby is an experienced illustrator, communicator, manager, and leader who is

passionate about helping people and organizations grow.

Toby served as a church leader and developer for over a decade, helping plant and revitalize several churches in Texas and Michigan. Toby has also managed several restaurants, building their brand by connecting and engaging with the community. You might have even seen him at our local Wendy's!

Toby was born and raised in Grayling. After living in other states he moved his family back to the Grayling area in 2013 as Northern Michigan has always held a special place in his heart.

When Toby has free time you will most likely find him hiking, camping, kayaking, playing basketball with his sons, and drawing.



## Senior Project Fresh

### Farmers Market Nutrition Program

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was

designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets. You must be a Crawford County resident and be age 60 or over with income below \$1,985 per month for a single household and \$2,685 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments by telephone. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.



## New to

## Medicare Seminar

Are you turning age 65 in 2021? 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, July 28th at 10am** 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@crawfordcoa.org](mailto:tfindlay@crawfordcoa.org) or call (989) 348-7123.



## Program Provides Free Fruits and Vegetables

Crawford County residents ages 18+ can earn \$100 in vouchers to purchase fresh/frozen/canned fruits and vegetables by participating in one free, five-session, virtual, nutrition education course. In order to qualify for the \$100 you must attend ALL classes and return a post-session survey. To register call (231) 437-3481. See below for upcoming available classes and times:

- Jul 13-Aug 10, Tuesdays, 1pm  
Eat Healthy, Be Active
- Aug 5-Sept 9, Thursdays, 10am  
Cooking for One
- August 16-Sept 20, Self-Paced  
My Way to Wellness

## Food Assistance

The next CSFP Food Distribution will be Wednesday, July 7th 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 to anyone living in Crawford County.



# Assistance to Help You Maintain Your Independence

## COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

### Health Services

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

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

by InTeliCare - Friday, 10:00am-12:30pm

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

**\$25 per visit** with punch card (6 visits—\$150)

or **\$30 per visit** - by Comfort Keepers

1st Thursday, 11:30-6pm

#### **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 and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. 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  
May, August, November

### Resources

#### **Computers**

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

#### **Information and Assistance**

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

#### **Legal Assistance**

by Jason R. Thompson, Law Office PLC

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

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

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

#### **Medical Transportation**

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

#### **Resource Center**

Bookcase of loan materials, both videos and books.

#### **Senior Gazette**

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

### In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

### Classes

#### **AARP Driver Refresher Course**

Offered 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 May 2021!**

### **At the Senior Center**

- We served **389** Congregate Meals

### **In-Home Services**

- Delivered **2,642** home delivered meals.
- Provided **103.5** hours of respite care.
- We provided **393.75** hours of homemaker services.
- We provided **52.75** 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](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com),  
or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**





# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Apply For Retirement Benefits Online With Social Security

It's never too early to start planning for retirement, and our online tools can make your planning easier. Visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access your my Social Security account, get a personalized estimate of your retirement benefits based on your earnings record, and find out how your benefit amount increases depending on the age you start them. Don't have a my Social Security account? You can create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

You can also review your entire earnings history in your my Social Security account. It is important that your earnings history is correct because we base your benefit amount on the earnings reported to us. If you find an error, the publication, How to Correct Your Social Security Earnings Record, at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf), tells you how to get your information corrected.

When you're ready to apply for Social Security retirement benefits, you can complete

our online application in as little as 15 minutes at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement). We will contact you if we need any further information. You can check the status of your application with your personal my Social Security account too.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you meet all of the following criteria:

- Are at least 61 years and nine months old.
- Are not currently receiving benefits on your own Social Security record.
- Have not already applied for retirement

benefits.

- Want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance.)

Find out more about our online services at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices).



## Mammograms and Medicare

Medicare Part B (Medical Insurance) covers:

- One baseline mammogram if you're a woman between ages 35-39.
- Screening mammograms once every 12 months if you're a woman age 40 or older.
- Diagnostic mammograms more frequently than once a year, if medically necessary.

Your costs in Original Medicare

- Screening mammogram: You pay nothing for the screening test if your doctor or other qualified health care provider accepts assignment.
- Diagnostic mammogram: You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

To find out how much your test, item, or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- Other insurance you may have
- How much your doctor charges
- Whether your doctor accepts assignment
- The type of facility
- Where you get your test, item, or service

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

## Opportunities to Support Enrollment in the Medicare Savings Programs and Extra Help

The Medicare Savings Programs and Extra Help are important programs designed to help low-income Americans afford Medicare coverage. Many people who are eligible for these programs are not yet enrolled.

Each May, the Social Security Administration (SSA) sends letters to 2 million low-income Medicare beneficiaries, informing them about the Medicare Savings Programs and how they can help with Medicare costs. These include the Qualified Medicare Beneficiary (QMB), Specified Low-income Medicare Beneficiary (SLMB), and Qualifying Individual (QI) programs. The letters provide information on what Medicare Savings Programs cover, a brief description of the income and asset criteria, and how to apply.

If you received a letter and need help applying for the Medical Savings Program and Extra Help, please contact Tammy Findlay @ 989-348-7123.



## Caregiver Webinar Series

Caregiving for a loved one comes with unique challenges that can lead to increased stress. NEMCSA Region 9 Area Agency on Aging is hosting a free Caregiver Webinar Series via Zoom, on the second Friday of each month from 1-2pm. See below for dates and topics:

- July 9th: Dealing with Difficult Emotions
- August 13th: Assistive Devices
- September 10th: Preparing for the Future

This month's session, Understanding and Responding to Dementia, teaches the latest research about the science of Alzheimer's disease and how to get involved in local research.

This session is open to healthcare professionals, older adults, and caregivers of all types, whether caring for someone with dementia or a chronic illness to attend.

To register visit <https://tinyurl.com/cargiver-webinar-2021>. For more information or to register, contact Brooke at [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org) or 989-358-4616.

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- Memory & Specialized Care
- Respite & Short Term Care

A Non-Profit Faith-Based Organization

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p: (989)344-2010 • f: (989) 344-2011



# 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.

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

1. abacuses
2. alky
3. analyzed
4. aston
5. autogamy
6. bellwood
7. bestial
8. billhead
9. bundestag
10. burglarious
11. cameronian
12. caney
13. corruptibly
14. demicanton
15. diaconicum
16. epulo
17. erectile
18. erewhon
19. hemoglobin
20. heteroousian
21. hysteretically
22. impound
23. indued
24. jacobitically
25. lushier
26. lynn
27. megalithic
28. midtown
29. multiplex
30. nondenseness
31. nonsuccession
32. nullified
33. offensiveness
34. ornery
35. overnice
36. palest
37. perceivedness
38. prestimulation
39. rajput
40. rejuvenised
41. sensitiser
42. slavishness
43. sneakily
44. squallier
45. studiousness
46. subcritical
47. syllabified
48. trioecious
49. tristam
50. uninundated



## Emergency House Number Signs Available

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

There are still homes in Crawford County which do not have good house number signs. The Crawford County Commission on Aging & Senior Center has a few emergency house number signs still available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home.

The Commission on Aging and Senior Center will assist Crawford County residents age 60 and older in obtaining a sign if you do not already have one. If you are interested contact Tammy Findlay, Advocacy and Resource Coordinator at the Commission on Aging at (989) 348-7123.



## Chicken BBQ Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Chicken BBQ Luncheon on **Tuesday, July 20th from 11:30-1pm**. On the menu will be BBQ Chicken, Potato Salad, Honey Glazed Baby Carrots, Fresh Fruit Salad, and 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.

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Limit 2 Please with coupon

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thru July 31st, 2021

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Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)



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**NO SMOKING** *Thank You*



## Smoking and Your Eyes

July is Healthy Vision Month, and yet another reason to quit smoking and improve your health! Smoking affects many bodily functions negatively, but did you know smoking can have negative effects on your eyesight? Smoking can directly cause two eye conditions: macular degeneration (AMD) and cataracts.

Macular degeneration, also called age-related macular degeneration (AMD), is an eye disease that affects central vision. You need central vision to see objects clearly and for common tasks such as reading, recognizing faces, and driving.

Cataracts cause blurry vision that worsens over time. Without surgery, cataracts can lead to serious vision loss. The best way to protect your sight from damage linked to smoking is to quit or never start smoking.

If you are a smoker, you are twice as likely to develop AMD and two to three times as likely to develop cataracts in your lifetime.

Keep your vision healthy by following these easy tips:

- Exercise regularly.
- Maintain normal blood pressure and cholesterol levels.
- Eat a healthy diet rich in green, leafy vegetables and fish.
- Wear sunglasses and a hat with a brim to protect your eyes from sunlight.

Quit smoking with help from District Health Department #10's Tobacco Treatment Program by calling 231-876-3813 or call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669).



## Upcoming Classes

Our Community Partners are offering free online classes. To register or to learn more about the classes visit the links below.

- **Sleep Education for Everyone**  
Thursdays, July 1- Aug 5, 12-12:30 pm  
<https://events.anr.msu.edu/sleep3/>
- **Powerful Tools for Caregivers**  
Thursdays, July 15-Aug 19, 10-11:30am  
<https://tinyurl.com/nemcsa-ptc>
- **Changing Negative Self-Talk**  
Tuesday, Aug 3, 12:00-1:00pm  
<https://events.anr.msu.edu/selftalkA/>
- **Wellness Initiative for Senior Education**  
Thursdays, Aug 5-Sept 9, 3-5:30pm  
<https://tinyurl.com/WISE-June21>
- **RELAX: Alternatives to Anger**  
Tuesday-Friday, Aug 24-27, 9-10am  
<https://events.anr.msu.edu/relaxaug21/>
- **Stress Less with Mindfulness**  
Monday-Friday, Aug 30-Sept 3, 9-10am  
<https://events.anr.msu.edu/slmaug21/>



## 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 **Wednesday, July 21st at noon.**

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>. Or join via conference call by calling (312) 626-6799 and entering the passcode 330171. For more information call (989) 348-7123.



## DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.



## Use Your Bridge Card for Congregate Meals

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging?

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler. Plus, our contactless meal pick-up ensures less risk of exposure than a visit to the grocery store.

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.

**\$10.00**

Senior Discount on Septic Tank Cleaning

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Grayling, MI 49738



Est. 1941

**\$10.00**

Coupon cannot be used with any other offer or discount.

1941 **80 years** 2021

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Senior Discount on Septic Tank Cleaning

Call us today at **989-348-8411** to make an Appointment!



# Soap and Water vs. Hand Sanitizer – Which is Better?

As more fully vaccinated people help lead the way to herd immunity with COVID-19, it may be tempting to ease up on some of the daily habits you've perfected this past year like keeping your hands clean. Germs are quite literally everywhere, so whatever we touch is bound to make its way on to our hands. Going about your day with clean hands is one of the best ways to prevent infection and further spread of harmful germs.

But if you have a choice, which is best: handwashing or hand sanitizer?

Soap and water make more than just suds. Together, they work wonders to remove all types of germs from your hands. As it turns out, the 20-second time investment (enough to sing Happy Birthday twice) is worth it, since handwashing can remove not just all germs but other harmful agents like heavy metals and pesticides. Moreover, just plain soap will do the job if you don't have antibacterial soap on hand. In fact, antibacterial soap carries no special benefits when compared to plain soap, according to the CDC. Finally, studies have shown that soap and water is much better than its counterpart at removing certain germs, including *Clostridium difficile* (aka C. Diff), a life-threatening germ that can damage the colon and even lead to death. Other pros for Soap include:

- Soap can be used for multi-purposes
- Any plain soap will do
- Soap may be easier to locate in a pinch
- As long as it still lathers, soap is still effective, so you can stock up without worry of expiration

While hand sanitizer doesn't fit the bill for effectively removing greasy substances, dirt, and other debris, it can be effective at killing many germs when you're on the go, with a few important caveats:

- The sanitizer you use must contain at least 60 percent alcohol
- You must use enough sanitizer to cover the entire surface of your hands
- You'll need to rub your hands together until they're dry

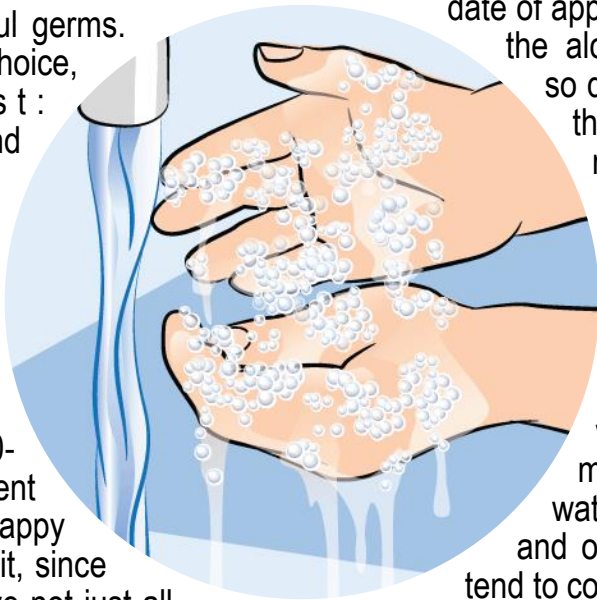
Another curious fact about hand sanitizer? It's regulated by the FDA, giving it an expiration date of approximately three years. As the alcohol content evaporates, so does the effectiveness. For this reason, smaller bottles may be better, as they help ensure quicker use.

The Winner: handwashing the "old fashioned" way may requires access to water and a bit more time, but we have to hand the best method award to soap and water for removing germs and other muck that our hands tend to collect throughout the day.

Remember that you don't need a certain temperature for washing with soap and water to work – though do avoid directly touching faucets and door handles, which can be accomplished with a paper towel. Still, don't discount hand sanitizer as a close contender if a sink and soap just aren't available at the moment. There's a strong chance you're still removing many potentially harmful germs!

People should clean their hands anytime they may have gathered bacteria:

- After using the bathroom or changing diapers
- Before and after eating
- After coughing, sneezing, or blowing your nose
- After using a tissue
- After caring for a sick loved one
- After handling garbage
- After touching or changing a dressing or bandage
- After touching any object or surface that may be contaminated
- After touching an animal, cleaning up after a pet, or preparing food for pets



## Free Equipment: Walkers With or Without Wheels

- Easy push-button mechanisms may be operated by fingers, palms or side of hand
- Each side operates independently to allow easy movement through narrow spaces and greater stability while standing
- Sturdy 1" diameter aluminum construction ensures maximum strength while remaining lightweight
- Rear glide cap allows for walker to slide easily and smoothly over most surfaces
- Vinyl-contoured hand grip
- Comes with or without wheels

The Crawford County Commission on Aging has walkers with or without wheels available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Also available is Boost for those with a prescription. We have 3 flavors, Chocolate, Strawberry, and vanilla. Each case has 27 – 8oz cartons and the cost is \$29.00.

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

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