

Crawford County *Senior Gazette* July 2025

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Lorelei King: A Volunteer Voice That's Shaping Policy, Fighting Ageism, and Refusing to Be Ignored By Toby Neal



When I sat down to talk with Lorelei King, the plan was simple: honor her recent recognition as Volunteer of the Year by Michigan Community Action. Lorelei has logged more than 1,100 volunteer hours,

helping older adults across Northern Michigan. She's organized advocacy campaigns, helped people of retirement age navigate confusing systems, and showed up, day after day, to ensure older adults are seen, heard, and cared for.

But a few minutes into our conversation, it became clear: this wasn't just about celebrating one woman's accomplishments. This was about something much deeper. Something louder. Something more urgent. This was about advocacy. About ageism. About the cultural shift we need, right now, if we want to build a future that respects and protects older adults.

Advocacy isn't just about lobbying in Lansing or passing laws. At its core, it's about speaking up, for yourself, for others, and for the issues that matter. There's what some call "Big A" advocacy, which is more of the formal, strategic efforts like meeting with legislators, organizing campaigns, or pushing policy change. But just as powerful is "little a" advocacy, which are the everyday actions that shift culture. It's writing a letter to the editor, helping a neighbor understand their Medicare benefits, or sharing your own story to show others they're not alone.

Both kinds matter. Big A advocacy changes systems. Little a advocacy changes minds. Lasting change needs both. You don't need a title or a podium to be an advocate. You just need to care and be willing to speak up. Lorelei's story reminds us that advocacy begins in community, one voice at a time. Let's take a moment to talk about ageism. Ageism isn't just a rude comment about someone being "too old." It's a deep-rooted belief that aging makes someone less valuable, less capable, or less worthy of attention and care.

Continued on Page 5

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.

Find Us By Searching

Crawford County
Commission on Aging &
Senior Center



Hours of Operation

Monday - Friday
8:30 a.m. - 4:30 p.m.

4388 W. M-72 Hwy
Grayling, MI, 49738
www.crawfordcoa.org

director@crawfordcoa.org

www.facebook.com/crawfordcoa



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or organization.”

For advertising or addition to the
mailing list, contact us at
(989) 348-7123.

July Birthdays

Nancy MacDonald 7/2
Margaret Haynes 7/5
Ron Kemerer 7/5
Tommi Latoff 7/6
Jim Mshar 7/16
Delores Papendick 7/28
Kathy Shepherd 7/8
**Birthday Lunch is
July 31st @ 12:00 pm**
*Permission forms are at the Senior
Center so we can share your birthday in
this Gazette. Please fill one out!*

Youth Mission Group
Brings Home Repairs
and Hope to Crawford
County

The First Presbyterian Church of
Forest Lake brought their mission
team to Crawford County. The
group, made up of 32 students and
18 adult supervisors, partnered
with the Crawford County
Commission on Aging to complete
essential home repairs for local
residents.
Projects included removing an old
and damaged roof, then installing a
new roof, paving a new walkway,
and installing safety hand railings.
They also built a beautiful 40-foot
accessibility ramp. The
improvements will help these
residents remain safe and
independent in their homes.
“This kind of work helps residents
maintain a level of safety and stay in
their homes longer,” said Sarah
Pollock, In-Home Services Manager
at the Commission on Aging.
“We’re incredibly grateful for the
care and commitment shown by
these volunteers.”
A special thanks goes out to the
volunteers for their hard work and
to all who helped coordinate this
meaningful effort.



Support Groups:

Alcoholics Anonymous
St. Francis Episcopal Church, Grayling
Sun. (O/ST) / Tue. (C/D) / Fri. (C/B)
@ 7:00 pm
Mon. / Fri. (C/D) @NOON
Wed. (W/C/D) (Women’s) @ 7:00 pm
St. John Lutheran Church, Grayling
Sat. (B/C) @ NOON / Thurs.
(C/D)@7:00 pm
Frederic Twp. Hall
SAT. @ 6:00 pm (C/H)

Alzheimer’s Support Group
3rd Wednesday, 11 am
The Brook of Grayling, 503 Rose St.
Info call: COA Senior Center
(989) 348-7123

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

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

Grayling Al–Anon
Tuesdays 11am
St. Francis Episcopal Church,
Grayling
Call: (989)348-5850

Healthy Relationships Group
Thursdays, 2:00-3:30pm
At River House Inc. in Grayling
Register: (989)348-3169 Barbara

Long COVID - Support Group
First Thursday each month, 5-6:30pm
via Zoom, call (231) 935-0951 to
register

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

Weight Loss & Support group
Thursdays 10:30am – 11:30am
St. John Lutheran Church, Grayling
Info: (989)348-1398 Mary Kay

Faith Based Grief Group
Wednesday, 6-8pm—(Aug 2 to Oct
25 Class)
Grayling Baptist Church,
705 Madsen St. (989) 390-0831
www.griefshare.org/about
www.griefshare.org/groups/169551

Commission on Aging
Board Members

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Shannon Sorenson, Vice-Chair
Sandy Woods, Secretary
Laurie Jamison, Commissioner
Mark Ostahowski, Member
Jason Thompson, Member
Cheryl Wolken, Member

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Tammy Findlay, Advocacy & Resource
Coordinator
Carlie Wilson, Senior Center Manager
Lynn Cheney, Office Manager
Receptionists: Helen Nolan & Patty
Lemmons
Kate Moshier, Nutrition Manager
Cooks: Megan Hagle, Dalton Keir
Sarah Pollock, In-Home Services
Manager
Jan Williamson, RN
Kathy Meisner, Program Assistant
Homemakers:
Kathy, Jill, Susan & Danette



General Giving



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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

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

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

Thank you for your consideration.

Sponsors

Silver Sneakers
Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic
by Linda Russel

Hearing Clinic Offered
by Advantage Audiology

Birthday Lunch Flowers
donated by Family Fare

Legal Aid Offered
by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo
by The Grayling Pharmacy

Fit for the Aging
by Sami Szydzik of Stronger
Fitness

Housing Counseling
by Laurie Jamison

Memorials

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax-deductible gift in their name will enable us to continue to provide and initiate programs that promote the well-being and independence of all older adults of Crawford County. You can also buy a memorial plaque to be displayed in our Dining Room. If you are interested in making a donation in memorial of someone, call 989-348-7123 for more information.

Want to Become a Volunteer?

Volunteers are always needed at the Commission on Aging. If you'd like to register to become one of our volunteers, fill out the online application at <https://www.crawfordcoa.org/volunteer/volunteer-application>. Paper copies are available upon request at the COA. For more information, call 989-348-7123.

General Donations

Diana Dawson
J Frances
Kirsten Lietz
St. Mary's of Grayling's
Women's Club
Helen Theisen
Roger Wilcox
Ron & Margaret Yon

Thank You!

Thank You, Donors

Hometown Heroes

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

**Running Talley of Support: \$19,190.00
Thank You!**

Be a hero in your hometown, claim your day, and change a life! Celebrate a birthday, honor a loved one, unite your family, team, or workplace for a cause that delivers more than just meals. Every adopted day helps provide hot, nutritious meals to homebound seniors who depend on them. Each dedication tells a story: like the Grayling Promotional Association celebrating their birthday by giving back, or the Gaffkes honoring the Meals on Wheels team. Imagine your name, your story, your impact on a day that feeds dozens. Adopt a meal day and become a Hometown Hero. When you feed a neighbor, you nourish a community.

Memorial Donations

Farrell Thomas in memory of Linda
Brooks Thomas, David and Cheryl
Millikin in memory of Larry Dean Hunter



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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

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

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

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

All Gifts are Tax Deductible

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

Thank You to Our COA Volunteers

Meredith Anderson
Bob Becks
Ben & Pam Carr
Debbie Carrigan
Ann & Dave Stephenson
Caroline Diponio
Diana Doremire
Kathy Dreffs
Donna Farren
Dave Felker
Richard Ferrigan
Linda Fielhauer
Janet Gilbert
Sherry Haag
Sharron Hagerman
Donn Handy
Val Hendricks
Cheryl Hopp
Annette Hritz
Donna Hubbard
Liedewey Hunter
Cindy Johnson
Ron & Eileen Kemerer
Glenn & Lorelei King
Linda LaBrie
Alice Lee
Nancy Lemmen
Cathy Lester
Kirsten Lietz
Judy Marchlewicz
Dave Markle
Sandy Marshall
Dan & Karen McCarthy
Rick McBride
Tim & Olie Miller
Mike Miller
Toby Neal
Wayne & Rosemary Nelson
Bev Organek
Suzanne & Mark Ostahowski
Ron Pagereski
Lois & Dave Platt
Dave Phelps
Jackson Polock
Keith Radwanski
Al Reynolds
Chuck & Robin Rodgers
Jon & Gail Schultz
Jon Shazari
Sally Slicker
Arlene Smith
Janis Smith
Richard Smith
Cheryl Starr
Randy & Tanya Stephens
Brad Summers
Samantha Sydzik
Tim & Susie Swedine
Farrell Thomas
Ellen Thompson
Ken Thurston
Scott Ulrey
Becky Walrath
Zoella Wethington
Carol Wilder
Ernie & Ruthann Windolph
Janet Williamson
Laura Wood

Shred Day Recap

Thank you to North Central Area Credit Union for sponsoring Shred Day 2025 on Saturday, June 14th. Thanks to their sponsorship, the COA raised \$929.00 from Shred Day 2025. A special thank you to all of the Shred Day Volunteers: Tracy Wilson, Tom & Janet Gaffke, Lisa Pamame, Jack Pilon, Adam Jacobs, Marcia Koppa, Tom Coors, Sandy Moore, and Jerry Larson.



Read about S'more Activities Coming in July



4th of July Parade July 4th, 10:00 am

The Commission on Aging will once again be in the 4th of July Parade. We are looking for people interested in either walking or riding on the float this year. We are asking all volunteers to wear red, white and blue. To be in the parade, all volunteers should arrive to the front parking lot of the COA by 9:30 am Parade line up begins at 10:00 am, and we will be taking the float to the starting line by that time.

CPR/First Aid Class July 16th, 1:00 pm - 5:00 pm

For more complete information, read the full article on Page 12. This class is open to the public and is a cost of \$75 per person. The CPR & First Aid Class will be taught by Christin Turner of the Frederic Fire Department. If you would like to participate in the class, please contact Sarah Pollock at 989-348-7123 to reserve your spot in the class.

Lavender Farm Trip July 16th, 10:30 am - 3:00 pm

The COA will be returning to the Uncommon Ranch Lavender Farm in July. Details on pricing are available on Page 11. You will be participating in a presentation, a tour, and shopping experience at the Uncommon Ranch.

Roscommon Ukers Performance July 24th, 12:30 pm

The Roscommon Ukers will be coming to the center to play a free performance following lunch on July 24th. The group will be playing for about an hour following regular lunch. Lunch will cost the same as normal, a suggested donation of \$4.00 for those over 60, and a cost of \$8.00 for those under 60.

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Grayling Hospital for Animals



- Dr. Katherine Powning
- Dr. Troy Fairbanks
- Dr. Christina Maxwell
- Dr. Pamela Busser

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



Supporting Crawford County's Senior Citizens

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698

Even Though Our Name has Changed, We are Still the Staff You Love.

Grayling Pharmacy

500 N. James St, Grayling
(989) 348-2000
Formerly Known as



TwoRiverDeli

Slicing Meat's & Cheese's to Order

Fresh & Frozen
Pasties

989-344-5554 tworiverdeli.com

Check out our new location @ 600 N James St. Grayling



Medical Equipment Spotlight: Member's Mark Flushable Wipes

Member's Mark Flushable wipes are 99% water and plant-based ingredients and are hypoallergenic and dermatologically tested. They are formulated without alcohol and dyes and have a fresh scent. The solution is designed without ethyl alcohol, parabens, phthalates, dyes, and sulfates. The fibers used to make these wipes are 100% plant-based and are certified through the Forest Stewardship Council FSC. The Crawford County Commission on Aging has some 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.





And it shows up everywhere, from healthcare to hiring practices, from dismissive language to underfunded senior services.

The truth? Getting older isn't a problem to be fixed. It's a powerful part of the human story. But we've built systems, and mindsets (and language to back that up) that ignore or silence older adults instead of honoring their experience.

By 2030, one in four Michiganders will be eligible for Medicare and Medicaid. That's a staggering demographic shift—and one that our systems, communities, and even our language are not prepared for. Lorelei was blunt about it, stating, "we're running out of time to get this right. The baby boomers are aging, and with that comes power—but only if we start organizing and speaking up."

Lorelei is part of the Michigan Senior Advocacy Group (MSAG) and works closely with her Regional Area Agency on Aging. These aren't just bureaucratic terms, they're the scaffolding for a statewide push to get older adults a seat at the table. Not just in services, but in decisions, to help shape policy, and have their stories and voices heard in the cultural conversation.

"We need a shift in how we talk about aging," she told me. "Ageism is one of the last socially acceptable prejudices. And it's baked into our policies."

Lorelei's advocacy is focused, smart, and deeply personal. She uses data, like how home-based care is far cheaper than institutional care, but she also uses stories. Real stories from real people about what it means to grow older in communities that don't always make space for them. Stories of people just like you and me. Before COVID hit, Lorelei was involved in a statewide letter-writing campaign to Lansing.

Over 1,000 handwritten letters poured in from older adults, sharing how programs like home-delivered meals, senior companions, and transportation services changed their lives, providing what they needed when they needed it most. After COVID, that number dropped to 600. Not because people cared less, but because so many seniors were isolated, sick, or disconnected.

"That drop told me everything I needed to know," Lorelei said. "We lost people. We lost momentum. But the stories, we still have them." And it's those stories that lawmakers remember. Lorelei has spent years building trust with state legislators, some of whom now use the same language she trains volunteers to use. She's helping change not just policies, but the vocabulary around aging itself. Words matter. How we speak matters. And for her, that's the whole point. If we don't tell our stories, someone else will. And they probably won't get it right. As someone who works in the substance use disorder recovery field, I couldn't help but notice the similarities between ageism and addiction stigma. Lorelei and I talked about that too.

Older adults are often invisible in conversations about mental health and substance use. But data, and lived experience, tells a different story. Isolation, grief, chronic pain, and untreated trauma don't magically disappear with age. In fact, they can intensify. "People forget that addiction doesn't retire," I told her. "Exactly," she said. "And ageism just makes the silence worse."

We talked about how both fields suffer from the same problems: funding gaps, public misunderstanding, and the need for consistent messaging. Whether we're talking about opioids or aging, it's clear: we need more people trained to speak clearly, confidently, and compassionately. Lorelei's work isn't happening in a big metro area with easy access to decision-makers. It's happening in rural Northern Michigan, where distance, lack of transportation, and political disconnect make advocacy harder.

She's already planning next year's outreach, because she knows the value of persistence. And that's the heart of her work: she just keeps showing up. If you're reading this and thinking, "I'm not sure I could do what Lorelei does," let me tell you something: You can.

You can write a letter. You can tell your story. You can call your representative and say, "I care about older adults." You can speak up when someone makes an ageist joke. You can refuse to be silent when systems fail the people who've paved the way for all of us. And if you want to go one step further? Lorelei wants to hear from you.

You can email her directly at king.lorelei184@gmail.com, or reach out through the Crawford County Commission on Aging to get involved. She's not building a movement by herself. She's building it with you.

"I want to hear people's stories," she said. "About meals, about transportation, about what it feels like to be ignored. That's the fuel for this work."

What's most powerful about Lorelei King isn't just what she's done. It's what she's inspiring others to do. Her legacy isn't a plaque or a headline. It's a ripple effect, a movement.

"It's not about me," she said. "It's about the voices I've helped bring to the table."

So yes, she's the Volunteer of the Year. But more importantly? She's a firestarter. A bridge-builder. A truth-teller. And if we're smart, we'll follow her lead. Because the next chapter in Michigan's future is being written right now. And if Lorelei has anything to say about it, it'll be written in bold, legible font, with the voices of older adults leading the way.





What are the 5 S's of Sun Safety?

The 5 S's of sun safety are a mnemonic device to remember key sun protection measures: Slip, Slop, Slap, Seek, and Slide. These actions help protect skin from harmful UV radiation and reduce the risk of sun damage and skin cancer.

Here's a breakdown of each S:

1. Slip

Slip on sun protective clothing that covers your skin, such as a long-sleeved shirt or t-shirt with a collar.

2. Slop

Slop on a generous amount of broad-spectrum, high-SPF sunscreen (SPF 50 or higher) and reapply it every two hours, or more frequently if swimming or sweating.

3. Slap

Slap on a broad-brimmed hat to protect your face, neck, and ears from the sun.

4. Seek

Seek shade, especially during peak sun hours (typically 11 a.m. to 3 p.m.).

5. Slide

Slide on UV-protective sunglasses to protect your eyes from damage.

Monthly Commodities

Commodities are available for pick-up on the 23rd from 2:00 pm - 4:00 pm. Food must be picked up by Friday, July 25th. Are you in need of commodities? Contact Tammy Findlay for eligibility requirements and to get added to the list. Tammy can be reached by calling 989-348-7123.

Emergency Signs

Emergency address signs are now available for free at the Commission on Aging. Call 989-348-7123 to get yours today. These signs might just save your life.



Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor on Wednesday, July 16th @ 10:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. Understand the potential risks of late enrollment and gaps in coverage.



TAMMY'S TIPS

National Ultraviolet (UV) Safety Awareness Month

NUVSA is observed in July. This month emphasizes the importance of protecting oneself from the harmful effects of UV radiation, which can cause sunburn, skin cancer, and other health problems. It's crucial to be aware of the sun's intensity and take preventative measures when spending time outdoors.



TAMMY'S TIPS

Tips for a Healthy and Fulfilling Life

For a healthy and fulfilling life as you age, prioritize physical activity, a balanced diet, and mental well-being.

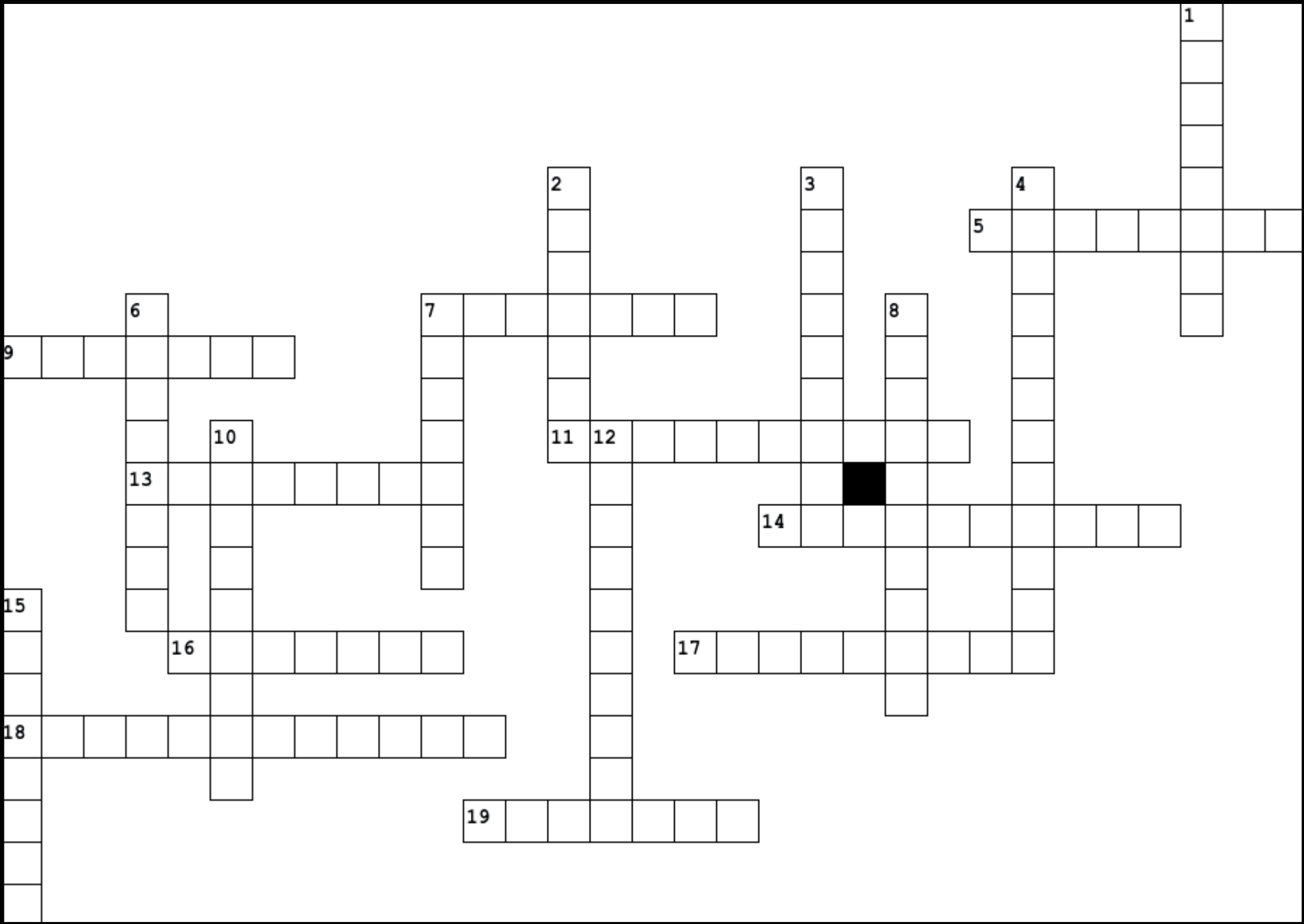
- Regular exercise, even light activities like walking, helps maintain strength and mobility.
- A healthy diet rich in fruits, vegetables, and whole grains supports overall health and potentially improves cognitive function, according to Princeton Health.
- Additionally, staying socially active and engaging in activities you enjoy can combat loneliness and boost mental health. Come join us at the COA Senior Center! The Senior Center has a variety of activities that will keep you socially active and is serving nutritional breakfast and lunch which will help with balancing a diet!

Senior Project Fresh Announcement

This year, the Senior Project Fresh program is transitioning from paper coupons and applications to an electronic system. Online applications for both farmers and adults will be available starting June 17th, 2025. Please continue to visit MDHHS-Senior Project Fresh-Michigan.gov website for information on how to register, or if you need assistance with the application process. Questions or concerns? Please phone Tammy Findlay @ 989-348-7123.



July Crossword Puzzle



Across

- 5. Snapshot sent through the postal service.
- 7. Narrow passage that separates peninsulas and joins lakes.
- 9. Ringed feature where warmth, sparks, and marshmallows meet.
- 11. Keeps count when there’s more than pride at stake.
- 13. Tangible token of intangible memories.
- 14. A pivotal 18th-century conflict that spun the colonies in a new direction.
- 16. Controlled blaze, often the centerpiece of lakeside lore.
- 17. Short adventure, often booked and bused.
- 18. What was declared in Philadelphia, 1776, but only after grievances were listed.
- 19. Breakfast begins on this flat, sizzling surface.



Down

- 1. Diamond-shaped venue with peanuts, caps, and stats.
- 2. Periodic performers of deafening dusk concerts.
- 3. Where waves meet weekenders.
- 4. Document that begins with “We the People.”
- 6. Fossilized coral turned Michigan treasure.
- 7. Sticky stack made famous by Scouts and summer nights.
- 8. Sentiment that flies high on national holidays.
- 10. This heliotropic bloom often turns its face toward the light.
- 12. Rustic escape with fire rings, picnic tables, and possibly bears.
- 15. Invisible summer guest that makes 80° feel like 100°.

To Reveal the Answers, Flip this Newspaper Upside Down
and Use a Magnifying Glass to Check your Work!

1. Ballpark 2. Cicadas 3. Lakeshore 4. Constitution 5. Postcard 6. Petoskey 7. Straits 8. Patriotism 9. Firepit 10. Sunflower 11. Scoreboard 12. Campground 13. Souvenir 14. Revolution 15. Humidity 16. Bonfire 17. Excursion 18. Independence 19. Griddle

July 2025 – Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes/Beef Gravy, Brussels Sprouts, Apple	2 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	3 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Fresh Orange MEAL MAKE UP DAY	Center Closed for the 4th of July
	7 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana	8 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	9 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	10 NO BREAKFAST 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend Hawaiian Luau Special Dinner 4:00p – 6:00 pm Hawaiian Ginger Chicken, Island Sesame Rice, steamed Sugar Snap Peas, Hawaiian Roll, and a Smoked Pineapple Sundae
14 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear	15 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	16 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots	17 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes	18 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange
21 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	22 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana	23 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange	24 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	25 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend
28 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	29 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Parmesan Cod, Brown Rice, Prince Charles Vegetable, Fresh Pear	30 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes	31 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Birthday Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	
Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce	Light Bites – Dine in Only Mojo Chicken, Red Grapes	

July 2025 – Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	2 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 12:30p Mahjong	3 9a Zumba Gold A 10a Zumba Gold B 12:30p 4th of July Party 1p Penny Bingo 3p Grayling Pharmacy Bingo	4 <u>Center Closed for 4th of July</u> 11a Fourth of July Parade
	7 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	8 9a-2p Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	9 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 12:30p Mahjong	10 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Hawaiian Luau Special Dinner
14 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 1p Pantry Bingo	15 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 4:30p COA Board Meeting	16 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 10:30a Uncommon Ranch Trip 10a New to Medicare 11a Alzheimer's Support @ the Brook 12:30p Mahjong 1-5p CPR Class	17 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Assistance	18 10:30a Bible Study 10:45a Fit for the Aging Pantry Bingo Rescheduled to 7/14
21 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	22 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	23 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 12:30p Mahjong 2p-4p Commodities	24 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 12:15p Roscommon Ukers Sing and Play Along	25 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
28 9a-4:30p Footcare 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	29 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	30 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 12:30p Mahjong	31 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 1p Penny Bingo	

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

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

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

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

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

The 4th Wednesday of the month from 2:00 pm to 4:30 pm @ the Commission on Aging.

Congregate Meal Program:

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

Home Delivered Meals: (*Meals on Wheels*)

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

Senior Project Fresh:

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

Resources

Information / Assistance:

(989) 348-7123

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

Legal Assistance:

by Jason R. Thompson, Law Office PLC
Free legal consultations available the 3rd Thursday of each month from 1-5pm

Housing Counseling

Get housing advice from Laurie Jamison from Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm. Call 989-348-7123 for an appointment.

Medicaid/Medicare Assistance Program (MMAP)

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

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

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:

Offered once each year.

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

Geri Fit:

Learn helpful skills to improve balance and strength.

Fitness Programs

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

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

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

Cost of Programs

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



How we Served You in May 2025

At the Senior Center

- We served 875 Congregate Meals

In-Home Services

- Delivered 3,298 home delivered meals.
- Provided 101 hours of respite care.
- We provided 219.75 hours of homemaker services.
- We provided 44.50 hours of bathing assistance services.

Important Phone Numbers:

Social Security
(800) 772-1213 or
(866) 739-4802

Medicare (800) 633-4227

Veterans Administration
(800) 827-1000

Alzheimer's Assistance
(800) 272-3900

Crawford County Commission
On Aging
& Senior Center
(989) 348-7123

Telephone Reassurance Service is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not. A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

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



Region 9 Area Agency on Aging Webinars for June 2025

- **Common Dementia Challenges**
 - Date: Friday, July 11, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)
- **LGBTQ+ Caregivers**
 - Date: Friday, August 8, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)

Registration/Contact Info:
Phone: 989.358.4616
Email: mainvilleb@nemcsa.org



Matter of Balance Coming Fall 2025


Jan Williamson and Mark Ostahowski are joining forces to bring back an important program. Matter of Balance will begin August 18th at 9:30 am. Please call 989-348-7123 to register.

Mount Hope Lutheran Church 2025 Food Truck Schedule

These food trucks will occur at Mt. Hope Lutheran Church, located at 905 N. I-75 Business Loop, in Grayling. Each truck will be on a Saturday and will begin at approximately 10:00 am.


Dates:
July 26th
August 2nd
September 6th
October 4th

Coming Attractions: Save the Dates



Veteran's Coffee Hour Date

Date:
Thursday, July 10th
Time:
10:00-11:00 AM
At the American Legion Post #106
More Info: (989) 344-3861





Versiti Blood Drive

Next scheduled drive is **August 11th.**
All blood drives run from 11:00 am—3:30 pm.



COA Holiday & Party Schedule

July 3rd
Fourth of July Party

September 8th
Grand Parent's Day

October 31st
Halloween Party

November 20th
Friends-Giving Party

December 30th
Noon Years Eve



Secretary of State Mobile Office Visit

August 25th, 10:00 am - 3:00 pm
Appointments are held at the Commission on Aging. Contact the COA to schedule an appointment within 30 days of the listed date. You can get your license, plates, and more taken care of all in one spot. Call 989-348-7123 to register. For pricing information, please contact the Secretary of State.

Juneteenth Correction

I want to extend my sincere apologies for the oversight in scheduling the Back Yard Party on the same day as Juneteenth. I deeply regret not recognizing the significance of the date when planning the event. Juneteenth is an important day of remembrance and celebration of freedom, resilience, and Black history in our country. It deserves thoughtful acknowledgment and space for reflection and community observance. Overlooking this was a mistake, and I take full responsibility. Moving forward, I'll be more mindful and intentional in our planning to ensure that we are respectful of important cultural and historical dates. Thank you to those who brought this to my attention with care and understanding. I truly appreciate the opportunity to learn and do better.

Sincerely,

Carlie J. Wilson, Senior Center Manager

Christian Help Center Food Trucks

Thursday, July 17th
Beaver Creek Township Hall
8888 S. Grayling Rd, Grayling


Thursday, August 21st
12:00 pm—5:00 pm,
Community Health Fair
Crawford County Commission on Aging
4388 E. M-72, Grayling

Thursday, September 18th
Grayling Free Methodist Church
6652 W. M-72 HWY, Grayling

Thursday, October 16th
Frederic Township Hall
6470 Manistee St., Frederic

Save the Date: Lavender Farm Visit

Trip to the Uncommon Ranch
July 16th, 2025
10:30 am—3:00 pm



- Over 60 in county: \$12.00
- Under 60 in county: \$20.00
- Over 60 out of county: \$17.00
- Under 60 out of county: \$25.00

Ticket price accounts for your meal.

Yearly COA Raffle Coming July 28th

Proceeds Benefit the Activities and Programs at the Senior Center
Sponsored By...

Cornell Insurance Agency

Feeny Ford of Grayling

NAPA Moore's Automotive

Tickets are \$1.00 each or \$5.00 for 6 tickets.

The drawing will be held at the 9/11/25 Southern Comfort Special Dinner. Need not be present to win. Suggested donation for those over 60 is \$4.00, the cost for dinner for those under 60 is \$8.00

Southern Comfort Special Dinner

Thurs, 9/11/25 - 4-6pm, at The Commission On Aging & Senior Center, 4388 W M-72, Grayling, MI, 49738 Raffle & Dinner - Open to the Public State Raffle Lic. # R81462



Tickets are available for purchase beginning on July 28th.

Prizes are as follows:

First Prize is \$500

Second Prize is \$250

Third Prize is \$150

You do not have to be present to win. Winners will be called following the dinner on 9/11/2025.

Sign Up to Become Certified in First Aid & CPR at the Commission on Aging

Are you ready to act if a friend or loved one needs help? Have you ever wanted training for CPR or First Aid? Maybe even become certified?

Wednesday, July 16, 2025

1:00-5:00pm

4388 W M72 Hwy Grayling

This event is open to the public!
Cost: \$75 per person

Class will be taught by Christin Turner of the Frederic Fire Department who is a Paramedic and trained instructor for American Heart Association. Class fee will be paid day of to the Frederic Fire Department.

Skills covered in this course include:

- First aid
- Choking relief in adults, children, & infants
- What to do for sudden cardiac arrest in adults, children, & infants
- Education in the use of the Automated External Defibrillator (AED) machine.

If you'd like to attend the class, please call the Commission on Aging to register at (989) 348-7123.

Support Meals on Wheels with Our Little Caesars Fundraiser!

Love Little Caesars Pizza? So do we! Now we have the perfect excuse for you to stock up!

The Crawford County Commission on Aging & Senior Center is raising money for Meals on Wheels, and all you have to do is order Little Caesars.

Now through July 15th, you can purchase coupons, Little Caesars Pizza Kits, Crazy Bread®, cookies, and more, by visiting <https://fundraising.littlecaesars.com/products?support=6a1311e3-7639-481a-ac5f-e683c2b3cdd5&c=5>

Ordering through our affiliate link ensures a portion of your order helps the Commission on Aging deliver hot, nutritious meals to homebound older adults right here in Crawford County.

Here's a list of just some of the things you can order:

- Pizza Kits (Pepperoni, Cheese, 3-Meat, Stuffed Crust & more)
- Bread & Sides (Crazy Bread®, Italian Cheese Bread)
- Sweets (Chocolate Chip Cookies, Cinnamon Crazy Bites)
- In-store coupons, sent via email, for deals at participating locations

The whole process is easy. Visit the link, place your order, and you're done. Kits ship directly to your home — no pick-up, no extra steps. It's that easy. You get pizza, we fund Meals on Wheels.

Buy now. Eat well. Help local seniors. For questions, call the Commission on Aging at 989-348-7123 or stop by 4388 W. M-72 HWY in Grayling. You can also scan this QR code to order!



Senior Center Updates

After you "Like" us, our events, program posts, and many more pictures will link on your page.

Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

When your friends & family visit your

Facebook page, they will see our posts on your page feed. It's a great way to brag about the awesome activities, programs, and pictures we have for you plus include your family in events.

facebook.com/CrawfordCOA/
Like, Love or Share
Please help us grow our impact with free publicity.



Grayling Save a lot

1/2 Gallon White Milk \$1.49

Skim, 1%, 2% or Whole

1 per family. Valid 07/01/2025-07/31/2025

2333 S. I-75 Bus. Loop (989) 348-6690

More coupons at: www.SaveALot.com

Pet Palooza 2025 Cancelled

Pet Palooza 2025 has been cancelled due to insufficient funding. This popular event has provided free pet vaccines, microchipping, and important resources to help keep pets safe and healthy. Last year's event was supported by grants and federal funds, which are no longer available at this time.

The COA understands that this news is disappointing. Please know that this decision was not made lightly. Efforts were made to secure alternative funding, but without the necessary resources, the event cannot be held this year. Should funding become available in the future, there is hope to bring Pet Palooza back. Thank you for your understanding. If you have questions or are seeking local resources for vaccinations or pet services, please don't hesitate to contact the COA at 989-348-7123.

July Word Search

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

- | | | | | |
|-------------|-------------|-------------|----------------|------------------|
| 1. Picnic | 11. Skillet | 21. Outing | 31. Firework | 41. Starspangled |
| 2. Floatie | 12. Parasol | 22. Airboat | 32. Congestion | 42. Postcard |
| 3. Goggles | 13. Bunting | 23. Lantern | 33. Marshes | 43. Swimmer |
| 4. Tenting | 14. Shells | 24. Rodeo | 34. Trout | 44. Bass |
| 5. Boating | 15. Charter | 25. Tubing | 35. Souvenir | 45. Constitution |
| 6. Jetty | 16. Koolaid | 26. Ferry | 36. Starfish | 46. Excursion |
| 7. Campers | 17. Cricket | 27. Towels | 37. Itinerary | 47. Canoeing |
| 8. Cookout | 18. Sandbar | 28. Seagull | 38. Shelling | 48. Sunshade |
| 9. Kite | 19. Pelican | 29. Route | 39. Jetstream | 49. Coolness |
| 10. Lobster | 20. Pond | 30. Sunroof | 40. Roadtrip | 50. Gazing |



Hooray for Summer..... but “Keep Your Cool”!

We’re finally seeing some nice warm weather and it’s great to get out and enjoy it. That being said.....we also need to make sure we don’t overdo and experience too much heat. Here’s some tips to keep yourself safe and enjoy our beautiful Michigan summer.

Tips for staying cool

- Limit your time in the heat.
- When it is above 90° F, find somewhere with air-conditioning or take cool showers or baths.
- Avoid direct sunlight. Don’t rely on electric fans to stay cool.
- Wear loose, lightweight, light-colored clothing.

Tips for staying hydrated

- Drink more water than usual.
- Drink before you get thirsty.
- Drinking more often is better than drinking large amounts infrequently.
- Avoid alcohol or liquids that have high amounts of sugar and/or caffeine.

Drinking WATER is the best way to stay hydrated while working in the heat. It is also important to eat regular meals that replace the salt lost from sweating.

When working or being active in the heat, drink about one cup of water every 15–20 minutes. Drink about one quart of water per hour.²

For people without air conditioning

- Use a buddy system - check on a friend or neighbor and have someone do the same for you.
- If someone in the home is at least 55 years old, or if air conditioning is medically necessary, apply for State Emergency Relief (SER) through DHHS
- Text or call Michigan 211 or contact your local health department to locate a cooling center.
- Spend some time at a Crawford COA, public library, or other public buildings — even a few hours spent in air conditioning can help.

Who is most at risk for heat-related illness?

- People older than 65 • Outdoor workers
- Low-income individuals and families • People who live alone
- People without air conditioning • People with chronic conditions (e.g., diabetes, cardiovascular disease, and respiratory disease)

Get Alerts

- Reach out to your county or local emergency management office to see what local alert system they use.
- Pay attention to weather reports when it is hot or if a heat emergency is declared.
- Many weather phone apps also provide National Weather Service (NWS) heat alert information.



Health Carnival

The Health Carnival will be held at the Crawford County Commission on Aging & Senior Center. This event is in partnership with Catholic Human Services, District Health Department #10, Michigan State University Extension Office, Crawford County Community Christian Help Center, and the Crawford County Commission on Aging. There will be a food truck present. The Health Carnival will be held on August 21st from 11:00 am - 3:00 pm. The event will be held at 4388 W. M-72 Highway in Grayling.

Listening Session July 18

The Michigan Commission on Services to the Aging will hold a public listening session on Friday, July 18, 2025, at 1:00 p.m. at the Crawford County Commission on Aging, 4388 M-72 E, Grayling. Older adults, caregivers, and aging network professionals are invited to share feedback on issues affecting Michigan’s aging population. Those wishing to speak must register on-site and complete a comment card. Comments are limited to 3–5 minutes. For accommodations, contact Kelly Cooper at 517-214-1618 or CooperK6@michigan.gov.

CRAWFORD COUNTY LIBRARY JULY ACTIVITY SCHEDULE

Kid Crafts

Tuesdays @ 11am July 1, 8, 15, 22, 29

Adult Crafts

Wednesdays @ 1 pm July 2, 9, 16, 23, 30

Culinary Classes

Kids kitchen safety 21st @ 11am
Adult Fruit tray 28th @ 5pm

Chad Patterson - Hear a Story, Build a Story

Tuesdays, July 1, 8, 15, 22, 29 @ 2pm

Storytime

Wednesdays @ 11am with special guest author Sue Harrison on the 16th

Friday Movie Days

July 11th @ 10 am
July 18th @ 3pm
July 25th @ 10am

Picture Study

July 17th @ 11am

DEAR Silent Book Club

July 24 @ 11am

Upcoming Online Classes from MSU Extension July 2025

SLEEP Education for Everyone Program - 9:30AM or 7:30PM - Virtual

**July 9, 2025 – August 13,
2025 9:30 AM - 10:00 AM OR
7:30 PM - 8:00 PM Online via
Zoom**

ONLINE: RELAX Alternatives to Anger Fast Track July 2025 **July 14, 2025 – July 23, 2025 Online via Zoom**

Thriving on a Fixed Income! (Webinar) - July 16, 2025 **July 16, 2025 11:00AM – 12:00PM Zoom webinar**

Savvy Tips for Starting a Small Business Webinar - July 16, 2025 **July 16, 2025 6:00PM – 7:00PM Zoom webinar**

Make a Spending Plan Work for You! (Webinar) - July 22, 2025 **July 22, 2025 10:00AM – 11:00AM Zoom**

Wealth Building ~ (Webinar) - July 23, 2025 **July 23, 2025 12:00PM – 1:00PM Zoom webinar**

Seated Tai Chi for Arthritis and Fall Prevention, 1:30-2:30pm ET, July 29-Nov. 18 **July 29, 2025 – November 18, 2025 Online**

Mindfulness for Better SLEEP, 3pm, July 29-Sept. 2 **July 29, 2025 – September 2, 2025 Online**

Online Matter of Balance, 12:30pm CT/1:30pm ET, July 30-Sept. 24 **July 30, 2025 – September 24, 2025 Online**

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Pull Together for Native Plants Recap

The Crawford County Commission on Aging would like to extend a heartfelt thank you to Huron Pines and the incredible volunteers who joined us for a day of hands-on work in our native plant gardens. Thanks to Huron Pines' leadership and the dedication of community volunteers, we were able to make significant progress in improving and beautifying our outdoor spaces. A total of 36 native plants—12 coneflowers, 12 black-eyed Susans, and 12 bee balm (wild bergamot)—were planted in the median in front of our building. Volunteers also removed bags upon bags of invasive weeds from the native plant garden on the hill, giving our existing plants more space and a better chance to thrive. Thank you to the Community Garden, Huron Pines, and each of the volunteers who dedicated their time. The COA is grateful for their partnership and continued commitment to environmental stewardship in our community.

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THE KITCHEN
CORNER

Welcome to The Kitchen Corner

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

Bacon-wrapped Jalapeno Poppers Recipe

This July I would like to share one of my personal favorite recipes. If you have a smoker, I encourage you to use it, but I have included instructions to bake them as well and they are delicious either way (of course they are, they are bacon-wrapped). I hope everyone has a great time and stays safe this year as we celebrate our Nation's freedom. Happy Independence Day!

8 Jalapenos

1 8oz block of cream cheese

3oz grated sharp cheddar cheese

12oz-1 lb bacon (thin cut!!!)

½ tsp. garlic powder

½ tsp. onion powder

¼ tsp. Kosher salt

1/8 tsp. black pepper

Optional: Montreal Steak Seasoning

1. Let your cream cheese sit out until it comes to room temperature. Once it is completely room temperature mix the sharp cheddar cheese, garlic powder, onion powder, salt, and pepper in thoroughly. Set aside.

2. Wash and dry your peppers and then slice them in half lengthwise through the stem.

3. Clean as much pith and seeds out of your peppers as you would like. Keep in mind that it is the pith and not the seeds that produce the heat. If you scrape every bit of white out of the pepper you will have a mild, more of a bell pepper taste but I recommend leaving a little behind if you don't mind some spice. The flat end of a spoon handle will work well to scrape along the inside of the pepper to remove what you don't want.

4. Fill your pepper halves with the cream cheese mixture, pressing it down to make sure it fills the pepper and level it off.

You don't want it to heap over the sides so it doesn't run out when it cooks. 5. Wrap with bacon! Start at one side or the other and wrap the bacon around the pepper.

I think it's easiest to use a whole piece of bacon per pepper half and wrap the bacon so that it overlaps itself the whole way down before tucking it in the other end to keep it together but for anyone that doesn't want that much bacon you can cut your bacon piece in half and wrap it more sparingly around the pepper and use a toothpick to keep it in place.

6. I like to sprinkle them with steak seasoning at this point and pat them down to make sure it sticks for a little extra flavor, but this is optional. From here either smoke them at 225 degrees for 2-3 hours until the peppers are tender all the way through or bake in a 400-degree oven for 20-30 minutes. Watch carefully towards the end of the cooking time on either method and poke with a fork to test pepper doneness. Different size peppers take different lengths of time to cook.

Notes: 1. Wear gloves or mindfully wash your hands when handling Jalapenos! Do not touch your face after handling them until you wash your hands or it will burn.

2. Try to choose peppers that are the same size and weight so that they will cook evenly.

3. If smoking, anything will be good, but Applewood or Mesquite would be lovely.



Special Dinner Recap & Preview

Thank you to everyone who joined us for our Father's Day dinner! We very nearly hit our biggest participation number with around 250 people!!! Did you get a chance to look at the classic cars parked outside? Does anything say Father's Day better than eating BBQ and looking at cool cars? Thank you, Fred Hinkle, for organizing that special treat for us. Winners of the door prize and 50/50 raffles were Ron Gribb (\$256.00), and Rob Koerner (door prize). The winning best (worst?) dad joke was submitted by Denis Kogelman. Next up, get your grass skirts and coconuts ready for our Hawaiian Luau Special Dinner on July 10th. We will be serving Hawaiian chicken, sesame rice, steamed sugar snap peas, Hawaiian rolls, and a smoked pineapple ice cream sundae, you won't want to miss it!

