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## Crawford County is Excited for Pickleball to Come to the Commission on Aging

Written by Carlie Wilson

We've all heard the saying, "If you can't handle the heat, get out of the kitchen." In pickleball, however, the kitchen isn't a place to cook, it's a seven-foot zone near the net where players have to think strategically about every shot they take. Soon, Grayling residents will have the chance to learn all about the kitchen, and the sport that has become one of the fastest-growing activities in the country.



Thanks to the support of the City of Grayling and funding through a Michigan Department of Natural Resources Spark Grant, the Crawford County Commission on Aging and Senior Center is in the process of constructing three brand-new pickleball courts.

As excitement builds around the project, one local resident is especially eager to welcome new players to the game. For Debi Hool, pickleball offers much more than a game. It's exercise, friendship, and a chance to stay active at any age.

"Pickleball is coming to Grayling," Hool said. Once the courts open up, "The Commission on Aging will be offering free beginner lessons on Tuesdays and Thursdays starting in August from 9:00 a.m. to 10:00 a.m."

Hool first discovered the sport while spending winters in Leesburg, Florida. After hearing about pickleball's growing popularity, she and her husband decided to attend a free beginner lesson.

**Continued on Page 11**

## Hours of Operation

Monday - Friday  
 8:30 am - 4:30 pm  
 4388 W. M-72 Hwy  
 Grayling, MI, 49738  
[www.crawfordcoa.org](http://www.crawfordcoa.org)  
 Find us on Facebook!



SCAN ME

## Find Us By Searching

Crawford County  
 Commission on Aging  
 & Senior Center



## Our Mission

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



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

Smartphone Scan to our Website



## Detroit Tigers Trip Tickets Still Available

Step up to the plate for an unforgettable day at Comerica Park with the Crawford County Commission on Aging! Join us on July 29th as we travel to Detroit to cheer on the Tigers and enjoy all the excitement of Major League Baseball. Our motorcoach will depart from the Crawford County Commission on Aging at 8:00 a.m. (please arrive by 7:30 a.m. for check-in).

Your \$125 ticket includes a reserved stadium seat, a delicious meal provided by the COA on the ride to the game, a classic ballpark meal at the stadium, and round-trip transportation aboard a comfortable motorcoach. With only 50 seats available, this popular trip is expected to fill quickly. Don't miss your chance to enjoy great baseball, good food, and a fun day out with friends. If you require an ADA seat, please let us know when purchasing your ticket.



## Annual COA Raffle Coming Soon!

Proceeds from this raffle benefit Activities & other programs at the Senior Center. **The raffle is sponsored by Cornell Insurance Agency, Feeny Ford of Grayling, and NAPA Moore's Automotive.** Tickets are \$1.00 each or 6 tickets for \$5.00. First prize is \$500, second is \$250, and third is \$150. Winners will be announced at the September Thursday Night Lights Special Dinner. You do not need to be present to win. Keep an eye on future Gazettes for more information on the annual raffle!

## GAYLORD SENIOR EXPO

Wednesday, September 16<sup>th</sup>, 2026  
Hours: 1:00 pm - 4:00 pm

At Ellison Place, in Gaylord  
**THIS EVENT IS FREE TO ATTEND!**

For more information, visit [www.GaylordSeniorExpo.com](http://www.GaylordSeniorExpo.com) or call 989-858-3400

## Medicare/Medicaid Conference Coming August 6<sup>th</sup>, 11:00 am - 12:30 pm

Navigating Medicare and Medicaid can be confusing, but an upcoming educational conference aims to make understanding these important programs easier. Join us on August 6 from 11:00 a.m. to 12:30 p.m. for a Medicare/Medicaid Conference designed to provide valuable information for older adults, caregivers, and anyone interested in learning more about healthcare coverage options. Sponsored by Molina Healthcare of Michigan and the Michigan Association of Senior Centers, this free educational event will feature knowledgeable presenters who will explain key differences between Medicare and Medicaid, eligibility requirements, available benefits, and resources that may help reduce healthcare costs. The conference will also provide an opportunity to ask questions and gain a better understanding of available services and support programs. Whether you are approaching Medicare eligibility, helping a family member navigate coverage options, or simply looking to stay informed, this event offers practical and timely information. Participants will leave with a clearer understanding of their healthcare choices and where to turn for additional assistance. Mark your calendar and join us for an informative afternoon focused on helping you make confident healthcare decisions.

## Health Carnival 2026 to be held on August 13<sup>th</sup> 11:00 am - 2:00 pm

The Crawford County Commission on Aging invites you to an exciting day of fun, learning, and community connection at this summer's Health Carnival, taking place on Thursday, August 13th at the Crawford County Senior Center, located at 4388 West M-72 Hwy, Grayling, MI (just east of town).

This free event runs from 11:00 AM to 2:00 PM and offers something for everyone. Whether you're interested in healthy living resources, fun games, or just looking to spend the afternoon with friends and family, the Health Carnival is the perfect place to be.

What to Expect:

- Dozens of vendors from the healthcare field
- A Food Distribution Truck to help support nutrition in the community
- Red Cross Blood Mobile
- Blood Pressure Checks
- Engaging games and activities
- Prizes and giveaways
- Opportunities for learning about health, wellness, and local resources

This event is funded in partnership with a number of local organizations, including the Crawford County Commission on Aging & Senior Center, Molina Healthcare of Michigan, and Michigan Association of Senior Centers (MASC). It's free fun for all ages and a great opportunity to come together as a community while focusing on health and wellness. If you need assistance attending any of the health conferences, including the Health Carnival, bus tickets are available.

For more information, call the Crawford County Commission on Aging at (989) 348-7123.

## Senior Gazette Staff

Editor — Brian McLaughlin  
Contributing Writers  
Carlie Wilson, Kate Moshier,  
Tammy Findlay, Todd Lako, Sarah  
Pollock, and Jan Williamson.  
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*"Views and comments expressed  
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necessarily the comments or  
views of the Crawford County  
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its board. The Senior Gazette is  
funded by advertising dollars, but  
the Commission on Aging does  
not necessarily endorse any one  
business or organization."*

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

## Commission on Aging Board Members

Karl Schreiner, Chair  
Shannon Sorenson, Vice-Chair  
Sandy Woods, Secretary  
Sandra Moore, Commissioner  
Mark Ostahowski, Member  
Jason Thompson, Member  
Cheryl Wolkens, Member

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

## New to Medicare Presentation



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 15th,  
at 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.

## Special Dinner Schedule

July 16th

Hawaiian Luau

August 20th

Backyard BBQ

September 17th

Thursday Night Lights

October 22nd

Halloween

November 19th

Thanksgiving

December 17th

Christmas

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

## Secretary of State Mobile Office

August 8<sup>th</sup>,

11:00 am - 3:00 pm

Come out to the SOS  
Mobile Office on August 8th  
to renew licenses, obtain  
identification cards, register  
vehicles, and complete  
other important transactions  
without traveling to a branch  
office. Appointments are  
limited, so residents are  
encouraged to sign up and  
take advantage of this  
convenient opportunity to  
access vital state services  
close to home. Come see  
what the Mobile Office can  
do for you!

## Blood Drive July 8<sup>th</sup>,

1:00 pm - 3:00 pm

Blood donations are needed  
every day to help patients  
undergoing surgeries,  
receiving cancer  
treatments, recovering from  
accidents, and facing other  
medical emergencies. A  
single donation can make a  
meaningful difference and  
help ensure hospitals have  
the blood supply they need  
when lives are on the line.  
Community members are  
encouraged to donate at the  
upcoming Blood Drive on  
July 8 from 1:00 p.m. to  
3:00 p.m. Donating blood is  
a safe and simple way to  
give back, and just a small  
amount of your time can  
have a lasting impact on  
someone in need. For  
details on how to sign up,  
please see page 5.

## Support Groups & Resources:

### Alcoholics Anonymous

St. Francis Episcopal Church  
Monday/Friday: 12:00 pm - 1:00 pm  
Tuesday/Friday/Sunday:  
7:00 pm - 8:00 pm

### St. John's Lutheran Church

Thursday 7:00 pm - 8:00 pm  
Sunday 12:00 pm - 1:00 pm

### 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

"Choices" is a 26-week education  
program for women who are in the  
court system, have experienced  
domestic violence and/or sexual  
assault, have fought back in abusive  
situations, have used force, and  
need help learning positive conflict  
resolution skills. For more  
information on group dates and  
times, contact River House at (989)  
348-1719 opt #8.

### Healthy Relationships Group

Please contact an Outreach  
Advocate at the River House Shelter  
at (989) 348-1719 opt #5 to learn  
more about this group and where it  
meets. These meetings are  
confidential.

### Long COVID - Support Group

First Thursday each month, 5:00  
-6:30 pm  
via Zoom, call (231) 935-0951

### Narcotics Anonymous

Wednesdays, 8:30 pm - 9:30 pm  
Saturdays, 4:00 pm - 5:00 pm  
St. Francis Episcopal Church,  
Grayling

### Grief Share Ministry Grayling Baptist Church

This ministry provides support to  
those who have lost a loved one or  
to those supporting someone who  
has lost a loved one. This group  
meets every Wednesday from 6 PM  
to 8 PM.

### Hope Begins Here

308 Lawndale St  
(989) 745-6090  
Drop-in Mental Health Assistance  
Center. Offers a haven for people  
with mental health disorders.

\$10.00

Senior  
Discount  
on  
Septic Tank  
Cleaning

Jack Millikin, Inc.  
4680 North Down River Rd.  
Grayling, MI 49738



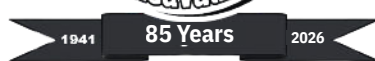
Call us today at  
**989-348-8411**  
to make an  
Appointment!

\$10.00

Senior  
Discount  
on  
Septic Tank  
Cleaning

\$10.00

Coupon cannot be  
used with any other  
offer or discount.



Expires 10/31/26

\$10.00

## Veteran's Coffee Hour Date

Date: Thursday, July 9th  
Time: 10:00-11:00 AM  
The meeting is held at the  
American Legion Post #106  
More Info: (989) 344-3861



# 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](http://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 IRA, 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

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

## General Donations

Kirsten Lietz

Pam Martens

St. Mary's of Grayling's Women's Club

Roger & Nancy Wilcox

Ron & Margaret Yon

*thank you*

## Hometown Heroes

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

**Running Tally of Support: 104 Days,  
\$32,090. Thank You!**

Become a Hometown Hero by donating  
a day's worth of meals for local Meals  
on Wheels recipients!

July 8<sup>th</sup> was donated by David &  
Kathleen Boissevain in honor of Helen  
Bosissevain's 95<sup>th</sup> birthday.

July 10<sup>th</sup> was donated by Keith  
Radwanski and Erin Fanning in memory  
of Eugene Marcinek.

July 15<sup>th</sup> was donated by Bill and  
Sherry Haag, in memory of Troy Haag,  
who loved to cook.

## Memorial Donations

Farrell Thomas donated in memory of  
Linda (Brooks) Thomas

## 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.

# July Featured Activities

## Versiti Blood Drive July 8<sup>th</sup>, 1:00 pm - 3:00 pm

Participants interested in signing up to donate blood can visit the Versiti Donor Portal and schedule a time to give. The link to our portal is: [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11628593](https://donateblood.versiti.org/donor/schedules/drive_schedule/11628593). You can also call Versiti Gaylord to sign up at 1-866-642-5663. Versiti does take walk-ins for the Blood Bus, but it is recommended to make an appointment.

## Music for Life July 9<sup>th</sup> and July 23<sup>rd</sup>, 3:00 pm - 4:00 pm

If music is your passion, Music For Life is the class for you. Whether you love to sing, dance, play an instrument, or simply enjoy making music with others, this lively and engaging program offers something for everyone. Led by Karen and David Ross, Music For Life brings people together through the joy, energy, and connection that music creates. Open to all ages and skill levels, this class encourages participation, creativity, and fun in a relaxed atmosphere. Come experience the excitement, make new friends, and discover why Music For Life is a favorite among music lovers throughout the community. Don't miss your chance to be part of the music!

## Grief Group July 14<sup>th</sup>, 10:00 am - 11:30 am

Losing a loved one can be one of life's most difficult journeys, but you don't have to walk it alone. This grief support group provides a caring, confidential, and understanding environment where individuals who have experienced the death of a loved one can connect with others who share similar experiences. Participants will find emotional support, encouragement, and helpful information to aid in the healing process. The group meets monthly on the second Tuesday for a 90-minute session, offering a welcoming space to share, listen, and grow. No registration is required.

## Cancer Support Group July 14<sup>th</sup>, 1:00 pm - 2:30 pm

A cancer diagnosis affects more than just the individual; it impacts families, friends, and entire support networks. This welcoming and supportive group provides a safe space to share experiences, gain valuable resources, and find strength through meaningful connections with others who understand the cancer journey. Whether you are newly diagnosed, undergoing treatment, in remission, living with long-term effects, or supporting a loved one with cancer, you are welcome to attend. Open to the public with no age restrictions, the group meets monthly on the second Tuesday for a 90-minute session focused on support, education, and hope.

For more information, please call the Crawford County Commission on Aging at 989-348-7123.

## Book Club Featured Read: *EMP Silent Grid* by William Stone July 29<sup>th</sup>, 10:00 am - 11:00 am

What would you do if everything changed in an instant? Join us for Book Club as we discuss this gripping post-apocalyptic novel about a grandmother determined to protect her grandchildren after an EMP plunges the country into chaos. Filled with suspense, resilience, and the power of family, this story explores survival when there is no help coming and every decision matters. Pick up a copy of *EMP Silent Grid* by William Stone, start reading, and join us for a lively discussion of this unforgettable journey through a world turned upside down.

# Volunteers

Mark Anderson	Dave Markle
Meredith Anderson	Sandy Marshall
Ann Berglund	Rick McBride
Debi Carrigan	Dan & Karen McCarthy
Carolyn Cochran	Jessica Meek
Jane Croze	Brian Miller
Carolyn Diponio	Tim & Olie Miller
Diana Doremire	Mike Miller
Kathy Dreffs	Marlyn Neuberger
Donna Farren	Bev O'Connor
Tom Fauntleroy	Bev Organek
Linda Fielhauer	Mark & Suzanne
Bob Gerring	Ostahowski
Janet Gilbert	Ron Pagereski
Sherry Haag	Jackson Pollock
Sharron Hagerman	Keith Radwanski
Donn Handy	Al Reynolds
Nancy Haywood	Chuck & Robin Rodgers
Ashley Hempel	Karen & David Ross
Susan Hensler	Jon & Gail Schultz
Cheryl Hopp	Jon Shazri
Annette Hritz	Sally Slicker
Liedewey Hunter	Richard Smith
Cindy & Jim Johnson	Cheryl Starr
John Kay	Randy & Tanya
Ron & Eileen Kemerer	Stephans
Glenn & Lorelei King	Barb & Brad Summers
Nancy Lemmen	Tim & Susie Swedine
Karen Leslie	Farrell Thomas
Cathy Lester	Ellen Thompson
Kirsten Lietz	Ken Thurston
Dave & Mary LoPresto	Scott Ulery
Annette Lucido	Carol Wilder
Mike Lutz	Laura Wood

## July Birthdays

Nancy Macdonald 7/2  
Ron Kemerer 7/5  
Tommi Latoff 7/6  
Kathy Shephard 7/8  
Jim Mshar 7/16  
Bert Koerner 7/29

Birthday Lunch is on Tuesday, July 21st, 11:30 am - 12:30 pm. Want your birthday in the Senior Gazette? Stop by Reception to fill out the form to allow us to share.

## Commodities Food Program Pick Up is July 22nd, 1:00 pm - 3:00 pm

Commodities Pick-Up for July will take place on July 22 from 1:00 pm to 3:00 pm at the Crawford County Commission on Aging. For more information about July commodities, or to register for the program, please contact Tammy Findlay at 989-348-7123.



### Pet Safety

To keep your pets safe in summer, limit outdoor activities to early mornings and late evenings, ensure they have unlimited access to fresh water, and never leave them unattended in a parked car

## Upcoming Mobile Food Pantry Dates for the Christian Help Center

July 23: Beaver Creek Town Hall, 10:30 am  
August 13: Crawford County Commission on Aging, 11 am  
September 17: Grayling Free Methodist Church, 10:30 am  
October 22: Frederic Township Hall, 10:30 am

## Mt. Hope Lutheran Church Saturday Food Distribution

August 1, 2026 10-11:30  
October 3, 2026 10-11:30



## How to Access the Double Up Food Bucks Program

If you have a Bridge Card, you could be unlocking more than you think at the grocery store. Through Michigan's Double Up Food Bucks program, your dollars go further, much further. Since 2009, thousands of families across the state have taken advantage of this program, bringing home more than 30 million pounds of fresh, healthy food. Vegetables and fruit can be fresh or frozen, as long as they have no added sugars, salts, or fats.

Here's how it works: when you use your Bridge Card to buy fruits and vegetables, Double Up Food Bucks matches your purchase dollar for dollar. That means twice the fresh produce for you and your family, without spending an extra dime. It's a simple way to make healthy eating more affordable, while putting more nutritious options on your table every day.

Have questions? Reach out to Tammy Findlay at 989-348-7123.



## Making Appointments

To make an appointment with me, call a few days ahead of time. Contact the Senior Center to request a personal meeting with me. The number is 989-348-7123.

## Medicare Fraud: What to Be Aware of

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse, though that number is impossible to measure. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being.

Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected.

### Common Examples of Fraud, Errors, or Abuse:

Some common examples of fraud, errors, or abuse could include:

- Charging for services or supplies that were not provided.
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment.
- Prescribing or providing excessive or unnecessary tests and services.

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Stealing from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future. (Site: AAA Region 9)

## Pollen is in the Air Again

Pollen in the air—from blooming trees, grasses, and weeds—varies greatly by season and location. In early summer, grass pollen is typically the primary concern, while tree pollen peaks in spring and ragweed arrives in late summer. This powdery substance often triggers hay fever and respiratory irritation in sensitive individuals

**Monitor Local Levels:** Check daily allergen forecasts.

**Peak Times:** Pollen counts usually peak in the morning and early afternoon. Schedule outdoor activities for the late afternoon or right after a good rain.

**AT-Home Defense:** Keep your windows closed during high-pollen days and consider using an indoor air purifier.

## Senior Project Fresh

The 2026 Senior Project FRESH program provides eligible participants with free nutrition education and \$25 in benefits that can be exchanged for fresh fruits, vegetables, and honey at local farmers' markets and roadside stands. Participants can apply online through Healthy Together using either a mobile app or web application.

The program runs from May through October 31. For questions or more information about Senior Project FRESH, please contact Tammy Findlay at 989-348-7123.



Apple App Store

Open your cellphone camera and scan either of these QR codes to be taken to your phone's app store to download the app.



Google Play Store

## Upcoming Online Classes from Michigan State Extension Office July 2026

Upcoming Online Classes from MSU Extension- July 2026

The Informed Renter - July 1, 2026

July 1, 2026 12:00PM – 1:00PM Zoom Webinar  
Tai Chi for Better SLEEP, July 6-August 26, 12-1:30pm

July 6, 2026 12:00PM – 1:30PM Online

Seated Tai Chi for Better SLEEP, July 6-August 26, 2-3:30pm

July 6,

2026 2:00PM – 3:30PM Online

RELAX: Alternatives to Anger Online

July 7, 2026 12:00PM – 1:00PM zoom webinar

How Much Home Can You Afford? (Webinar) -

July 8, 2026

July

8, 2026 12:00PM – 1:00PM Virtual – Zoom

Thriving on a Fixed Income! (Webinar) - July 9, 2026

July 9, 2026 12:00PM – 1:00PM Zoom

Mindfulness for Better SLEEP, July 14-August 18

July 14, 2026 9:00AM – 10:30AM Online

Chronic Disease PATH Toolkit, July 14-August 18

July 14, 2026 11:00AM – 12:00PM Telephone Call

Chronic Pain PATH Toolkit, July 14-August 18

July 14, 2026 12:30PM – 1:30PM Telephone Call

Mortgage Foreclosure Basics Webinar - July 16, 2026

July

16, 2026 10:00AM – 11:30AM Virtual via Zoom

Top Ten Credit Tips (Webinar) - July 16, 2026

July 16, 2026 12:00PM – 1:00PM Zoom

Retirement Myths and Facts (Webinar) - July 21, 2026

July 21, 2026 12:00PM – 1:00PM Virtual – Zoom

Protecting Your Identity - Webinar - July 21 2026

July 21, 2026 2:00PM – 3:00PM Virtual – Zoom

Keys to Embracing Aging Online July - August

July 22, 2026 11:00AM – 12:00PM Zoom Webinar

Property Tax Foreclosure Basics Webinar - July 23, 2026

July

23, 2026 1:30PM – 2:30PM Virtual Zoom

To register for any event visit:

<https://www.canr.msu.edu/rlr/> and click on the Events tab

## July Commission on Aging Medical Loan Closet Update

The Commission on Aging has many walkers available, both with wheels and without wheels. The COA has walkers in many shapes, sizes, and for people of all kinds of different abilities. Some of these features include: adjustable height settings to ensure proper posture and comfort, lightweight frames for easier lifting and transport, and padded hand grips to reduce strain on the hands and wrists. Many models also include two-wheel or four-wheel options to support different levels of mobility and stability needs.

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.



## The Scoop with Jan: Healthcare Today vs 250 Years Ago

As we approach America's 250<sup>th</sup> birthday I thought a quick review of our progress in healthcare might be appropriate. (I had some help from the computer (AI) in gathering these facts.)

Health care 250 years ago was primitive, relying on herbal remedies and bloodletting, with no understanding of germs. Today, it is a high-tech science featuring DNA sequencing, robotic surgery, and mRNA vaccines.

The gap between medicine in the late 18th century and modern care is profound:

### 1. Understanding & Treatment of Disease

- **250 Years Ago:** Illness was thought to be caused by an imbalance in bodily fluids. Treatments heavily relied on bloodletting, purging, and toxic heavy metals like mercury. There were no antibiotics, antiseptics, or pain relief.
- **Today:** Medicine is grounded in germ theory and cellular biology. Targeted therapies, synthetic antibiotics, and antiviral medications cure diseases that were once death sentences.

### 2. Surgery

- **250 Years Ago:** Surgeons operated without anesthesia or sanitation. Speed was the most important skill, and the most common "fix" for severe injuries or infections was amputation, which frequently led to fatal infections.
- **Today:** Surgeries are performed in sterile environments using advanced anesthetics. Surgeons use robotics, lasers, and minimally invasive techniques. Organ transplants and microscopic repairs are routine.

### 3. Childbirth and Infant Survival

- **250 Years Ago:** Childbirth was highly dangerous, and the leading causes of death were complications from labor and postpartum infections (puerperal fever). Infant and childhood mortality rates were devastatingly high.
- **Today:** Prenatal screenings, ultrasounds, and modern obstetric care have made childbirth incredibly safe. Neonatal intensive care units (NICUs) save premature infants that would not have survived in the past.

### 4. Public Health and Prevention

- **250 Years Ago:** Public health barely existed. Cities had open sewers, contaminated water, and crowded living conditions, which allowed cholera, tuberculosis, and smallpox to sweep through populations.
- **Today:** Preventive care is the cornerstone of modern health. Routine vaccinations eradicate diseases, while sanitation, water treatment, and standardized nutrition guidelines protect entire populations.

### 5. Diagnostics

- **250 Years Ago:** Diagnostics relied on physical observation, checking the pulse, and examining urine color. Internal conditions were generally only diagnosed after death during an autopsy.
- **Today:** Medical imaging allows doctors to see inside the body without a single incision using MRI, CT, and PET scans. Additionally, blood panels, genetic testing, and wearable monitors provide immediate, highly detailed diagnostic data.

### 6. Life Expectancy

- **250 Years Ago:** Life expectancy was under 30 years
- **Today:** Life expectancy is approximately 73 years

We've come a long way in the past 250 years.....Thank goodness!



## Tai Chi for Arthritis Starts July 13th

Reduce your risk of falls and improve strength, balance, and overall well-being with Tai Chi for Arthritis and Falls Prevention. This free program for older adults offers gentle movements with seated and standing options available for all ability levels. Classes meet Mondays and Wednesdays, July 13–Sept. 2, from 8:30–9:30 am Register today by contacting Nicole Persing-Wethington at [wethingn@msu.edu](mailto:wethingn@msu.edu) or 989-344-3264.

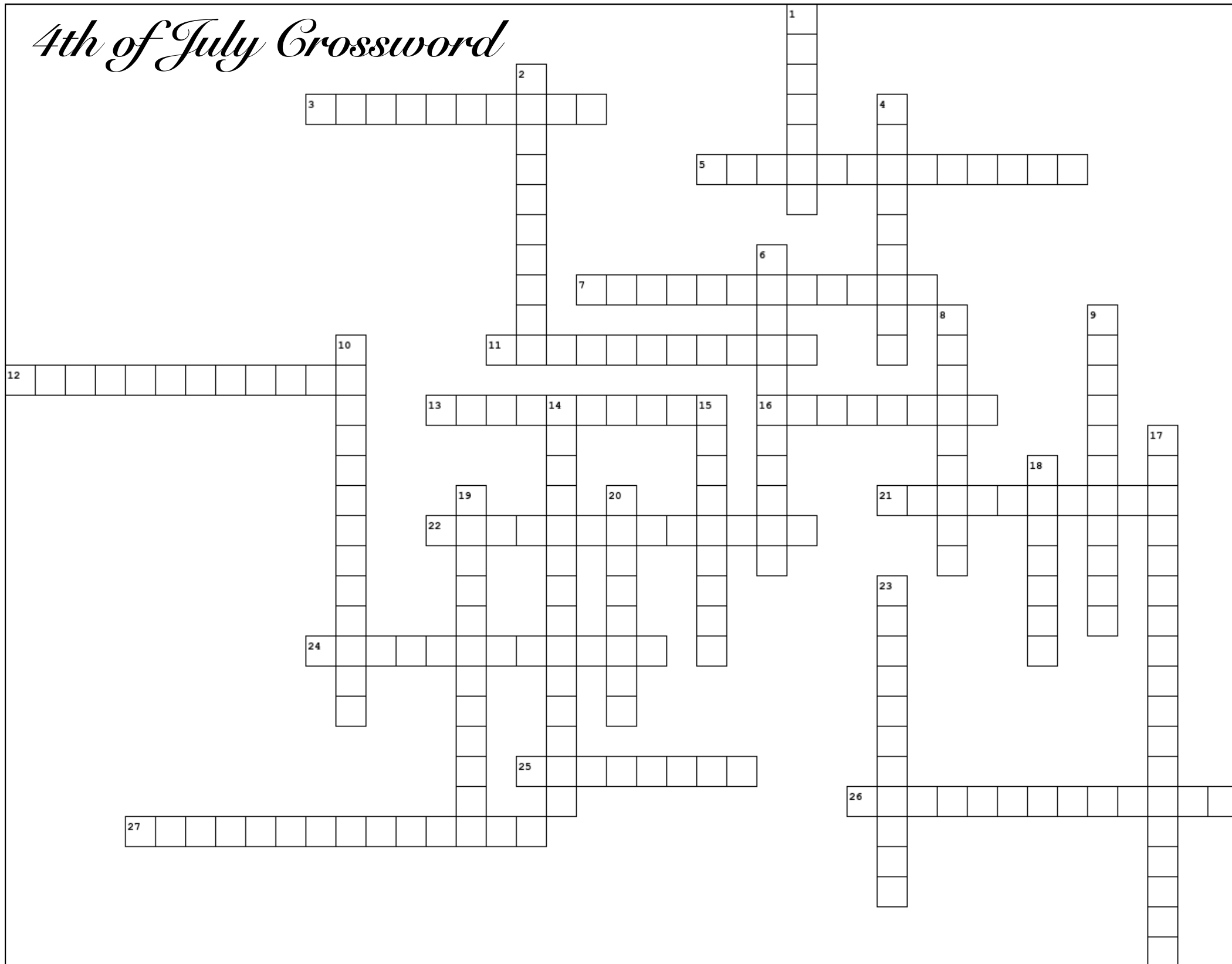
# July 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear	<b>2 MEAL DAY</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p Lunch</b> American Goulash, Green Beans, Roll, and Kiwi	<b>CLOSED FOR THE 4<sup>TH</sup> OF JULY</b>
<b>6</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana	<b>7</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	<b>8</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange  <i>Today's Hometown Hero is David &amp; Kathleen Boissevain, in honor of Helen Boissevain's 95<sup>th</sup> birthday</i>	<b>9</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple	<b>10</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi  <i>Today's Hometown Hero is Keith Radawski and Erin Fanning, in memory of Eugene Marcinek</i>
<b>13</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	<b>14</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Orange	<b>15</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges  <i>Today's Hometown Hero is Bill and Sherry Haag, in memory of Troy Haag, because he loved to cook.</i>	<b>16</b> <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks <b>4:00p-6:00p Hawaiian Luau Special Dinner</b> Polynesian Chicken, Snap peas, Pineapple Rice, Tropical Fruit Salad	<b>17</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear
<b>20</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana	<b>21</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Birthday Lunch</b> Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	<b>22</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana	<b>23</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p</b> Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce	<b>24</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Sloppy Joe, Red Skin Potatoes, Green Beans, Apple
<b>27</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	<b>28</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear	<b>29</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie	<b>30</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	<b>31</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Gravy, Redskin Potatoes, Asparagus, Apple
<b>Light Bites – Dine in Only</b> Ham & Cheese Sub, Cole Slaw, Banana	<b>Light Bites – Dine in Only</b> Pierogi, Fried Cabbage with Bacon, Roll, Pear	<b>Light Bites – Dine in Only</b> Turkey Sub, Tri-Tortellini Salad, Banana	<b>Light Bites – Dine in Only</b> Mojo Chicken Bowl, Mandarin Oranges	<b>Light Bites – Dine in Only</b> BBQ Chicken Flat Bread, Garden Salad, Banana

# July 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 8:30a Blood Pressure Checks <b>9a AuSable Quilt Guild</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>2</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo <b>3:30p Grayling Pharmacy Bingo</b>	<b>CLOSED FOR THE 4<sup>TH</sup> OF JULY</b>
<b>6</b> 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	<b>7</b> <b>9a Friends of A Feather Quilting Group</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	<b>8</b> 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling <b>1p-3p Versiti Blood Bus</b>	<b>9</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo <b>3p Music for Life</b>	<b>10</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo
<b>13</b> <b>8:30a Tai Chi for Arthritis</b> <b>9a Footcare</b> 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	<b>14</b> 9a Zumba Gold 10a Zumba Gold <b>10a Grief Support Group</b> 12:30p Euchre <b>1p Cancer Support Group</b>	<b>15</b> 8:30a Blood Pressure Checks <b>8:30a Tai Chi for Arthritis</b> <b>11a Alzheimer's Support Group @ the Brook</b> <b>10a New to Medicare</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>16</b> 9a Zumba Gold 10a Zumba Gold <b>1p Legal Advice</b> 1p Penny Bingo <b>4p Hawaiian Luau Special Dinner</b>	<b>17</b> <b>10:00a Painting Class with Lynn Oldfield - \$15.00</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo
<b>20</b> <b>8:30a Tai Chi for Arthritis</b> 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	<b>21</b> 9a Zumba Gold 10a Zumba Gold <b>12p Birthday Lunch</b> 12:30p Euchre <b>4:30p Board Meeting</b>	<b>22</b> 8:30a Blood Pressure Checks <b>8:30a Tai Chi for Arthritis</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling <b>1p Commodities</b>	<b>23</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo <b>3p Music for Life</b>	<b>24</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo
<b>27</b> <b>8:30a Tai Chi for Arthritis</b> <b>9a Footcare</b> 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	<b>28</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	<b>29</b> <b>7:30a Detroit Tigers Trip</b> <b>8:30a Tai Chi for Arthritis</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Book Club</b> 12:30p Mahjong 12:30p Wii Bowling	<b>30</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo	<b>31</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo

# 4th of July Crossword



## ACROSS

3. Supporter of the U.S. Constitution during its ratification
5. Skillful leadership in public affairs
7. A 200th anniversary
11. Unable to be taken away; describes rights in the Declaration of Independence
12. Freedom from outside control; declared by the colonies in 1776
13. System of government dividing power between national and state governments
16. Government in which citizens elect representatives to govern
21. Devotion and loyalty to one's country
22. An event honoring and remembering a significant occasion
24. Formal approval of a constitution or amendment
25. The establishment or creation of a nation
26. Intellectual movement that influenced America's founders
27. Relating to the Constitution or its principles

## DOWN

1. Freedom from oppressive restrictions
2. Citizen soldier serving in a local military force
4. Government by the people, directly or through elected representatives
6. Historic document adopted on July 4, 1776
8. Massachusetts town where the first shots of the Revolution were fired
9. Supreme authority of a nation to govern itself
10. Relating to the American War for Independence
14. Principle at the center of the colonial protest against British taxation
15. Colonial militia members ready to fight at short notice
17. A 250th anniversary celebration
18. Massachusetts town linked with Lexington in the opening battles of the Revolution
19. The supreme law of the United States
20. Virginia site of the decisive battle ending the Revolutionary War
23. Describing the army commanded by George Washington

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



Liberty, Millitman, Federalist,  
Democracy, Statesmanship,  
Declaration, Bicentennial, Lexington,  
Sovereignty, Revolutionary,  
Inalienable, Independence,  
Federalism, Representation,  
Minutemen, Republic,  
Semiquincentennial, Concord,  
Constitution, Yorktown, Patriotism,  
Commemoration, Continental,  
Ratification, Founding, Enlightenment,  
and Constitutional

## Crawford County is Excited for Pickleball to Come to the Commission on Aging (Continued)

"We had heard about it while 'snowbirding' in Leesburg, in Florida, where we're at, and we decided to give it a try," she said.

The experience made an immediate impression.

"After our first lesson, we went down to Engage Pickleball and bought new paddles and balls," Hool said. "We were hooked. We knew we would love it."

Like many beginners, Hool admits she wasn't entirely sure what to expect when she first stepped onto a pickleball court.

"The first time we ever played, we were nervous," Hool said. "But after we took our first lesson, we realized it was just going to be fun."

What began as a simple introduction to the sport quickly grew into a long-term hobby. As she continued playing, attending skills and drills sessions, and gaining experience on the court, she discovered that improvement comes naturally with time and practice.

"We went on to do some of the skills and drills," Hool said. "You grow every year. It's cool to be able to look back and see how far you've come."

That journey looks different for every player. While some enjoy the competition and challenge of improving their game, others are drawn to the exercise, social connections, or simply the opportunity to try something new.

"It's all about what you want to take away from pickleball," Hool said. "Do you want to come out and socialize? Do you want to exercise? Or do you want to turn into a professional? It's all about what you want to do."

For anyone who may be hesitant to try the sport for the first time, Hool has a simple message.

"Don't be intimidated," she said.

"Come out, take a free lesson, and see just how much fun you can have." For Hool, one of pickleball's greatest strengths is its ability to bring people together. While the sport provides a fun way to stay physically active, she says the relationships formed on the court often become just as rewarding as the game itself.

"I love it for the exercise, I love it for the social aspect," Hool said. "I have gotten so many friends from pickleball. I mean, I had friends before, but the pickleball people have become

like family to me. We have gone on cruises together, that's how close you can become."

Those friendships often begin with a simple lesson and a group of beginners learning the game together.

"When you end up starting play with a group, because you're all the same level, you just get great friends," Hool said.

Now, she hopes the new courts in Grayling will give others the same opportunity to discover a sport that has become such an important part of her life.

"We are excited to bring people in to play, to teach people, to show them that they can do things, they can get out, and they can learn a new sport," Hool said.

One reason pickleball has gained popularity across the country is its accessibility. Unlike many sports, it can be enjoyed by people of nearly any age or athletic ability.

"Any age group can play," Hool said.

"We have people, a man and a woman, in Leesburg, who are 91 years old. Are they fast? No. But they are getting out there and playing the game because they can."

For those considering picking up a paddle for the first time, Hool also has a few pieces of advice.

One of the most common questions she hears from beginners is what equipment they need to get started. Her recommendation is to strike a balance when purchasing a paddle.

"Don't buy a really cheap paddle, but don't buy a super expensive one either," Hool said.

Safety and proper footwear are also important, especially for players who are new to the game.

"All pickleball players should wear sunglasses, or regular glasses, and a hat," Hool said. "That way you're not getting hit in the eye."

While tennis shoes can work for beginners, she recommends footwear designed specifically for court sports.

"Tennis shoes are fine, court shoes are better," Hool said. "When playing pickleball you have a lot of side-to-side motion and you need something that's going to support your ankles and your feet so you don't get injured."

Above all, Hool encourages new players to remember why they came to the court in the first place.

"Don't take it seriously all of the time," she said with a laugh.

"You know, you might swear, even. But you will mostly laugh."

As the August 3 grand opening approaches, Hool hopes local residents will give pickleball a try. Whether they come for the exercise, the competition, or simply the opportunity to meet new people, she believes they'll discover what so many others already have—that pickleball is about much more than keeping score. It's about staying active, building friendships, and finding joy in the game.



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

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## Help Us Keep the Senior Gazette a Free Publication

The Senior Gazette is provided free of charge so that older adults in our community can stay informed about programs, events, resources, and opportunities. Many readers may not realize that the advertisements throughout the Gazette help offset the cost of printing and distribution, allowing us to continue offering this publication at no cost. As printing and postage continue to rise, we invite those who enjoy and benefit from the Senior Gazette to consider making a donation to support it. Contributions of any size help ensure that this publication can remain free and accessible to everyone in our community. To donate, call 989-348-7123, or mail a check to the Commission on Aging, 4388 W.M-72 Highway, Grayling, Mi 49738.

## Assistance to Help You Maintain Your Independence

### Commission on Aging Services, Classes, and Resources

#### Health Services

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

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

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

#### Incontinence Supplies

Supplies are available for a donation of \$5.00

#### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

#### Nutrition Services

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

#### Commodities Food Distribution:

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

#### Congregate Meal Program:

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

#### Home Delivered Meals: (*Meals on Wheels*)

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

#### Senior Project Fresh:

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

#### Resources

##### Information / Assistance:

**(989) 348-7123**

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

##### Legal Assistance:

by Jason R. Thompson, Law Office PLC

Free legal consultations available the 3rd Thursday of each month from 1-5pm

##### Counseling

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

Call 989-348-7123 for an appointment.

##### State Health Insurance Program (SHIP)

Trained counselors educate seniors on 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.

**Matter of Balance:** Participants learn to see falls as preventable and set realistic goals to stay active. They also make simple home safety changes and build strength and balance through exercise.

##### 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 2026*

Congregate Meals – 866

#### In-Home Services

HDM – 2,761

Respite – 41.50

Homemaker – 213

Bathing – 30.75

#### 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

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## Defining "4 of July" Terms Found in the Word Search

*Puzzle by Cathy Lester*

**Crispus Attucks:** A Black sailor who was the first person killed in the American Revolution, at the Boston Massacre.

**Margaret Corbin:** The wife of an artilleryman who was killed. She took over his cannon and kept firing. The first woman to get a military pension.

**Tadeusz Kosciuszko:** A Polish military architect who became an American General. He designed West Point and several other fortifications.

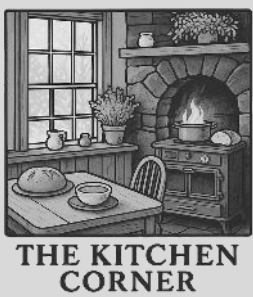
**Sybil Ludington:** A girl who supposedly rode 40 miles to warn the Revolutionaries that the British were coming. Doubtful, but still a famous story.

**Molly Pitcher:** A nickname like "GI Joe" for women who were water carriers, ammo suppliers and/or served in the Army.

**Deborah Sampson:** Alias "Robert Shirtliff," she served in the American Army until seen as a woman. Given an honorable discharge and a military pension.

**Haym Salomon:** A Jewish financier and businessman who raised money and helped get loans to finance and support Washington's army.

★ Abigail	★ Continental	★ Hancock	★ Lexington	★ Salomon
★ Adams	★ Corbin	★ Henry	★ Liberty	★ Sampson
★ Attucks	★ Cornwallis	★ Hessians	★ Ludington	★ Saratoga
★ Boston	★ Flag	★ Howe	★ Patriots	★ Taxes
★ British	★ Forts	★ Independence	★ Paine	★ Tea
★ Bunker	★ Franklin	★ Jefferson	★ Pitcher	★ Ticonderoga
★ Colonies	★ Freedom	★ Justice	★ Redcoats	★ Trenton
★ Concord	★ George	★ Knox	★ Representatio	★ Voting
★ Congress	★ Greene	★ Kosciuszko	★ Revere	★ Washington
★ Constitution	★ Hamilton	★ Lafayette	★ Revolution	★ Yorktown



## 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.

## Electrolyte Replenishment- From Average to Extreme What are Electrolytes?

Electrolytes are essential minerals that have a natural positive or negative electrical charge when fully dissolved in water, and as an adult's body is 60% water, that means nearly every bit of fluid and every cell in your body contains electrolytes. Your cells use electrolytes to conduct electrical charges, which is how your muscles contract, but those same electrical charges also pass messages from the brain to the rest of the body through your nervous system, balance body pH, regulate hydration levels, and more.

### What are the key electrolyte components?

- Sodium(+)- plays a critical role in helping your cells maintain the right balance of fluids and helps cells absorb nutrients.
- Magnesium(+)-helps your cells as they turn nutrients into energy.
- Potassium(+)- is used alongside sodium and is critical for heart function. When a sodium ion enters a cell, potassium leaves, and vice versa.
- Calcium(+)- builds strong bones and teeth but also helps control your muscles, manages heart rhythm and more.
- Chloride(-)- is a key part of how your cells maintain their fluid balance and helps maintain your body's pH balance.
- Phosphate(-)- helps you metabolize nutrients and helps make up your DNA.
- Bicarbonate(-)- is recycled carbon dioxide that your body uses to maintain blood pH levels.

Since electrolytes are water soluble you will lose them through sweat, so without also hydrating while replenishing your electrolytes, you are at risk for an electrolyte imbalance. Symptoms of an imbalance vary by the mineral and severity, but generally include fatigue, muscle cramps or spasms, nausea, irregular heartbeat, and confusion. Severe imbalances can become medical emergencies, potentially leading to seizures or cardiac arrest.

During an average day you can maintain your electrolyte levels naturally by staying hydrated and eating a balanced diet rich in produce, nuts, and dairy, but if you are participating in an endurance sport, like a canoe marathon, you must be constantly mindful of your electrolyte/hydration balance to ensure your performance level, and your general health, don't suffer. Because you can lose up to 2 quarts of fluids an hour during exercise- and electrolytes with it- many paddlers are consuming up to 32oz of water an hour with electrolyte tablets or gels, sports drinks, or even hydrating fruits like watermelon and salty snacks like pretzels to keep going...and going, and going, with some having consumed up to 48 CUPS of fluid by the end of the race. As we cheer on our paddlers this year let's take a moment to recognize how truly impressive this physical feat, and their dedication to it are, and maybe be inspired to learn more about how to keep our own bodies running optimally through whatever course we choose to take.

Learn more about electrolytes from the source at [clevelandclinic.org](http://clevelandclinic.org)

## July Recipe: Electrolyte Replenishing Snack Mix

Mix and match, according to your preferences, equal amounts of at least 1 item per category for the full array of electrolytes. Bicarbonate is not listed here as your body makes it on its own! Many of these items are sources of multiple electrolytes but don't worry about consuming too much of any 1 mineral (unless you are watching your sodium) as they are water soluble and any excess your body doesn't need will be expelled with fluid. Don't forget to stay hydrated!

### Sodium Chloride

Seaweed chips, pretzels, crackers

### Magnesium

Sesame seeds, pumpkin seeds, dark chocolate

### Potassium

Banana chips, sweet potato chips, raisins, dried coconut

### Calcium

Almonds, dried apricots, figs, dates

### Phosphorous

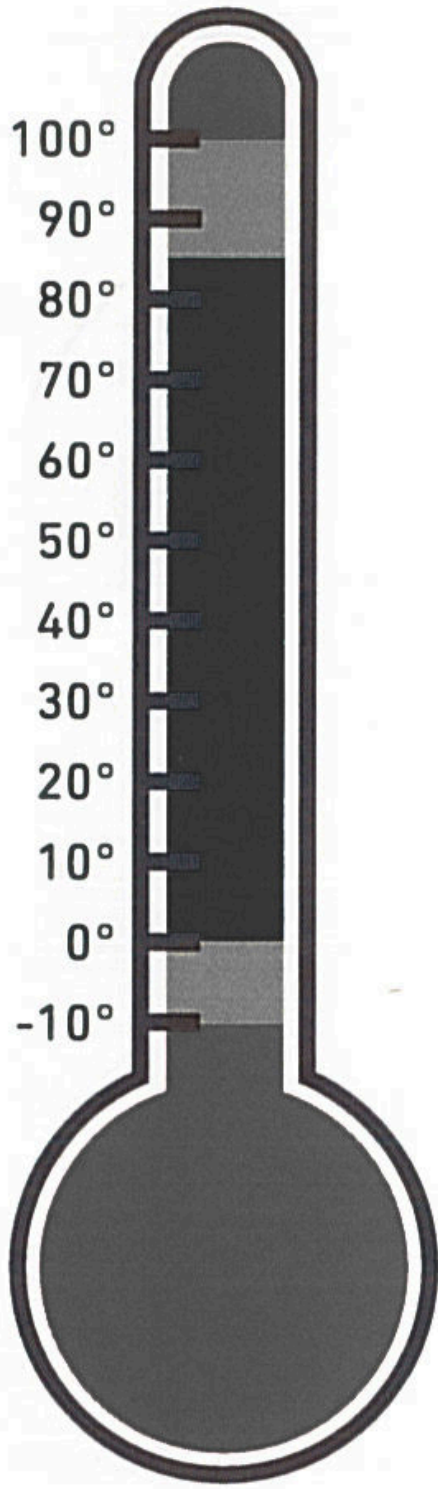
Sunflower seeds, peanuts, cashews

## Fun Fact!

A mix like this is what some of the paddlers during the AuSable River Canoe Marathon use to replenish their Electrolytes!



# Extreme Weather Guidelines



## Tips for Keeping Pets Safe

### 100° or Above

*Potty Breaks Only!*

Keep outdoor time as short as possible.

### 86° to 99°

*Potty Breaks & Short Walks Only!*

### 0° to 85°

*Potty Breaks & Walks.*

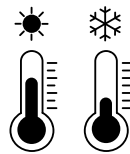
### -9° to 0°

*Potty Breaks & Short Walks.*

### -10° or Below

*Potty Breaks Only!*

Keep outdoor time as short as possible.



### Hot Weather:

Use the heat index reading to determine safety. If a dog or person is showing signs of heat exhaustion or heat stroke, seek help immediately. Get those affected into a cool area and offer water.

### Cold Weather:

Use the wind chill reading to determine safety. If a dog or person is showing signs of hypothermia or frostbite, seek help immediately. Get those affected into a warm area.

## Heat Exhaustion In People

Symptoms: Fatigue, irritability, thirst, nausea or vomiting, dizziness or lightheadedness, heavy sweating, elevated body temperature, or fast heart rate.

### Heat Stroke in People:

Symptoms: Confusion, slurred speech, unconsciousness, seizures, heavy sweating or hot, dry skin, very high body temperature, rapid heart rate.

### What to Do:

Get the person to a cool area and offer water. Do not leave the person alone. For heat stroke, call 911 immediately and cool the person with ice or cold water until help arrives.

## Heat Exhaustion In Dogs:

Symptoms: Diarrhea, nausea and vomiting, reddening of skin on the ears, rapid panting.

### Heat Stroke in Dogs:

Symptoms: Disorientation, confusion, drooling, dry gums, lethargy, loss of consciousness, rapid heart rate, rectal bleeding.

### What to Do:

Get the dog to a cool area and offer water. Reach out to Vet Services.

## Frostbite in People:

Symptoms: Numbness/Tingling, Redness of skin turning white/grey

## Hypothermia in People & Dogs:

Symptoms: Shivering, respiratory depression, lethargy, weakness, lack of coordination, paralysis, and collapse.

### What to Do:

Seek warmth, for severe symptoms in people, call 911 and warm the person until help arrives. In dogs, reach out to vet services.



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## VOLUNTEERS WANTED

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1.877.222.9043



### CLASSROOM GRANDPARENT PROGRAM (FGP)

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

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

\*20 hours per week.

\*Non-taxable stipend of \$4.00/hr.

\*Mileage reimbursement

\*Supplemental/excess insurance during service

\*Annual recognition event.

### SENIOR COMPANION PROGRAM (SCP)

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

income eligibility requirements apply\*

1.877.222.9043



## Candy Donations Wanted

Help us spread some smiles during this year's River Festival Parade by donating wrapped candy for parade participants to hand out along the route. If you would like to contribute, please drop off your donations at the Senior Center. Consider joining the fun by participating in the parades. Call the Crawford County Commission on Aging to sign up to be part of our group!



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