

Crawford County Senior Gazette June 2021

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Featured Article

Julia & Larry Hulka "Embracing the Distance"

If you drive down a side road, turn onto a gravel road until you come to a trail road and follow it until it bends into a two-track that leads to the north branch of the AuSable River, you'll be in Julia and Larry Hulka's neighborhood. With only part-time neighbors on one side and the woods on the other, it's not exactly off-grid, but it's close. For some, it is too far removed from "civilization". For others, it's idyllic.

For Julia and Larry, it's a bit of both; or has been at one time or another. The 72-year-old couple bought their home on the river in 1998 with the idea that it would be a summer weekend get-

away, and perhaps a place to occasionally have a very special Christmas. Julia said, "The house had been vacant for 8 years when we got it. It needed so much work!"

But ten years later, Larry who is a retired Consumers Energy engineer, "dragged" Julia, "kicking and screaming!" north to make the place their permanent residence. "I didn't want to," Julia admitted. "My whole life was in Kawkawlin, where we lived. All our friends, our church... the convenience of driving into Bay City... I had a bit of adjusting to do! But 'suddenly' we were selling everything, and when Larry brought the cats up here, I knew it was serious! I was most concerned about the isolation, but when I considered that from here," she gestured

toward the river from her seat in the

Continued on Page 5



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on Aging & Senior
Center**

HOURS OF OPERATION

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

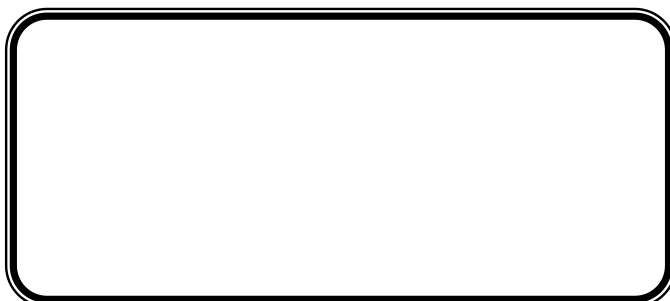
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The Senior Gazette

308 Lawndale St.
Grayling, MI 49738

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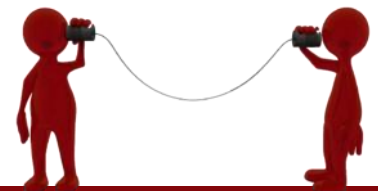
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Communication Corner... **Notes from the Director**



As of publication, the Crawford County Commission on Aging Senior Center is tentatively planning to reopen effective sometime in June. When an opening date is set, participants will be notified by phone, email and the COA Facebook page. With the reopening of the Crawford County Senior Center in Grayling there will be certain requirements that must followed to safely reopen. Participants should be familiar with the changes prior to attending an activity or meal. The changes include:

For All Participants

- COA staff will greet and check-in participants at the main entrance and complete a COVID-19 health screening. Please do not come to the Center if you feel sick or have any symptoms such as fever, cough, sore throat, vomiting or diarrhea.
- Participants are encouraged to wear face coverings at all times. Physical contact is strongly discouraged. We encourage you to reconnect with your friends but ask that you do so safely. If you do not have a mask, one will be provided for you.
- 6 feet distances will be noted on the floor to assist participants in keeping a safe distance.
- Participants will be asked to use hand sanitizer upon entry into the building.

Congregate Meals

- Advance registration must be made for Congregate Meals. No walk-in meal attendees will be allowed. You must call the Senior Center at (989) 348-7123 to make a reservation. Reservations will be taken starting at 9am each morning for lunch that day. You cannot reserve earlier than that. Center doors will open at 11am for those that have reservations.
- Tables and chairs will be rearranged to follow the 6' distancing requirement. Tables will have all items removed. You

may remove your mask when your food arrives, and we ask that you put your mask back on when you are finished.

- The donation box continues to be in the entryway of the building. All meal attendees are requested to have the correct change on hand to limit physical contact.
- COA Staff will serve meal and beverages to participants at their table and will clear the tables and sanitize at end of service.
- Water drinking fountains, coffee makers and ice makers will be closed during meal service.
- In addition, our Curbside Takeout Congregate Meal Service will remain in effect. Reservations must be made on the requested day with pickup between 11:30am-12:30pm. Frozen meals will be available for take out for both dine in and takeout participants.

Activities

- We will start offering a small set of activities upon opening and add more as we are able. Some activities will be located in the current location at 308 Lawndale Street and some will be offered at our new location at 4388 M-72 east of Grayling.
- When attending an activity, please do not arrive more than ½ hour prior to the scheduled start time.
- Water drinking fountains and beverage machines will be unavailable. Please bring your own water bottle.

We want to remain open for you. This means we will all have to work together to make the reopening a success. We've missed you and look forward to seeing you once more!

Even as I'm typing this announcements are being made so all of this may change by the time we reopen. Thank you for your patience and cooperation as we begin serving you again in person.

-Alice Snyder, Director

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General Giving

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

General Donations Made By:

Diana Doremire

Tom & Janet Gaffke

Kirsten Lietz

Alan Etson

Tom Jarosz

Maureen McNamara

Marilyn Fick

Richard & Nancy
Kiessel

Carol Peterson

*Volunteers and
Contributions received
after May 14th will be
acknowledged in the
next edition of the
Senior Gazette.*

Memorial Gifts

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

Legacy Giving

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

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you're interested in becoming a sponsor give us a call at (989) 348-7123.

Our Sponsors

Hearing Clinic Sponsored by
Advantage Audiology

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Memorial Donations Made By:

*Scott Foster
In Memory of
Tina Foster*

Gifts of Supplies

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

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

Volunteers

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

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

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

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

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

All Gifts are Tax Deductible

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



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Building Relocation Update

The remodeling and addition of the new Senior Center located at 4388 M-72 east of Grayling continues to be on hold due to the increased costs in construction. The COA is taking the summer to try and find some major donors to complete this project as it was proposed. Grants are also being written to help fund the project. We have had some great success to get us started!

Grayling Charter Township has committed to covering a contractor and permit fees to cover the cost of the Fireplace located in the lobby. They will design fireplace and submit to COA for approval when the project is moving forward again. The Township is thinking of a raised culture stone hearth floor to ceiling with an obscene log mantle representing Crawford County themed architecture. Thank you, Grayling Charter Township, for your commitment to this project!

The COA received a \$4,000 grant from the Great Lakes Energy People Fund for the purchase of the fitness equipment in the new Equipped Fitness Room. What is the People Fund? For those that have Great Lakes Energy, bills of participating members are "rounded up" to the next dollar amount and grants are awarded to non-profit organizations for charitable activities throughout their service area. If you have Great Lakes Energy, go to <https://www.gtlakes.com/people-fund/> now to sign up!

We have received a commitment from local construction company, McClain & Son Construction, Inc., Owners Cameron & Jamie McClain will be donating the labor and materials for the brushed concrete pad used for the new outdoor patio. Won't it be nice to

be able to sit outside and dine!

We are so incredibly fortunate to have received the support from the Allen Foundation which just awarded the COA \$268,000. The grant will fund all the equipment in the new kitchen along with new dining room table and chairs. The rest of the grant amount will go toward a portion of the Nutrition Manager salary to create a catering and room rental program as an additional revenue stream for the Meals on Wheels program.

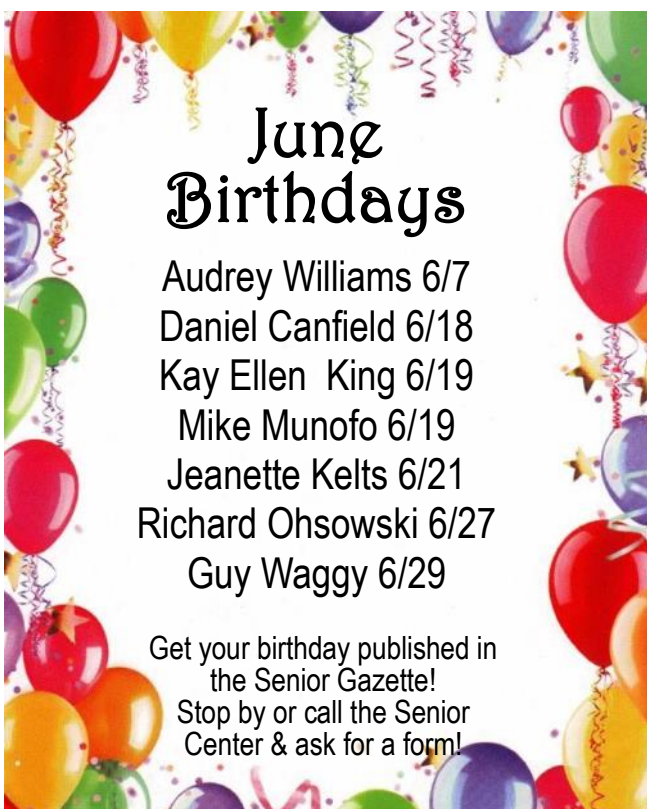
Progress has been made, but more donations are needed. If you are wanting to be a part of this project or would like an opportunity to name a portion of the new facility in honor or memory of someone, now is the time. Naming rights will be given to each of the donors for the area of their donation.

- \$350,000 Gift for Gymnasium
- \$ 35,000 Gift for Porte-Cochère
- \$ 15,000 Gift for Outdoor Patio Dining Area

Dollar figures are negotiable, so do not hesitate to contact us so we can have a conversation. These "asks" are meant to spark the beginning of a conversation. Payment of gifts also do not have to be readily available. The COA can be flexible on the timeframe of payment. We can also put you in touch with a financial advisor or legal counsel to help in structuring the gift as there may be tax advantages.

For more information, questions or to discuss a donation, please contact Director, Alice Snyder at (989) 348-7123 or director@crawfordcoa.org.

-Alice Snyder, Director



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Julia & Larry Hulka (Cont.)

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

three-season porch overlooking it, “we’re equidistant from, or to, depending on your point of view, Grayling, Lewiston, and Mio, I felt better about the opportunities to connect with people.”

Neither is Michigan-born. Larry was born in Toledo, Ohio, and Julia in Terre Haute, Indiana. The couple married in 1969. “We have an interesting wedding date,” they laughed. “9-6-69. It’s easy to remember.” Julia was a teacher. “I taught home economics, English, some math, and was a substitute later.”

It was almost 13 years after their marriage before any children came along. Julia said they had “kind of given up on having a child together,” so they adopted two. And, as it seems to happen sometimes, they soon discovered that they were expecting a baby. “They are all exactly 3 years and 5 months apart in age; one daughter, and two sons,” said Julia. They have two granddaughters, from their older son. “They’re as different as can be. The oldest is 15, and she loves this place. She has told us that she wants it for herself someday. The other is 7. She likes it here too, but not in the same way.”

It’s no wonder. Larry is a skilled woodworker who has used his talents in that area together with his engineer’s mind to make the house, that was built in 1926, into a cozy, efficient, modern, comfortable dream cottage. When they bought it, it had passed from generation to generation through a single family.

Larry said, “What is unusual is that it passed through the women, not the men. There was a lot of interesting stuff in the house when we got it.”

Now, the main room is graced with floor-to-

ceiling bookcases, complete with a library ladder. Custom cabinetry, a made-to-fit bench for taking off boots, cork floors, and the enclosed porch are all the work of Larry’s expert hands.

“The porch floor had a bit of a slope,” Julia pointed out, “as the porches on these old places did, so the rain would run away from the house. There was even a built-in bed out there. It was a lot of work to transform the porch into this room. We spend a lot of time out here.”



She said the first winter was “a hard one. It seemed to snow a foot every day. I wasn’t really prepared for how much snow we had, but you know... Here we are. It was hard for me to leave my friends behind, but I made new ones. And now, this truly is home. We have gas heat, and a heat pump, a fireplace, and electric heat so we’re always warm. Often cell phones don’t work out here, nor does GPS, so when friends want to come to visit (or when they did before the pandemic, anyway) I tell them they’d best write down the directions I give them because they may not have any other way to find us. And we do have internet now!”

“We picked up a second-hand generator, too. It was older and had not been used

enough to keep it operational, but Larry was able to determine what it needed and fix it. I was like a puzzle for him, and he likes a challenge,” Julia said.

An avid fly-fisherman, Larry has traveled quite a bit in pursuit of his passion. He’s also taught their granddaughter woodburning and likes to introduce the two to nature.

The couple has enjoyed traveling together, but there came a time when Julia wanted to go to Europe. Larry called her from a fishing trip in Montana to tell her that he and some friends were planning a trip to Labrador.

“It wasn’t that I didn’t want him to go,” Julia said, “but I thought ‘fair is fair’ so we made a deal. If he’d take me to Europe, he could go to Labrador. And he did. We had a wonderful time on a Viking small-boat cruise that promised ‘no umbrella drinks, no children, and no casinos.’ It was beautiful. We sat out on the deck and saw so many castles. Every port had a little side trip to go and see interesting things, and we did most of those. I’d like to take another small boat cruise sometime.”

But for now, because of pandemic restrictions, the two stay home most of the time. “We came up here to be self-isolated,” quipped Julia. “Staying home has been ok. It’s not very different from any other time. I have done some quilting, we read a lot, and there is so much wildlife to watch. We’ve seen bobcats, foxes, heard coyotes, Larry’s seen bears (although we’ve seen more evidence of bears than bears themselves), beavers, sandhill cranes, blue herons. All kinds of woodpeckers, and an occasional eagle.”

“Moving up here permanently was an adjustment. But we’ve made this place our own, and it suits us.”

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June 2021 - Meal & Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30-12:30 Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange, Oatmeal Raisin Cookie Activities	2 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi Activities	3 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange Activities	4 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple Activities
7 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi Activities	8 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Choc Chunk Cookie Activities	9 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple Activities 9:30am Commodities @ St. Mary's	10 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange Activities	11 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple Activities
14 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes Activities	15 11:30a-1p Father's Day Luncheon—Take Out Only BBQ Ribs, Cole Slaw, Hickory Smoked Baked Beans, Melon Mix, Apple Pie Activities	16 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange Activities 12:00pm Intro to Zoom via Zoom	17 11:30a-12:30p Lunch Pork w/ Kraut, Green Beans, Applesauce Activities	18 11:30-12:30 Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear Activities
21 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi Activities	22 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Choc Chip M&M Cookie Activities	23 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes Activities	24 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick Activities	25 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear Activities
28 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt Activities	29 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes, Peanut Butter Cookie Activities	30 11:30a-12:30p Lunch Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi Activities 11:00am New to Medicare via Zoom		



Father's Day Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Father's Day Luncheon on **Tuesday, June 15th from 11:30–1pm**. On the menu will be BBQ Ribs, Cole Slaw, Hickory Smoked Baked Beans, Melon Mix, Apple Pie.

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

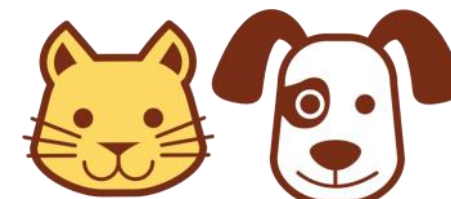


Are you turning age 65 in 2021? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, June 30th at 11am** for a presentation that will help demystify the issues surrounding Medicare.

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

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



Pet Assistance

The AuSable Valley Animal Shelter has partnered with McLean's Ace Hardware Store in Grayling to provide food for dogs and cats that are in need during this crisis.

If you are having financial difficulty feeding your pet, please contact Lanice Rutter immediately by calling (989) 745-8951.



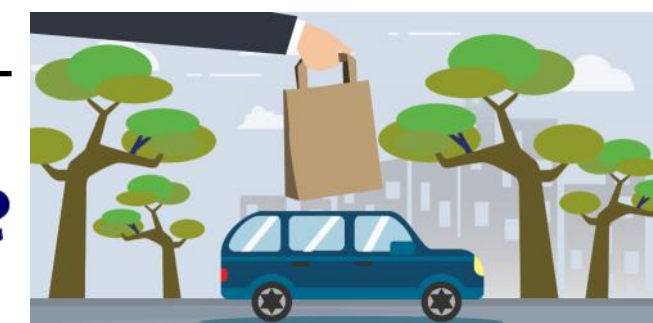
Dessert Tuesdays

We will be giving away FREE cookies with your Congregate meals every Tuesday in June! Look as these yummy options!

- **June 1st—Oatmeal Raisin Cookie**
- **June 8th—Chocolate Chunk Cookie**
- **June 15th—Apple Pie**
- **June 22nd—Choc Chip M&M Cookie**
- **June 29th—Peanut Butter Cookie**

Simply call the Senior Center at (989) 348-7123 between the hours of 9 –11:30am to order your meal for take-out. Then pick up curbside from 11:30 – 12:30pm and enjoy dessert with your meal!

Lunch is a suggested donation of \$3.50 for those 60+ or a cost of \$6 for those under 60.



Curbside Congregate Meal Options

There are a couple of exceptions to our normal rules which may allow you greater access to our meals.

- You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day that you can pick instead.
- You can pick up enough frozen meals to last a few days or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day of the week.

As always SNAP card recipients can still use their benefits to make a donation for Congregate Meals. To place an order or for questions call (989) 348-7123. Orders can be placed between 9–11:30am and picked up between 11:30am–12:30pm.



Counseling / Mental Health Resources

Northern Lakes Community Mental Health
989-348-8522

To Access Services: 800-492-5742 or 231-922-4850

24 Hour Crisis Line: 800-442-7315 or 231-922-4850

204 Meadows Drive, Grayling, MI 49738

Viking Wellness Center
989-344-3540

Ages 10-21

Located inside Grayling High School - Room C309

1135 North Old 27, Grayling, MI 49738

GRACE Center
989-348-2544

6459 West M-72 Highway, Grayling, MI 49738

Munson Behavioral Health Center
989-344-5857

Located at the Grayling Community Health Center—1250 E. Michigan Ave., Grayling, MI 49738

Catholic Human Services
989-732-6761

2384 South I75 Business Loop, Grayling, MI 49738

River House, Inc.
989-348-3169

24 Hour Crisis Line: 1-888-554-3169
Domestic and Sexual Abuse Support

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Middle and high school aged students preferred

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by Munson Home Health Care

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by InTeliCare - Friday, 11:00am-12:30pm

Foot Care Clinic - by appointment

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

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

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by Advantage Audiology

Contact the COA office to set up an appt.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

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Nutrition Services

Boost Plus

Discounted cost for liquid nutrition with a prescription from your doctor.

Commodities Food Distribution

Monthly, 9:30-10:30am @ St. Mary's

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

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

Resources

Computers

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

Information and Assistance

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

Legal Assistance

by Jason R. Thompson, Law Office PLC

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Cooking for One

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

Matter of Balance Program

This program offers practical strategies to reduce falls.

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

Stress Less with Mindfulness

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

Tai Chi

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

Walk with Ease

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

Wellness Initiative for Senior Education

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

Cost for Services

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



**How We
Served You
in Apr 2021!**

At the Senior Center

- We served **425** Congregate Meals

In-Home Services

- Delivered **2,826** home delivered meals.
- Provided **117** hours of respite care.
- We provided **414.25** hours of homemaker services.
- We provided **51.5** hours of bathing assistance services.

**Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com**



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

Apply For Medicare Online With Social Security

Did you know that you can apply for Medicare online even if you are not ready to retire? Applying online can take less than 10 minutes. There are no forms to sign and usually no required documentation. We'll process your application and contact you if we need more information.

Visit www.ssa.gov/benefits/medicare to begin. There, you can apply for Medicare and find other important information. People are usually eligible for Medicare at age 65. If you want to start

receiving Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

Some Medicare beneficiaries may qualify for Extra Help to pay for the monthly premiums, annual deductibles, and co-

payments related to the Medicare Prescription Drug program. You must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia to qualify for the Extra

Help. More information on Extra Help is available at www.ssa.gov/benefits/medicare/prescriptionhelp.

You may also be interested in reading these publications:

- Apply Online for Medicare — Even if You Are Not Ready to Retire

www.ssa.gov/pubs/EN-05-10530.pdf.

- When to Start Receiving Retirement Benefits www.ssa.gov/pubs/EN-05-10147.pdf.

Help a friend or family member by sharing this information. It can improve the quality of their life.



Emergency House Number Signs Available

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

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

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



Free Equipment: Side Style Hemi One Arm Walker

Features and Benefits

- Designed for individuals with the use of only one hand or arm
- Lighter than a walker and more stable than a cane
- Folds easily with one hand
- Ideal for users who do not require a walker but need a wider base for support

If you are in need of this style of walker the Commission on Aging has one available along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.



Emergency Broadband Benefit

The Emergency Broadband Benefit is an FCC program to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms.

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

A household is eligible if one member of the household meets at least one of the criteria below:

- Qualifies for the Lifeline program
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020 and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating providers' existing low-income or COVID-19 program.

The program has been authorized by the FCC, but the start date has not yet been established. Please contact Tammy Findlay, Advocacy/Resource Coordinator at 989-348-7123 for further information.

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The helpful place.
For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.
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Fix it and save a buck!
Conveniently located next door!
CONTACT THE REPAIR SHOP: 989-348-1003

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We may resume when the Senior Center reopens for activities.

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

1. aftergrowth
2. attributively
3. azuela
4. capitulum
5. cholinesterase
6. citole
7. claspt
8. cogitate
9. cooer
10. craunchingly
11. deviated
12. dialogue
13. fort
14. graminivorous
15. iguanid
16. indignant
17. interflow
18. kopeisk
19. leptokurtosis
20. listel
21. map
22. meganthropus
23. methodism
24. monocycle
25. myrtice
26. paralleling
27. perambulate
28. prescribing
29. preston
30. rabbinist
31. radiophonic
32. rebel
33. reoccupy
34. rizal
35. roxie
36. shirr
37. sinopia
38. steatopygia
39. strangle
40. sweatiest
41. tailless
42. thereof
43. unathletic
44. ungluttonous
45. unmarginal
46. unpointed
47. outlengthen
48. nonpathologic
49. divulged
50. tanga



Commission On Aging Board Vacancy

The Crawford County Board of Commissioners is presently accepting applications for the Commission on Aging Board.

The Commission on Aging Board provides and initiates programs to help promote the wellbeing and independence of senior citizens within the county. The board participates in the many decisions which take place at monthly meetings. Applications can be obtained from and submitted to County Clerk Sandra Moore by Monday, June 21, 2021 at noon. Or may be obtained on line thru www.crawfordco.org and returned to Crawford County Clerk 200 W. Michigan Avenue, Grayling, MI 49738.

Shred Day/ Electronics Recycling

Join the Crawford County and the Crawford County Commission on Aging for Electronics Recycling and Document Shredding, Saturday, June 5th in the parking lot of the Crawford County Building.

Consumer fraud and identity theft are becoming an epidemic in our communities. Identity thieves routinely search through dumpsters and trash cans, looking to find confidential information. One way to keep your identity safe is to shred documents containing personal information. This includes bank and credit card statements, tax forms, and medical bills. In an effort to help our community, Shred Experts, LLC will be on-site providing document destruction for individual households on a donation basis. You may view the entire document destruction process via video monitors installed on the shredding truck. Shred Experts, LLC are AAA certified by the National Association of Information Destruction. Suggested donations of \$10 for a 13 gallon-size bag or box and \$15 for a 40 gallon-size bag or box will be collected on site. There is a limit of four bags/boxes per household. Paper clips and staples do not need to be removed. Please note that this event is NOT for businesses.

All shredding donations from this event will benefit The Crawford County Commission on Aging. Document Shredding is available from 9:30-11:30am. For further information call Tammy Findlay at 989-348-7123.

Grayling

Purchase of

J Higgs Potato Chips
Assorted Varieties

99¢

Limit 2 Please
with coupon

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



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NO SMOKING *Thank You*



Men's Health Month Is the Right Time to Quit Tobacco

June is Men's Health Month, a time to recognize that hardworking men can often let their personal health slip while maintaining their work and home lives. Women are 100% more likely to visit the doctor for medical concerns as opposed to men and this does not help men who choose to use tobacco products. Men who smoke are at risk for heart disease, cancer, lower respiratory diseases, stroke, and diabetes—the first, second, fourth, fifth and sixth leading causes of death among men in the United States in 2015. About 4 % of US adult males are smokeless tobacco (chewing tobacco) users and 6% are cigar users. These products are often not considered as commonly as cigarettes when thinking about tobacco products, however all tobacco products increase risks of cardiovascular and respiratory conditions, such as coronary heart disease, aortic aneurysms, and chronic obstructive pulmonary disease, as well as cancers of the mouth, throat, lungs, and other organ systems. These factors can alter a man's life expectancy significantly unless they are willing to take control of their personal health, starting with quitting tobacco.

Find Healthy Ways to De-stress

- After getting home from a stressful day, create a new, relaxing routine that is different than the routine you were in prior to quitting tobacco. For example, if you have a favorite spot you sat to smoke and relax, choose to be somewhere else for that time occupying your mind with other tasks. Breaking up that old routine will help with cravings.
- Pick up a new hobby that has you working with your hands, like puzzles or woodcarving.
- Go for a walk. Exercise can help with energy and take your mind off cravings.
- Try meditation. There are great videos on

YouTube to guide you through breathing and relaxing your mind. If that sounds like too much work, try closing your eyes and focusing on breathing in through your nose and out through your mouth slowly.

Find Your Motivation

- Everyone has a reason to quit tobacco today, what is yours? Maybe it is to improve your health, see your grandkids grow up, cut back on spending, or all the above! Keep a list of those reasons with you to remind yourself of why you are putting in the hard work of quitting.
- As stated above, finding a new and exciting routine that changes up your day will help keep your mind off tobacco using. Incorporating new, healthy habits can be highly motivating.
- Do you have a friend who needs to quit, too? Encourage them to get motivated with you and quit together. Having that friendly support can be all you need to stick to a quit plan.

Find Support When You Need It!

- Talk to an expert at the Michigan Tobacco Quitline. 1-800-QUIT-NOW (1-800-784-8669). The Quitline provides coaching by phone, email, and text, if eligible - nicotine quit medications such as nicotine gum, lozenges, or patches, and membership in an online community
- Chat with a trained Tobacco Treatment Specialist. Enroll in the District Health Department #10 Tobacco Dependence Treatment Program by calling 231-876-3813. Specialists can assist with developing an individual specific program to quit and will work closely with your health care provider to assure you receive the personal medical support needed to succeed in becoming tobacco-free

Scrap Tire Disposal

Spare tires can be brought to the Crawford County Court House Parking Lot on Saturday, June 19, 2021 from 9am-2pm. Individuals may bring up to 15 tires. If you have more than 15 tires please contact your township supervisor or city manager to get prior authorization by Friday, June 18th at 2pm.

You may be required to provide proof of residency or property owner in Crawford County. Please bring driver's license or a copy of recent tax bill for your property.

Food Assistance

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

There will be a free food distribution Saturday, June 26th at 11am at Mount Hope Lutheran Church.

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

Exercise and Memory in Older Adults

By Nicole Persing-Wethington, from Michigan State University Extension

Physical activity is closely related to health across the age span. In one study published in *Frontiers in Aging Neuroscience*, older adults were given cognitive tests and MRI scans to test just how much impact exercise has on the brain. One group of the study participants did no additional activity, while the other group participated in a multi-domain exercise program. Researchers found that "after this short 6-week period of physical exercise, our participants showed significant improvement in their executive and memory function" (Ji et al., 2017). The study participants did not become bodybuilders or Olympic athletes, but they did increase their movement. The exercise included the study consisted of yoga, balance, aerobics, and some weightlifting.

What can we learn from studies like this? We often hear that physical activity is good for our heart, weight, and preventing certain types of chronic disease. It can also be good for our brains. Brain health is important for maintaining independence and overall quality of life. The study also showed that multi-domain exercises do even more to improve cognitive function. Consider adding different exercises to your routine for additional benefits. Walking, bicycling, yoga, tai chi, and group fitness classes can be great additions and a fun way to try new activities. Find activities you enjoy that work with your needs. Remember that exercise does not have to mean hitting the gym, it can mean stretching in a chair or walking around your living room.

Grayling Hospital for Animals



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- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig
- Dr. Heather Minkel

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Program Provides Free Fruits and Vegetables

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

- Jun 7-Jul 12, Mondays, 9am
Eat Healthy, Be Active
- Jun 17-Jul 22, Thursday, 11am
Cooking for One
- Jul 13-Aug 10, Tuesdays, 1pm
Eat Healthy, Be Active
- Aug 5-Sept 9, Thursdays, 10am
Cooking for One
- August 16-Sept 20, Self-Paced
My Way to Wellness

To register contact Kathy Jacobsen at (231) 437-3481 or [kjacobson@mhc.net](mailto:kjacobsen@mhc.net).



Upcoming Classes

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

- **Spring Food Preservation Classes**
Thursdays, June 3-24, 1-2:30 or 6-7:30pm
<https://tinyurl.com/Food-Pres-June21>
- **Diabetes PATH**
June 15-July 20, 1pm
<https://tinyurl.com/dpath-June21>
- **Chronic Pain PATH**
Thursdays, June 17-July 22, 1-3 pm
<https://tinyurl.com/PATH-June21>
- **Retirement Myths & Facts**
June 23, 10-11am, Register by June 22
<https://tinyurl.com/retire-june21>
- **Who Gets Grandma's Yellow Pie Plate**
June 30, 10-11am, Register by June 29
<https://tinyurl.com/yellow-plate-june21>
- **Sleep Education for Everyone**
Thursdays, July 1- Aug 5, 12-12:30 pm
<https://events.anr.msu.edu/sleep3/>
- **Wellness Initiative for Senior Education**
Thursdays, Aug 5-Sept 9, 3-5:30pm
<https://tinyurl.com/WISE-June21>



Senior Project Fresh Farmers Market Nutrition Program

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

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

designed to benefit both farmers and seniors.

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

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



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Wednesday, June 16th at noon.**

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

To join the meeting visit <https://msu.zoom.us/j/95354614775>. Or join via conference call by calling (312) 626-6799 and entering the passcode 330171. For more information call (989) 348-7123.

Caregiver Webinar Series

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

- June 11th: Understanding and Responding to Dementia
- July 9th: Dealing with Difficult Emotions
- August 13th: Assistive Devices
- September 10th: Preparing for the Future

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

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

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