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Fathers, Family, and Flour: The Lorens of Goodale's Bakery

By Toby Neal



In a small town like Grayling, it's not hard to find good people. But if you're looking for the kind who wake before dawn, serve up warm baked goods and warmer hearts,

and somehow still have time to volunteer at fire halls, scout camps, and community boards—you're looking for someone like Loren Goodale. Or better yet, both Lorens. Loren Sr. and Loren Jr.—a father-son duo—have built more than just a beloved bakery over the decades. They've built a legacy of resilience, hard work, and family. And this Father's Day, their story offers a powerful reflection of what it means to grow a business, a family, and a community—always side by side.

The roots of Goodale's Bakery trace back to the 1940s, when Loren Sr.'s mother turned her kitchen into a small-scale operation, baking pies that would become the humble beginnings of a family empire. By 1971, Loren Sr. officially opened the bakery in Grayling, blending his mother's traditions with his own entrepreneurial spirit.

But it wasn't long before they outgrew their space—something that would become a recurring theme. "We kept growing," Loren Sr. recalled, and every time they did, they had to move, build, or change to keep up. But they never did it alone.

That's the thread that runs through every chapter of Goodale's Bakery story: never doing it without the other. Whether they were washing dishes side by side in the early years or managing multiple storefronts and new ventures decades later, Loren Sr. and Jr. have leaned on each other.

(Continued on Page 5)

Our Mission

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

Find Us By Searching

Crawford County
Commission on Aging &
Senior Center



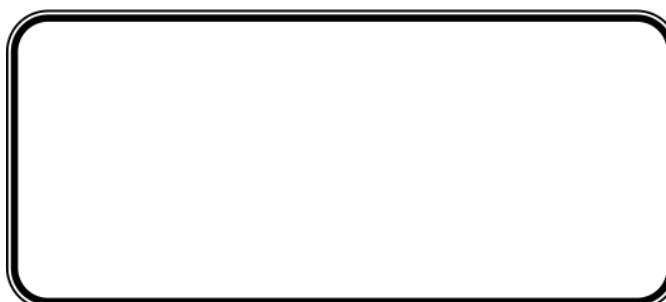
Hours of Operation

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

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

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Kathy, Jill, Susan & Danette

June Birthdays

Pat Mosher (6/6)
Daniel Canfield (6/18)
Kay Ellen King (6/19)
Mike Munifo (6/19)
Richard Ohsowski (6/27)

Senior Center Birthday Lunch
Thursday, June 26th,
11:30a- 12:30p

*Permission forms are at the Senior
Center so we can share your
birthday in this Gazette. Please fill
one out!*

Birthday Lunch Update

Birthday lunch, previously held on
the 4th Tuesday of the month, will
now be held on the 4th Thursday
of the month. The time of the
event has not changed. This
month’s dessert will be cookies
and ice cream. Are you a local
business looking to show off your
desserts? Contact Kate Moshier
about sponsoring a dessert for
Birthday Lunch by calling
989-348-7123.

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

Grayling Pharmacy

500 N. James St, Grayling
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The Medicine Shoppe & PHARMACY



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Keeping that old car running can
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pick-up is free, and your gift is tax
deductible. Senior Neighbors
accepts cars, trucks, RVs, vans,
motorcycles, boats, and much
more! Visit the COA’s link to
donate your old vehicle today:
[https://careasy.org/crawford-
county-commission-on-aging](https://careasy.org/crawford-county-commission-on-aging) or
call 844-411-5768 for more
information on the car donation
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Check out our new location @ 600 N James St. Grayling



Support Groups:

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

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

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

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

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

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

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

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

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

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



General Giving



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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

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

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

Thank you for your consideration.

Sponsors

Silver Sneakers
Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic
by Linda Russel

Hearing Clinic Offered
by Advantage Audiology

Birthday Lunch Flowers
donated by Family Fare

Legal Aid Offered
by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo
by The Grayling Pharmacy

Fit for the Aging
by Sami Szydzik of Stronger
Fitness

Housing Counseling
by Laurie Jamison

Memorials

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

Want to Become a Volunteer?

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

General Donations

Zion Bible Church

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of the Nazarene

Ed Goscicki and

the Frederic Fire

Department

Bruce Jerome

Kirsten Lietz

Dan & Karen

McCarthy

Dennis & Mickie

Meyers

Michigan Masonic
Charitable Foundation

Molina of Michigan

Peggy Smith

Randall & Tanya

Stephens

Agnes Trudgeon

Thank You, Donors

Hometown Heroes

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

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

62 meal days have been purchased to date. Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. May 20 was donated by the Grayling Promotional Association in honor of their birthday. June 2nd was donated by Tom and Janet Gaffke in honor of the staff and volunteers of Meals on Wheels. June 4th was donated by Grayling Eagles #3465 in honor of all meal driver volunteers. June 11th was donated by Lawrence Stephan, Angie and Kevon Miller and Carrie and Hank Saylor in honor of Mary Lee Phelps. June 18th was donated by MATES Employee Association as part of the March for Meals campaign.

Memorial Donations

Tania Ridley, Karl Naghtin, Diana Doremire, Sharron Hagerman, Brad & Laura Beyer, Pamela and Michael Clark, Nancy and Eric Deisig, David and Cheryl Millikin, Kevin and Heidi Parker, and Katherine Miszak and Edward Wojtowicz each donated in honor of Mary Lee Phelps. Nancy Lemmen & Mark Hansen donated in honor of Tina Foster. Farrell Thomas donated in honor of Linda Thomas (Brooks).

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

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

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

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

All Gifts are Tax Deductible

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

Thank You to Our COA Volunteers

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

Jon Schultz Approves: Breakfast at the COA

We asked Jon Schultz for his thoughts on breakfast at the COA and whether he'd recommend it to others. He gave it his full stamp of approval, encouraging everyone to start their day with the COA.

With options like warm biscuits and gravy, fruit smoothies, and savory egg dishes, there's something for every taste. Breakfast is served Monday through Friday from 8:30 to 9:30 a.m. You can't beat the price. It is a suggested donation of \$4.00 for those over 60, and is a cost of \$8.00 for those under 60.



The Scoop on New Activities

Mackinac Island Trip **June 12th, 8:00 am—4:30 pm**

To those who purchased tickets, the COA is going to the Lilac Festival on Mackinac Island. There are only a few seats left on the trip. We will be attending the festival, touring the island, and having lunch at Island Pizza. If you are interested in attending the trip, call 989-348-7123. Tickets are \$70.00 for those in county and \$75.00 for those who are out of county.

AARP Smart Driver Course **June 16th and 18th, 10:00 am—2:30 pm**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers aged 50 and older. You will learn how to operate your vehicle more safely in today's increasingly challenging driving environment. The class is \$20.00 for AARP members, and \$25.00 for non-AARP members. Call 989-348-7123 to reserve your spot today. The class will be held at the COA.

Backyard Party **June 19th, 10:30 am—12:30 pm**

Join us for appetizers on the smoker, regular lunch, yard games, music, and fun in the sun (weather permitting). We are celebrating the kick-off of summer with a party on the patio. We hope to see you there!

Straightforward Bluegrass Band

June 23rd, 6:00 pm

Get ready for an unforgettable night of bluegrass music as STR8FWD takes the stage on June 23rd! Hailing from Michigan, this dynamic band blends traditional bluegrass with rock, blues, and country influences, delivering high-energy performances that keep audiences dancing all night long. Led by guitarist and vocalist Jeff White, STR8FWD promises a "Concert Feel in a Local Setting" that you won't want to miss. Tickets are \$10.00 for those in county, and \$15.00 for those out of county.

Walk in the Woods

June 4th, 10:00 am: Wakeley Lake
Wakeley Lake, Grayling, MI, 49738

A weekly vehicle permit or an annual pass from the U.S. Forest Service is required to hike, fish or camp at Wakeley Lake. You can pay at the trailhead or if you're passing through Mio, at the Mio Ranger District office (989-826-3252) on M-72.

June 11th, 10:00 am: North Higgins Lake State Park
11747 N Higgins Lake Dr,
Roscommon, MI 48653

Please be advised that you will need to purchase a State Recreation Passport in order to enter the park. Passes can be purchased on site, or when you renew your license plates. No day passes are available for Michigan residents. The cost for a pass on site is \$19.00.

June 18th, 10:00 am: Bright and Glory Lakes
3612 State Park Dr, Grayling, MI 49738

Please be advised, this location requires a State Recreation Passport.

June 25th, 10:00 am: Hanson Hills
7601 Old Lake Rd, Grayling, MI 49738

This event includes a guided tour, as well as a short game of disc golf for those who are interested in participating. Discs will be provided for those interested in playing.

The group plans to meet after each walk for lunch at the Crawford County Commission on Aging. The walks for out of county residents cost \$5.00 a walk, or \$50.00 for the entire year for all activities. Lunch is only a suggested donation of \$4.00 for those over 60, and is a cost of \$8.00 for those under 60.





Their move to Grayling marked not only a new era for business but also a deeper integration into the heart of the community. The bakery expanded its offerings—adding sandwiches, entrees, and even well-known Kowalski’s products—but it never lost its small-town soul.

Of course, no story about the Goodale’s would be complete without mentioning Linda—the sister who works the graveyard shift, decorates the cakes, and anchors the family’s Father’s Day tradition with a homemade meal each year. “Linda’s the kind of person who makes it all feel like home,” Loren Jr. says. “She cooks like our grandmother did—only better sometimes—adding her own touch to the recipes.”

Her cooking is more than just food; it’s a symbol of the family’s bond. Father’s Day isn’t a big formal occasion for the Lorens—it’s often a week early, squeezed in between scout trips for Scout Leader Loren Jr., out of state camper trips for Loren Sr., or just business hours—but it always includes Linda’s home-cooked meal. “That’s the real gift,” says Loren Sr.

Both Lorens are more than bakers. They’re deeply rooted in service. Loren Sr. has served as a volunteer fireman, fire chief and EMT, while Loren Jr. has decades of experience as the Boy Scouts scoutmaster and supporter of local youth. Between them, they’ve helped shape countless young lives in Crawford County.

Their bakery isn’t just a business; it’s a hub for the community. They’ve donated a 40x40 space for local Boy Scouts to hold meetings, hosted community events, and provided meals and support to anyone in need. They’re the kind of people who say yes before you finish asking. “I am just the kind of person who loves people,” Loren Sr. expressed with a wide grin.

Loren Jr. also serves as a county commissioner and chair of the Downtown Development Authority. “You can’t just work here,” he says. “You’ve got to give back. That’s how we were raised.” It’s a philosophy that’s baked into every donut and delivered with every smile.

Their custard is legendary, and their cakes are renowned—but it’s the people who keep coming back. People like Gordie Howe, Paul Carey, and other Michigan icons have made

pit stops at Goodale’s Bakery, but the Lorens treat everyone like a VIP. “Famous people come and go,” says Loren Sr. with a grin. “But it’s the regulars, the kids we watched grow up, the families who bring in their grandkids now—those are the people who made us who we are.”

Even while sharing their story, several locals, regulars and new customers came to talk with Loren during the interview. They were all treated like family. That humility extends to how they talk about their work. They rarely boast, preferring to shine the light on others—like Linda, or the scouts they’ve mentored, or the young employees who started as dishwashers and went on to become chefs, teachers, and even business owners themselves.

Ask them what Father’s Day means, and you won’t hear about ties or fishing poles. Instead, they talk about scout camps, camping trips to D.C., and teaching kids how to light a fire or pitch a tent, or cook meals while doing so. “That’s how they learn the best,” Loren Jr. commented. Some years, they’re in the woods when the holiday rolls around, celebrating with a campfire and a plate of something cooked over it. Other years, they’re back home, and Linda is serving up something special—always from scratch. Their Father’s Day is less about being celebrated and more about staying connected—to family, to community, and to the purpose that has driven them all these years.

In a world that moves fast and often forgets its roots, Goodale’s Bakery offers something rare: a reminder that success doesn’t come from doing more—it comes from doing more together. That growth isn’t about expansion unless it includes connection. And that the best legacy a father can leave is not just a business, but a life built in partnership with his children, his siblings, and his community.

As they reflect on decades of service, flour-dusted aprons, and thousands of customers served, both Lorens agree on one thing: they wouldn’t trade it for the world. This Father’s Day, let’s raise a toast—not just to the fathers who raised us, but to the ones who built something beautiful and never stopped sharing it with the world.

Only a Dad

*Only a dad, with a tired face,
Coming home from the daily
race,
Bringing little of gold or fame,
To show how well he has
played the game,
But glad in his heart that his
own rejoice
To see him come, and to hear
his voice.*

*Only a dad, with a brood of four,
One of ten million men or
more.
Plodding along in the daily
strife,
Bearing the whips and the
scorns of life,
With never a whimper of pain
or hate,
For the sake of those who at
home await.*

*Only a dad, neither rich nor
proud,
Merely one of the surging
crowd
Toiling, striving from day to day,
Facing whatever may come his
way,
Silent, whenever the harsh
condemn,
And bearing it all for the love of
them.
Only a dad, but he gives his all
To smooth the way for his
children small,
Doing, with courage stern and
grim,
The deeds that his father did
for him.
This is the line that for him I
pen,
Only a dad, but the best of
men.*

Written by Edgar Guest

Happy Father’s Day from your friends at the Crawford County Commission on Aging and Senior Center.

Thompson Treusch

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Tammy's TIPS

Tips for Staying Safe in the Heat

- Act fast when you do not feel well — If you don't feel well due to excessive heat, avoid waiting to seek help. Call a medical professional or explain your symptoms to a family member or care provider.
- Find alternative ways to stay cool — Take cool showers when you are at home. When you must be outside, look for shaded areas. If your air conditioning is not working, consider spending time at the nearest community center or library to ensure you are staying cool.
- Eat healthy — Replace hot, heavy meals with nutritious, smaller meals spaced throughout the day. Fresh fruits, veggies, watermelon, oranges, and cucumbers can keep you cool and hydrated.

Tips for Summer

Summer in Grayling, Michigan offers numerous fun and engaging activities for older adults, ranging from outdoor adventures to creative pursuits.

- Gardening: Grayling's warm summers are perfect for gardening, offering a gentle form of exercise and a sense of accomplishment.
- Walking: Enjoy the fresh air and sunshine with a walk in one of Grayling's parks or along the scenic river.
- Swimming: Many local pools and lakes offer opportunities for swimming or water aerobics, providing a low-impact workout.
- Fishing: Grayling is known for its fishing, and it's a relaxing and enjoyable way to spend a summer day.
- Local Events: Check out the local Senior Center calendar for summer festivals, farmers' markets, and concerts.
- Picnics: Pack a lunch and enjoy a picnic at one of Grayling's parks, offering a relaxed and social experience.
- Outdoor Games: Play lawn games like bocce ball or cornhole for a fun and social activity at the Senior Center.
- Nature Walks: Explore the local parks and trails, taking in the beauty of the surrounding landscape.

New to Medicare

Are you turning age 65 in 2025?
 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 on **Wednesday, June 18th, 2025 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare. Tammy Findlay, advocacy coordinator, 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, contact the Crawford County Commission on Aging and Senior Center at 989-348-7123.

Senior Center Updates

After you "Like" us, our events, program posts, and many more pictures will link on your page. Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

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

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 rboykindc@gmail.com

Electronic Waste and Document Shredding Day 2025!

Saturday, June 14th from 10am to 12pm

@200 E. Michigan Ave (Crawford County Courthouse Parking Lot)

NO Household Hazardous Waste

Please do NOT bring any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE. Unlike in previous years, this event is strictly for Electronic Waste and Document Shredding. We appreciate your understanding in this matter.

Document Shredding

\$10-\$15 suggested donation dependent on box size
Document shredding is from 10am - noon. All funds raised will go to Crawford County Commission on Aging. Suggested donations of \$10 for a 13 gallon-size bag or box \$15 for a 40 gallon-size bag or box will be collected on-site.

Electronic Waste

Computer Equipment, Printers, Cell Phones, Gaming Consoles, Video Players, Stereo Equipment, Electronic Cords & Cables, Etc.

Shred Day is Sponsored By:

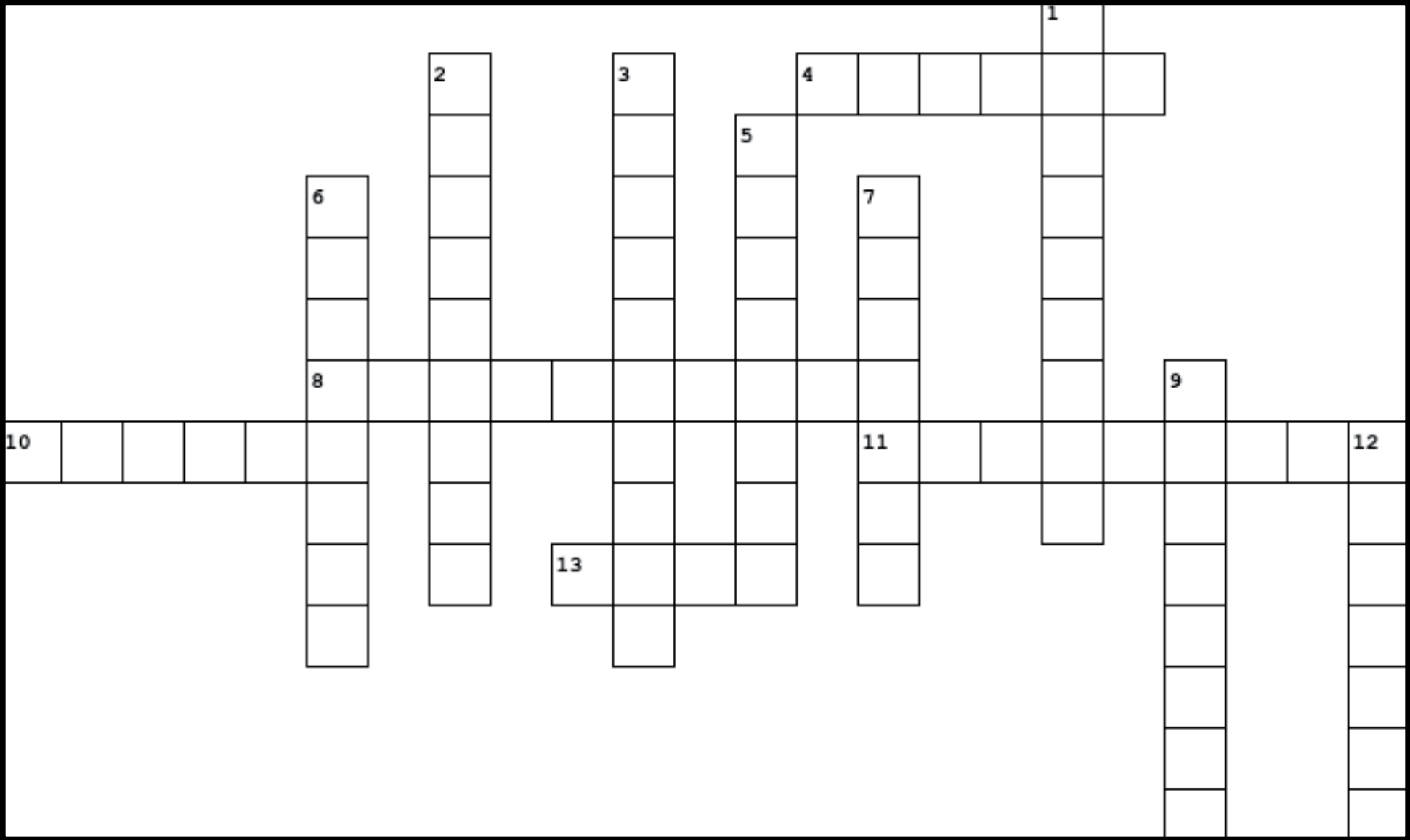


Level Up Your Savings.
Earn More. Access Anytime.



Volunteers Still Needed! Call Carey @ 248-961-3056 to Sign Up as a Shred Day Volunteer.

June Crossword Puzzle



Across

- 4. Outdoor meal often in summer
- 8. Beach structure made with a bucket and shovel
- 10. A zodiac sign in June
- 11. Light-up display often seen in late June or early July
- 13. Official flower of June

Down

- 1. Term for the midpoint of the growing season
- 2. Flower that changes color with soil pH
- 3. Big day for seniors in June
- 5. Longest day of the year happens at this time in June
- 6. Frozen treat on a stick, perfect for June
- 7. Summer bug that has a popular song written about it
- 9. Sunroom, great in summer
- 12. Red skin souvenir from too much June sun

June 2025 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana  Tom & Janet Gaffke	3 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	4 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange  Grayling Eagles #3465	5 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend	6 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas
9 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear	10 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks Healthy Snack Taste Test with Lunch	11 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  Lawrence Stephan, Angie and Kevon Miller and Carrie and Hank Saylor in honor of Mary Lee Phelps.	12 NO BREAKFAST 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes Father's Day Special Dinner 4:00p – 6:00 pm BBQ Ribs, Loaded Potato Salad, Cole Slaw, and Strawberry Rhubarb Pie	13 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange
16 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	17 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana	18 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange  MATES Employees Association	19 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce Backyard Party	20 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend
23 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	24 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Parmesan Cod, Brown Rice, Prince Charles Vegetable, Fresh Pear	25 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Roast, Red Grapes, Baked Potato, Green Beans	26 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Birthday Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	27 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend, Red Grapes
30 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<div><div><div>HAPPY</div><div>Father's</div><div>day</div></div><div></div><div></div></div>			
Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce	Light Bites – Dine in Only Mojo Chicken, Red Grapes	Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana

June 2025 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	3 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	4 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Wakeley Lake 12:30p Mahjong 3:00p Geri-Fit	5 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Grayling Pharmacy Bingo	6 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
9 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	10 9a-2p Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 11:30a-12:30p Taste Test 12:30p Euchre	11 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ North Higgins Lake State Park 12:30p Mahjong	12 8a Mackinac Island Trip 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Father's Day Special Dinner	SATURDAY
				14 10a-12p Shred Day @ The County Building
16 10a Silver Sneakers 10a-2:30p AARP Driver's Safety Course 1-4p Chess Club 2-3p Diamond Art Club	17 9a Zumba Gold A 9a-11:30a Huron Pines Volunteer Day 10a Zumba Gold B 12:30p Euchre 4:30p COA Board Meeting	18 8:30a Blood Pressure Checks 10a Silver Sneakers 10a-2:30p AARP Driver's Safety Course 10a Walk in the Woods @ Bright and Glory Lakes 11a New to Medicare 11a Alzheimer's Support @ the Brook 12:30p Mahjong	19 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:30p Backyard Party (Outside Weather Permitting) 1p Penny Bingo 1p Legal Assistance	20 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
23 9a-4:30p Footcare 10a Silver Sneakers 10a-3p SOS Mobile Office Visit 1-4p Chess Club 2-3p Diamond Art Club 6p-7p Straight Forward Bluegrass Band Concert	24 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	25 8:30a Blood Pressure Checks 10a Silver Sneakers 10:30a Water Aerobics @ The Super 8 10a Walk in the Woods @ Hanson Hills 12:30p Mahjong 2p-4p Commodities	26 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 11:30a Birthday Lunch 3p Neighborhood Connect @ Grayling High School	27 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
30 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<div> <div> <div>HAPPY</div> <div>Father's</div> <div>day</div> </div> <div>  </div> <div>  </div> </div>			

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

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

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

Blood Pressure Checks - every Wednesday from 8:30 am - 10:00 am.
Incontinence Supplies
Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet
Items are available for a donation of \$5.00

Nutrition Services

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

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

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

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

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

Resources

Information / Assistance:
(989) 348-7123
Our COA staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

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

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

Medicaid/Medicare Assistance Program (MMAF)
Trained counselors help seniors decide which health insurance options are best for them.

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

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

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:
Offered once each year. June 16th & 18th, 2025.

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

Walk with Ease: Learn to walk safely and comfortably. Offered once a year.

Matter of Balance:
Learn helpful tips that will improve balance over time. Offered in the fall, details coming soon.

Geri Fit:
Learn helpful skills to improve balance and strength.

Fitness Programs

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

Silver Sneakers: 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: 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 April 2025*

At the Senior Center

- We served 770

Congregate Meals

In-Home Services

- Delivered 3,319 home delivered meals.

- Provided 78.5 hours of respite care.

- We provided 228.50 hours of homemaker services.

- We provided 34.75 hours of bathing assistance services.

Important Phone Numbers:

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

Medicare (800) 633-4227

Veterans Administration
(800) 827-1000

Alzheimer's Assistance
(800) 272-3900

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

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

Listen online: Community Calendar for the COA Calendar of Events
aired daily by: Blarney Stone Broadcasting Stations
q100michigan.com upnorthsportsradio.com
to add events to calendar email: peyton@blarneystonebroadcasting.com



Region 9 Area Agency on Aging Webinars for June 2025

- **Communicating Effectively: How to Be a Friend to the Persons with Dementia and Their Caregiver**
 - Date: Friday, June 13, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)
- **Common Dementia Challenges**
 - Date: Friday, July 11, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)
- **LGBTQ+ Caregivers**
 - Date: Friday, August 8, 2025
 - Time: 1:00 p.m. – 2:00 p.m.
 - Location: Online (Virtual via Zoom)

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




Mount Hope Lutheran Church 2025 Food Truck Schedule

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

Dates:
 June 7th
 July 26th
 August 2nd
 September 6th
 October 4th

Coming Attractions: Save the Dates




Veteran’s Coffee Hour Date

Date:
 Thursday, June 12th

Time:
 10:00-11:00 AM

At the American Legion Post #106

More Info: (989) 344-3861





Versiti Blood Drive

June 9th Drive Cancelled.

Next scheduled drive is **August 11th.**

All blood drives run from 11:00 am—3:30 pm.



COA Holiday & Party Schedule

June 19th
 Back Yard Party

July 3rd
 Fourth of July Party

September 8th
 Grand Parent’s Day

October 31st
 Halloween Party

November 20th
 Friends-Giving Party

December 30th
 Noon Years Eve





Secretary of State Mobile Office Visit


June 23rd, 10:00 am - 3:00 pm

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

Christian Help Center Food Truck Schedule

<p>Thursday, June 26th 3:00 pm—5:00 pm Grayling High School 1135 N. Old 27, Grayling</p> <p>Thursday, July 17th Beaver Creek Township Hall 8888 S. Grayling Rd, Grayling</p> <p>Thursday, August 21st 12:00 pm—5:00 pm, Community Health Fair Crawford County Commission on Aging 4388 E. M-72, Grayling</p>	<p>Thursday, September 18th Grayling Free Methodist Church 6652 W. M-72 HWY, Grayling</p> <p>Thursday, October 16th Frederic Township Hall 6470 Manistee St., Frederic</p> 
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Save the Date: Lavender Farm Visit

<p>Trip to the Uncommon Ranch July 16th, 2025 10:30 am—3:00 pm</p> 	<ul style="list-style-type: none"> • Over 60 in county: \$12.00 Under 60 in county: \$20.00 • Over 60 out of county: \$17.00 Under 60 out of county: \$25.00 <p>Ticket price accounts for your meal.</p>
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Need a New or Replacement Social Security card? We are making it easier!

By Hillary Hatch, Public Affairs Specialist

If you need a new or replacement Social Security card, we've got great news! You may be able to complete, or at least start, your application on our website – and, if necessary, use our online scheduling tool to book an appointment at a local office.

Start your application

Do you need to apply for a Social Security number (SSN) and card? You can visit www.ssa.gov/number-card to begin the process. You'll answer a series of questions to determine whether you can:

- Complete the application process online.
- Start the application process online, then bring any required documents to your local Social Security office to complete the application, typically in less time.
- Complete the application process at your local office.

If you can't complete the application online, you must visit a Social Security office. To learn more, please review our publication, *Your Social Security Number and Card*, at

www.ssa.gov/pubs/EN-05-10002.pdf.

Replace your Social Security card
Want to replace your card? The **Card Replacement Screener** on our Replace Social Security card webpage at www.ssa.gov/number-card/replace-card helps you determine the best way to do so.

Depending on your situation, you may be able to request a replacement card without visiting a local office. Choose "Answer a few questions" on the Replacement Card webpage at www.ssa.gov/number-card/replace-card to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online.

Were You Asked to Come into an Office? Here's What You Should Know

If you start the application online and we determine you need to come into an office, you can use our new **Online Self-Scheduling option**. This option allows you to:

- Select your language preference.
- Select the most convenient office to receive service.
- Choose to receive communications and appointment reminders through email or text.
- Conveniently use your mobile device to check-in for your appointment.

You can also reschedule, modify, or cancel your appointment online without having to call or visit the office.



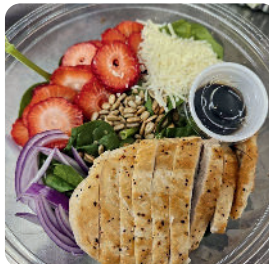
Tammy's
TIPS

Tips for Making the Most of Summer

- Check the weather forecast: Plan activities accordingly, considering the temperature and sun conditions.
- Stay hydrated: Drink plenty of water, especially during outdoor activities.
- Apply sunscreen: Protect your skin from the sun's rays.
- Consider transportation: If you have limited mobility, explore options for getting around, such as ride-sharing services or local transportation programs.
- Socialize: Connect with friends, family, and neighbors through shared activities and outings.
- Keep Cool with Indoor Summer Activities

Brand New Grab 'N' Go by Kate Moshier

We have started offering lunch items like salads, wraps, and soup in our Grab and Go cooler in our lobby! Currently we are in the process of learning what items everyone wants, and what they don't, so please keep checking to see what each week's offerings will be. If you have any comments or if there is something specific that you would like to see available for purchase, please let Kate know or put a suggestion in the suggestion box.



Here are some photos of things the COA has offered in the new Grab 'N' Go. The Grab 'N' Go is located in the lobby.

Hummus Recipe



This recipe is adapted from the "Ultimate Hummus" recipe from Cooks Illustrated's "The Science of Good Cooking."

Chickpeas (also called Garbanzo beans) are an excellent source of plant protein and make a flavorful dip called Hummus when blended and seasoned. I hope you give it a try!

Ingredients

1 15oz can chickpeas
1/2 tsp. baking soda
3 Tbl. lemon juice (Fresh is best 1 large lemon, or 2 small juiced)
6 Tbl. Tahini
2 Tbl. Extra-virgin olive oil
1 clove garlic, minced
1/2 tsp Kosher salt
1/4-1/2 tsp ground cumin
Pinch of cayenne pepper (optional)
Minced fresh cilantro or parsley (optional for garnish)

1. Drain and rinse chickpeas (it doesn't need to be perfect) then add them to a medium sized saucepan, cover with water, and add baking soda. Bring to a boil and let it boil for 5-10 minutes. This softens the chickpea skins so that they will blend smoothly and you don't have to mess with removing them!
2. Drain and rinse with cool water. Let sit until cool to the touch.
3. Place the cooled chickpeas with the garlic, salt, cumin, and cayenne pepper in a food process and process until everything is ground and uniform- usually less than a minute but do not worry about overgrinding everything, when in doubt go a little longer.
4. Add lemon juice and tahini and process until smooth-5 minutes or more depending on your processor. Once the mixture is smooth throw an ice cube in and wait until it's completely broken down and absorbed. I find it works best to smash an ice cube in a plastic bag and add the pieces instead of the whole cube. The ice cube step is optional but recommended for a creamier finished product. Now, while the processor is running, drizzle the olive oil in a slow steady stream into the mixture and allow it to run for another minute to fully emulsify.
5. Scrape the Hummus out of the processor into a bowl and smooth and garnish if desired. Enjoy as a dip with pita bread, chips, or fresh vegetables or use as a spread on a sandwich or wrap.

June Word Search



- | | | | |
|---------------|--------------|---------------|----------------|
| 1. Solstice | 16. Paddle | 31. Sunshine | 46. Firepit |
| 2. Balmy | 17. Camp | 32. Holiday | 47. Watermelon |
| 3. Cascade | 18. Breezy | 33. Vacation | 48. Seaside |
| 4. Jubilant | 19. Sandals | 34. Popsicle | 49. Boardwalk |
| 5. Leisure | 20. Kayak | 35. Mosquito | 50. Relaxed |
| 6. Canopy | 21. Lake | 36. Tanning | |
| 7. Sunset | 22. Barbecue | 37. Beach | |
| 8. Bloom | 23. Festival | 38. Grilling | |
| 9. Shorts | 24. Garden | 39. Daisies | |
| 10. Summer | 25. Flipflop | 40. Splash | |
| 11. Hiking | 26. Camping | 41. Citrus | |
| 12. Flowers | 27. Sunglow | 42. Lagoon | |
| 13. Firefly | 28. Poolside | 43. Stroll | |
| 14. Lemonade | 29. Bonfire | 44. Icebox | |
| 15. Sunscreen | 30. Hammock | 45. Sprinkler | |



Pull Together for Native Plants

June 17th, 9:00 am - 11:30 am



On Tuesday, June 17th, local conservation nonprofit Huron Pines is hosting a program and outdoor “spring cleaning” volunteer day in collaboration with the Grayling Community Garden. The program will start at 9 am in the COA activity room. Huron Pines will share about conservation efforts happening in Grayling and Northeastern Michigan. Participants will learn about the benefits of planting and caring for native plants on their property. Following the program, volunteers will join Huron Pines staff to prep the COA gardens for summer (weeding, planting, watering). Please register to attend at <https://bit.ly/pullinweeds>. For assistance registering, please call Amanda Vanaman, Huron Pines Community Project Manager, at (231) 340-1146.

SCAN ME



Water Aerobics Coming in June

Join us Wednesdays, June 25–September 3, from 10:30 AM–12:00 PM at the Super 8 in Grayling for a fun, low-impact workout perfect for all fitness levels. Class size is limited to 15, and we ask that you commit to all 12 sessions as part of our evidence-based grant program. Spots fill fast—register today at the Commission on Aging or call 989-348-7123!



Special Dinner Recap & Special Preview

By Kate Moshier

We had a wonderful night honoring and remembering the most important person in many of our lives, our mothers, for our May special dinner. Did you know we had 200 people here that night? Thank you to each and every one of you that came to celebrate with us! I wanted to give a special shout-out to the ladies who wore their best Spring hats. Did you see those hats? Each one I saw was more lovely than the last, and all were absolutely charming. I also want to thank our special dinner volunteers. I am in awe of them every month, watching their hard work and how they find joy in service. Even when understaffed for the night, every one of them has a smile and an “I can do that!” attitude I find inspiring. Thank you for everything you do!

Looking ahead to June, our Father’s Day dinner is from 4-6 pm on June 12th, and it’s the return of the ribs! Join us to celebrate Dad with BBQ ribs, loaded potato salad, coleslaw, and a slice of strawberry rhubarb pie! Get your best (or worst) dad jokes ready to go and we will see you there!



Senior Project Fresh Returns June 1st.

Senior Project FRESH provides Michigan residents age 60 and older with access to fresh, locally grown fruits, vegetables, and honey while supporting local farmers. Eligible participants receive \$25 in benefits to use at approved farmers markets and roadside stands within their county of residence. In addition to the produce vouchers, the program also includes free nutrition education to help encourage healthy eating habits.

- To qualify, individuals must:
- Be 60 years or older (or 55+ if a member of a federally recognized tribe or urban tribal group),
 - Be a Michigan resident, and
 - Meet income guidelines (\$2,412.70 per month or less for individuals; \$3,260.62 a month or less for couples).
- This year, the program is transitioning from paper coupons to a new electronic benefits system. Participants will now apply online and receive a benefit card by mail. For more information or to apply, call Tammy Findlay at 989-348-7123.

The Scoop with Jan Williamson

June is National Safety Month and an opportunity for everyone to identify and minimize potential risks at home. Seniors, in particular, are at higher risk of falls, medication mismanagement, and accidents. Take a few minutes to check out possible risky areas in your home:

- Throw rugs can be a slip and fall hazard. Consider removing them or at a minimum secure them.
- Bathrooms can be a risky place. Consider adding non-slip strips to your bathtub or shower. Grab bars in the shower/tub area and next to the toilet help with safety in the bathroom.
- Check the water heater temperature to reduce the risk of burns during a shower/bath or while working in the kitchen. (120 degrees or less is safe)

- Change batteries in your smoke and carbon monoxide detectors at least every 6 months.
- Use or install night lights in hallways, bathrooms, and at doorways.
- Make an emergency plan for how EMS or family/friend could gain access to your home if you’re not able to answer the door. Consider placing a key outside and notify your emergency contact where it is located.



Upcoming Online Classes from MSU Extension-June 2025

ONLINE: RELAX Alternatives to Anger Daily June 2025
June 2, 2025 – June 5, 2025
Mon, Tue, Wed, Thurs Online

Make a Spending Plan Work for You! (Webinar) - June 3, 2025
June 3, 2025 12:00PM – 1:00PM Zoom

Chronic Pain PATH Toolkit, June 3-July 8, 1:30pm ET
June 3, 2025 – July 8, 2025
Telephone

Lunch and Learn Webinar : Maintaining Health in Challenging Times
June 4, 2025 12:00PM – 1:00PM

Preserving MI Harvest- Top it Off With Preserved Dressings and Condiments
June 5, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Protecting Your Identity - June 11, 2025
June 11, 2025 12:00PM – 1:00PM Zoom Webinar

Lunch and Learn Webinar : Changing Negative Self-Talk
June 11, 2025 12:00PM – 1:30PM Online via Zoom

Preserving MI Harvest- Veggies-From Garden to Freezer
June 12, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Thriving on a Fixed Income! June 16, 2025
June 16, 2025 12:00PM – 1:00PM Zoom

Michigan Cottage Food Law
June 17, 2025 6:00PM – 8:00PM Zoom Webinar

Sleep Basics Workshop
June 26, 2025 1:00PM – 2:00PM Zoom

To register for any event visit:
<https://www.canr.msu.edu/rlr/>
and click on the Events tab.



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CRAWFORD COUNTY

NEIGHBORHOOD CONNECT

Neighborhood Connect is a FREE event that will feature products and services from various community agencies and organizations aimed at helping ALL residents with a focus on FAMILIES of Crawford County and improving health.

The event is on June 26th, and runs from 3:00 pm - 5:00 pm.

Pre-register by visiting <https://bit.ly/4ktpEtM>.

Car Seat Safety Checks, Preschool Information, Connect with Resources.

Questions? Contact Tammy Tyler @ 989-275-9565

Did You Know????

Two lifelines that transformed Aging in America reach important milestones in 2025. This summer marks major anniversaries for both federal programs.

Ninety years ago, on August 14, 1935, Franklin D. Roosevelt signed the Social Security Act. Sixty years ago, on July 30, 1965, Lyndon B. Johnson—after months of arguing, arm-twisting and horse -trading in Congress-- signed the law creating Medicare.

Social Security -- 90th ANNIVERSARY (1935 -2025)

Medicare – 60th ANNIVERSARY (1965-2025)

AARP.org May/June 2025

June 10 Taste Test

by Kate Moshier

Some of you have seen the Hummus that we have offered in the Grab and Go cooler, and many of you have had questions. What is it? Is it really that good for you? What does it taste like? Satisfy your curiosity on June 10th during lunch from 11:30-12:30 to taste some Hummus, learn about its nutrition, and take some recipes with you.

Enrolling in Medicare through the Social Security Administration

To actively enroll in Medicare, contact the Social Security Administration. You can enroll through Social Security in three different ways.

1. Visit your local Social Security office. (Call and make an appointment)
2. Enroll online. Visit <https://secure.ssa.gov/ICON/main.jsp>
3. Enroll over the phone. Call the Social Security Administration at 800-772-1213

For local Medicare Help that is trusted, unbiased, one-on-one counseling and assistance call the Commission on Aging and Senior Center and speak with a State Health Insurance Assistance Program (SHIP) Navigator @ 989-348-7123.

CRAWFORD COUNTY COMMISSION ON AGING

WANTED: MEALS ON WHEELS DRIVERS

Help us serve older adults in need in our community. Volunteers are urgently needed. Mileage stipends are available. Please visit www.crawfordcoa.org and click on the volunteer tab to fill out an application. Schedules are flexible based on your personal availability. Contact Sarah or Kathy at 989-348-7123 for more information.

Accepting New Patients!

Heather Lee, DO

Neurology

HANDS-ON

NEUROLOGICAL CARE

Need care for your neurological condition – or suspect you have one? Munson’s trusted neurologists diagnose and manage a wide range of neurological issues that can lead to symptoms like tingling, numbness, tremors, problems with balance, and more.

Common conditions we treat include:

- Migraines and Chronic Headaches
- Neuropathy and Nerve Pain
- Memory and Movement Disorders
- Epilepsy and Seizures
- Brain Injury and Concussions
- And Other Neurological Conditions

Visit munsonhealthcare.org/neurosciences to get started or scan the QR code to learn more.

The Brook, it's home.

BrookRetirement.com

Independent, Assisted & Memory Care Living

Retirement Communities

Big Rapids • Boyne City • Cedar Springs • Cheboygan Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo Portland • Rogers City • Roscommon • Standish • West Branch

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"NEW" MEDICARE CARD SCHEMES



Do you know what isn't new this year? **Your Medicare card.**

People with Medicare **ARE NOT** receiving new cards this year, But scammers may attempt to convince you otherwise.



Four Basic Signs of a Scam

Recognizing the signs of a scam gives you the power to ignore criminals and report the scam. Scams come in many varieties, but they all work the same way:

1. Scammers pretend to be from an agency or organization you know to gain your trust.
2. Scammers say there is a problem or a prize.
3. Scammers pressure you to act immediately.
4. Scammers tell you to pay in a specific way.

How to Avoid a Scam

Protect yourself, friends, and family — If you receive a suspicious call, text, email, social media message, or letter from someone claiming to be from Social Security:

- **Remain calm.** If you receive a communication that causes a strong emotional response, take a deep breath. Talk to someone you trust.
- **Hang up or ignore the message.** Do not click on links or attachments.
- **Protect your money.** Scammers will insist that you pay with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
- **Protect your personal information.** Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize, even if the caller has some of your personal information.
- **Spread the word** to protect your community from scammers.
- **Report the scam** to the Office of the Inspector General at oig.ssa.gov/report.

Articles provided by Tammy Findlay, Advocacy and Resource Coordinator.

Detroit Tigers Trip Tickets On Sale Now

Get ready for a day of big-league fun as the Crawford, Kalkaska, and Roscommon Commissions on Aging team up for an unforgettable trip to see the Detroit Tigers in action. Game Day: August 6th, 1:10 PM Departure: 8:30 AM from the Crawford County Commission on Aging (**arrive by 8:00 AM**). Your \$120 ticket includes:

- A reserved stadium seat.
- A delicious meal provided by the COA on the way to the game.
- A classic ballpark meal during the game.
- Round-trip transportation on a comfortable motorcoach.

Only 15 seats are available for this trip. Reserve your spot today before they're gone! If you need an ADA seat, please mention this when purchasing your ticket.



June Medical Equipment Spotlight

by Kathy Meisner



- MaxSorb™ Gel Technology which locks up moisture to help keep you feeling cleaner, fresher, and drier
- 100% Breathable with AirMax™ Layer helps you stay cool and comfortable by allowing air to circulate
- Dri-Fit™ helps you feel more natural by keeping your skin dry and comfortable
- Comfort-Shape® Plus with gentle elastics shape to your body for a more comfortable and discreet fit

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

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

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

Wednesday, July 16, 2025
1:00-5:00pm
4388 W M72 Hwy Grayling

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

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

Skills covered in this course include:

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

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

Save the Date! Health Carnival 2025

The Health Carnival will be held at the Crawford County Commission on Aging & Senior Center.

This event is in partnership with Catholic Human Services, District Health Department #10, Michigan State University Extension Office, Crawford County Community Christian Help Center, and the Crawford County Commission on Aging. There will be a food truck present.

The Health Carnival will be held on August 21st from 11:00 am - 3:00 pm. The event will be held at 4388 W. M-72 Highway in Grayling.