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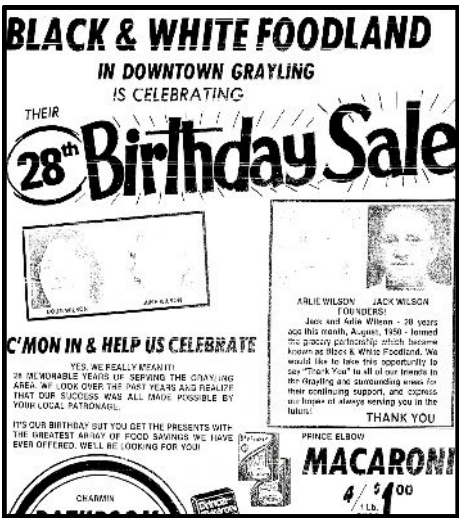
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## Father's Day and the Black & White: How Our Fathers' Stories Shape Us

**Written by Carlie Wilson**

Some of the most important chapters of our lives are written long before we think about reading them. Interwoven into our personal history, they are shaped in part by our fathers and the generations before them. History isn't just written in books; it's built inside families and communities, carried forward through stories, traditions, and the everyday places where people gather and connect. Fathers are often the caretakers of those histories. They pass down hard-earned advice, teach lessons they learned themselves, and quietly shape the way we understand the world around us. Sometimes those lessons come through words, and other times through routine moments that barely seem important at the time. Over the years, even our habits, values, and sense of community begin reflecting theirs, shaped by years of storytelling, example, and shared experience. Communities themselves are often built the same way. Not simply through buildings or businesses, but through the people who create gathering places where lives overlap for generations. Grocery stores, barbershops, diners, churches, and hardware stores become more than businesses; they become part of the family histories of entire towns. Fathers and grandfathers helped build many of those places, and in doing so, helped shape the communities their children would grow up in. In my family, my dad was the storyteller.

**Continued on Page 11**



*Hours of Operation*

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



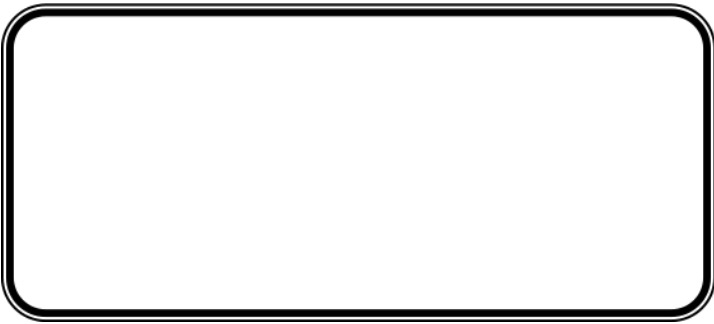
*Find Us By Searching*

Crawford County  
Commission on Aging  
& Senior Center



*Our Mission*

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



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

Smartphone Scan to our Website

## Walk in the Woods June 2026

June 3<sup>rd</sup>, 10:00 am, Markey Township  
Park

Markey Township Park is located at 354  
School Rd, Roscommon, MI.

### June 10<sup>th</sup>, 10:00 am: North Higgins Lake\*

North Higgins Lake State Park is located at  
11747 N. Higgins Lake Drive, Roscommon,  
MI. The group is walking the Upland Nature  
and Fitness Trail. The entrance is on the  
north side of North Higgins Lake Dr., across  
from the campground (just past the park  
headquarters and CCC interpretive center).

### June 17<sup>th</sup>, 10:00 am: Kirtland Bike Trail

Kirtland Community College is located at  
4800 W 4 Mile Road. The trail is located  
behind the Kirtland Community College  
Health Sciences Center. The group will be  
meeting in the little parking lot in front of the  
Sciences Center.

### June 24<sup>th</sup>, 10:00 am: Hartwick Pines State Park

Hartwick Pines is located at 3612 State Park  
Dr. This walk will take place at the Old  
Growth Trail. Park down at the Day Use  
area, and meet near the playground for the  
walk.

An \* designates that the group plans to  
meet

for lunch following the walk. \*\* State park &  
federal park passes may be required, see  
location information for details.



## June Birthdays

Mary Painter 6/5  
Paul Moshier 6/6  
David Markle 6/18  
Kay Ellen King 6/19  
Mike Munfono 6/19

Birthday Lunch is on Tuesday,  
June 23<sup>rd</sup>, 11:30 am - 12:30 pm

Want your birthday in the Senior Gazette? Stop  
by Reception to fill out the form  
to allow us to share.

## Informational Housing Workshop Offers Guidance for Homeowners

If you've ever had questions about your  
property taxes, worried about scams  
targeting homeowners, or wondered  
how to better manage housing costs,  
come to the Senior Center on June 9<sup>th</sup>  
from 10:00 am - 11:30 am. This helpful  
session will cover a range of topics  
designed to support homeowners and  
renters alike.

Participants will also learn how to  
recognize and avoid scams involving  
home equity capture, explore options  
for preventing foreclosure, and  
discover practical strategies for  
adjusting household budgets when life  
circumstances change. The workshop  
will also touch on repairing credit and  
settling collections.

The presentation will be led by housing  
specialist Laurie Jamison of the  
Northern Homes Community  
Development Corporation, who will  
provide clear, practical guidance and  
answer questions. Whether you're  
looking to protect your home, plan  
ahead, or simply better understand  
your options, this workshop offers an  
opportunity to gain useful information  
in a supportive setting.

## AARP Driver's Safety June 8<sup>th</sup> & 10<sup>th</sup> 10:00 am - 2:30 pm

The AARP Smart Driver Course, offered by  
AARP Driver Safety, is the nation's largest  
driver safety program and is designed for  
drivers age 50 and older. This refresher course  
covers current road rules, defensive driving  
techniques, and how to safely navigate today's  
driving environment—helping improve  
confidence and awareness behind the wheel.  
You'll learn research-based strategies to reduce  
crash risk, proper use of in-vehicle technology,  
and how age-related changes, medications,  
alcohol, or health conditions can affect driving.  
The course also addresses eliminating  
distractions, understanding new vehicle safety  
features, monitoring driving abilities, and  
exploring alternative transportation options  
when needed.

There are no tests to pass, and upon  
completion, participants gain a better  
understanding of how to avoid potential  
collisions and stay safe on the road. You may  
also be eligible for an auto insurance discount.  
Check with your insurance agent to find out if  
you qualify! The classroom course costs \$20  
for AARP members and \$25 for non-members  
(cash or check payable to "AARP"). Please  
bring a valid Michigan driver's license and your  
AARP card, if applicable.

## Crawford County Clean Out & Shred Day 2026 June 13<sup>th</sup>, 9:00 am - 12:00 pm

Is your garage overflowing? Old electronics piling up? It's time to clear the clutter and  
make a difference! Join us for Shred Day 2026—your one-stop event to safely and  
responsibly dispose of those hard-to-get-rid-of items while helping keep our community  
clean and green. Document shredding will take place from 10:00 am to noon at the  
Crawford County Building (200 W. Michigan Ave), with suggested donations of \$10 for a  
13-gallon bag/box and \$15 for a 40-gallon bag/box.

This event also offers safe disposal of household hazardous waste, including paints,  
stains, pesticides, pool chemicals, and cleaners. Plus, for a suggested \$10 donation, you  
can recycle old TVs along with a wide range of e-waste such as computers, monitors,  
printers, small appliances, gaming consoles, cell phones, DVD players, cables, and  
more. Tires are also welcome,  
with preference being for off-rim tires. Clean Out & Shred Day 2026 is sponsored by  
North Central Area Credit Union; all donations support the Crawford County Commission  
on Aging. Special thanks to EGLE, the Northeast Michigan Council  
of Governments and Crawford County for helping make this  
event possible. Do you have questions about the event?  
Call or text 248-961-3056.



## Commodities Food Program Pick Up Date: June 24<sup>th</sup>, 1:00 pm - 3:00 pm

Commodities Pick-Up for June will take place on June 24  
from 1:00 pm to 3:00 pm at the Crawford County  
Commission on Aging.

For more information about June commodities, or to  
register for the program, please contact Tammy Findlay at  
989-348-7123.

## Pickle Ball Courts Grand Opening

The time is finally here! Thanks to the support of the City of  
Grayling and funding through a Michigan Department of Natural  
Resources Spark Grant, the Commission on Aging and Senior  
Center is thrilled to announce that construction on the brand-new  
pickleball courts is set to begin this month. Mark your calendars  
now for the Grand Opening Celebration on August 3<sup>rd</sup>! We hope  
you will join us as we celebrate this exciting milestone and  
officially open the courts to the community.

## Senior Gazette Staff

Editor — Brian McLaughlin  
Contributing Writers

Carlie Wilson, Kate Moshier,  
Tammy Findlay, Todd Lako, Sarah  
Pollock, and Jan Williamson.

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*"Views and comments expressed  
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necessarily the comments or  
views of the Crawford County  
Commission on Aging, its staff or  
its board. The Senior Gazette is  
funded by advertising dollars, but  
the Commission on Aging does  
not necessarily endorse any one  
business or organization."*

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

## Commission on Aging Board Members

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

### Staff

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

## Detroit Tigers Trip Tickets on Sale

### June 1st

Get ready for a day of big-league fun as the Crawford  
County Commission on Aging sets out for a trip to  
Comerica Park.

Game Day: July 29th, 1:10 PM

Departure: 8:00 AM from the Crawford County  
Commission on Aging (arrive by 7:30 AM).

Your \$125 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 50 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.  
We will have limited ADA Stadium Seats available at the  
game.

## Special Dinner Schedule

June 18th

Father's Day

July 16th

Hawaiian Luau

August 20th

Backyard BBQ

September 17th

Thursday Night Lights

October 22nd

Halloween

November 19th

Thanksgiving

December 17th

Christmas

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

## New to Medicare Presentation



Happy Birthday! Are you going  
to be 65 soon? Are you getting  
mail & phone calls from  
insurance companies? Protect  
yourself from Scams and  
Fraud! Need help  
understanding Medicare? Join  
Tammy Findlay, a certified  
State Health Insurance  
Assistance Program (SHIP)  
Counselor, on Wednesday,  
June 17th, at 11:00 am for a  
New to Medicare Presentation.  
Learn whether you need to  
enroll in Medicare at 65 if you  
have employer-sponsored  
insurance.

## Juneteenth Celebration June 19<sup>th</sup>, 1:00 pm

Join us on Friday, June 19<sup>th</sup>,  
for a celebration of freedom  
and historical reflection at  
our Juneteenth Presentation  
and Celebration.

## Support Groups & Resources:

### Alcoholics Anonymous

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

### St. John's Lutheran Church

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

### Alzheimer's Support Group

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

### Choices Group

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

### Healthy Relationships Group

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

### Long COVID - Support Group

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

### Narcotics Anonymous

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

### Grief Share Ministry Grayling Baptist Church

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

### Hope Begins Here

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

\$10.00

Senior  
Discount  
on  
Septic Tank  
Cleaning

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



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

\$10.00

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Discount  
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Septic Tank  
Cleaning

\$10.00

Coupon cannot be  
used with any other  
offer or discount.

1941 85 Years 2026

Expires 10/31/26

\$10.00

## Veteran's Coffee Hour Date

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



# General Giving

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

## Make Your Mark: Leave a Legacy

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

### Bequest

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

### Retirement Plan Beneficiary

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

### Life Insurance Beneficiary

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

### Charitable Trusts

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes. By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure everyone receives a meal, in-home services, and the advocacy needed to support the needs of older adults in our community.

Thank you for your consideration.

## Sponsors

### Silver Sneakers

Led by Rich Ferrigan  
of Grayling Fitness Center

### Foot Clinic

by Linda Russel

### Hearing

by Advantage Audiology

### Birthday Lunch Flowers

donated by Family Fare

### Legal Aid Offered

by Jason R. Thompson Law  
Office PLC

### Grayling Pharmacy Bingo

by The Grayling Pharmacy

### Fit for the Aging

by Sami Szydzik of Stronger  
Fitness

## General Donations

Terry & Toni Alimenti

Elizabeth Chace

Bob Gerring

Janet Smith-Grifka

Linda Harris

Anna Kurtzman

Kirsten Lietz

Susan Lucka

Paul & Judy Mesack

Dennis & Mickie Meyers

Connie Novak

Connie Rowe

North Central Area Credit Union

David Wiltse

## Hometown Heroes

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

**Running Tally of Support: 103 Days,  
\$31,790. Thank You!**

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

June 5<sup>th</sup> was donated by Tim and Susie  
Swedine in memory of Carl and Shirley  
Swedine.

June 12<sup>th</sup> was donated by Keith  
Radwanski and Erin Fanning in memory  
of Kevin and John Radwanski

June 26<sup>th</sup> was donated by Bob Gerring,  
in memory of his wife Patricia Gerring,  
and his son Patrick Gerring.

## 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 Exercise Lobby. If you are interested in donating in memory of someone, call 989-348-7123 for more information.

## Memorial Donations

Farrell Thomas donated in memory of Linda (Brooks) Thomas

Linda Harris donated in memory of William "Bill" Harris

Abby Moore donated in memory of Mel Moore.

## 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.

# Summer Days Melt Away with these June Activities

## Music for Life - June Dates

**Thursday, June 11<sup>th</sup>, 3:00 pm - 4:00 pm & Friday, June 26<sup>th</sup>, 3:00 pm - 4:00 pm**

Music for Life continues this month, bringing people together through the shared joy of music. Led by Karen and Dave Ross, this welcoming class is open to individuals of all ages, abilities, and experience levels. Whether you enjoy singing along, playing an instrument, or simply listening, there's a place for you here. On the 26<sup>th</sup>, the class will take place in the Activities Room at the Senior Center. Come be part of the experience, meet others who share a love of music, and enjoy an uplifting time together.

## Mi Options Presentation

**June 15<sup>th</sup>, 9:00 am - 10:30 am**

Long-term care planning helps you stay in control of your choices, protect your independence, and reduce stress for your family down the road. Whether it's understanding your care options, learning about available resources, or simply starting the conversation, having a plan in place makes all the difference. Come out to the Senior Center and enjoy a free educational presentation provided by NEMSCA and the Region 9 AAA.

## Dr. McGreaham Drug Takeback Presentation

**June 16<sup>th</sup>, 12:00 pm - 1:00 pm**

Proper medication disposal helps keep unused or expired drugs out of the wrong hands and protects our community. Dr. McGreaham will be at the Commission on Aging for a Prescription Drug Education Event. Dr. McGreaham will share information on prescription drug safety and some of the unintended medical consequences that arise in older adults, including drug poisoning.

## Abby Moore Book Signing

**June 17<sup>th</sup>, 9:00 am - 2:00 pm**

We're excited to welcome local author Abby Moore to the Senior Center for a special book signing and sale event. Abby will be meeting readers, signing copies of her books, and sharing her passion for storytelling. Every dollar raised during the event will be donated to charity, making this a wonderful opportunity to discover a new favorite read while giving back to the community. Stop by, say hello, and help make a difference one book at a time!

# Volunteers

Mark Anderson	Dave & Mary LoPresto
Meredith Anderson	Annette Lucido
Betty Jo Bresmon	Mike Lutz
Debbie Carrigan	Judy Marchlewicz
Carolyn Cochran	Bev Organek
Isabella Cooper	Suzanne Ostahowski
Jane Croze	Mark Ostahowski
Carolyn Diponio	Ron Pagerski
Kathy Dreff	Jackson Pollock
Donna Farren	Keith Radwanski
Tom Fauntleroy	Al Reynolds
Rich Ferrigan	Chuck & Robin Rodgers
Linda Fielhauer	Karen & Dave Ross
Anna Fradl	Jon & Gail Schultz
Bob Gerring	Jon Shazri
Janet Gilbert	Janis Smith
Sherry Haag	Richard Smith
Sharron Hagerman	Randy & Tanya Stephens
Donn Handy	Barb Summers
Susan Hensler	Brad Summers
Cheryl Hopp	Tim & Susie Swedine
Annette Hritz	Samantha Szydzik
Liedewey Hunter	Farrell Thomas
Cindy & Jim Johnson	Ellen Thompson
Gary & Linda Kaleita	Ken Thurston
Ron & Eileen Kemerer	Scott Ulery
Glenn & Lorelei King	Becky Walrath
Alice Lee	Zoella Wethington
Nancy Lemmen	Carol Wilder
Karen Leslie	Jan Williamson
Cathy Lester	
Kirsten Lietz	

## Join these Community Support Groups at the Crawford County Commission on Aging

The Crawford County Commission on Aging is inviting community members to take part in our monthly support groups, created to provide connection, encouragement, understanding, and compassionate support during life's most difficult moments. Whether you are experiencing grief, navigating cancer, or supporting someone you love, you do not have to go through it alone.

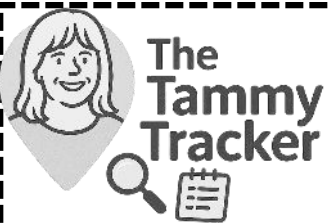
The Grief Support Group offers a private and welcoming space for individuals who have experienced the loss of a loved one through death. Participants can share experiences, receive emotional support, and gain helpful educational guidance while connecting with others who understand the grieving process. This group meets on the second Tuesday of each month at 10:00 am, with the next meeting taking place June 9th. The group is open to the public with no age restrictions, and new participants are always welcome.

Also meeting on June 9th is the Cancer Support Group, which welcomes anyone affected by cancer, including those newly diagnosed, currently in treatment, in remission, living with long-term effects, or supporting a loved one through their journey. This group is designed to provide comfort, encouragement, and a sense of community for anyone impacted by cancer. For more information or to register, please call the Crawford County Commission on Aging at 989-348-7123.

## The League of Women Voters Voter Education Presentation, June 10, 9:00 am

The League of Women Voters (LWV) is a nonpartisan, grassroots nonprofit organization dedicated to empowering communities through education and civic engagement. On Wednesday, June 10 at 9 am, the League of Women Voters of North Central Michigan will present "Know What You Sign," a free educational program designed to provide clear, factual information about ballot petitions and what residents should understand before signing. As a nonpartisan organization, the LWV does not support or oppose any political party or candidate, but aims to help individuals make informed decisions through education. Join this informative presentation to learn what you need to know before signing a petition.

*Views and comments expressed in these events are not the comments or views of the Crawford County Commission on Aging, its staff or its board.*



The COA is looking for fur babies in need of vet care, vaccines, dog food, cat food and cat litter. We received a grant from Meals on Wheels America and Pet Smart Charities to support the needs of your pet. Please phone Tammy Findlay @ 989-348-7123, for more information.



MEALS ON WHEELS  
LOVES PETS



## TAMMY'S TIPS

### Pet Anxiety Tips

To keep pets safe and calm during storms, bring them indoors immediately, create a quiet, enclosed "safe space" (like a bathroom or crate), and drown out thunder with white noise, music, or TV. Reduce anxiety with distractions, such as treats or toys, and keep yourself calm, as pets mirror your emotions. Ensure pets have ID tags/microchips to prevent loss (ASPCA).



## TAMMY'S TIPS

### Help Spread the Word: Senior Project Fresh Scam Alert!

Please help us spread the word that:

1. Senior Project Fresh will never ask participants for any banking information (e.g. debit card, check number, credit card numbers, bank account number, etc.)
2. If called by someone asking for banking information, hang up.
3. Do not open unfamiliar links for payment or provide personal information.
4. Pause and verify the request by asking a friend, family member, trusted local agency or MDHHS.

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

May 14: Grayling E-Free Church, 10:30 am  
 June 18: Grayling High School, 3 pm  
 July 23: Beaver Creek Town Hall, 10:30 am  
 August 13: Crawford County Commission on Aging, 11 am  
 September 17: Grayling Free Methodist Church, 10:30 am  
 October 22: Frederic Township Hall, 10:30 am

### Mt. Hope Lutheran Church Saturday Food Distribution

June 6, 2026 10-11:30  
 August 1, 2026 10-11:30  
 October 3, 2026 10-11:30

## Watch vs Warning Explained Knowing the Difference Between these Weather Alerts Could be Life-Saving

As Michigan enters its severe weather season, understanding the distinction between a watch and a warning is crucial. Using tacos makes it easier to understand the difference between a watch and a warning. Thank you to 13 Weather for this impactful, fun information.



### WATCH VS. WARNING USING TACOS!

#### TACO WATCH



#### TACO WARNING



The ingredients are in place for tacos to happen.



We're having tacos RIGHT NOW!

For a "taco watch," the ingredients for a taco are present. The shells, lettuce, tomatoes, salsa, cheese, and meat are all there--ready to make a taco. During a watch, you need to "watch" for the potential of severe weather over the coming hours.

For a "taco warning," the full taco is present.

The taco is made, and it is able to be eaten.

For a severe thunderstorm warning, the thunderstorm is severe and is going to happen.

This is the exact same concept for tornadoes.

### Senior Project Fresh

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

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



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



Apple App Store

Google Play Store

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

### Preserving MI Harvest-Preserving Meat

June 4, 2026 1-2 pm and 6-7 pm ET Zoom Webinar

### Top Ten Credit Tips (Webinar) - June 4, 2026

June 4, 2026 12:00PM – 1:00PM Zoom

### Wits Workout - Women in Herstory

June 8, 2026 1:00PM – 1:30PM Online

### Make a Spending Plan Work for You! (Webinar)

June 9, 2026 12:00PM – 1:00PM Virtual – Zoom

### Thriving on a Fixed Income! (Webinar)

June 10, 2026 10:00AM – 1:00PM Zoom

### Preserving MI Harvest-Top It Off with Preserved Condiments and Dressings

June 11, 2026 1-2 pm and 6-7 pm ET Zoom Webinar

### Wits Workout - Take a Test Drive

June 15, 2026 1:00PM – 1:30PM Online

### Protecting Your Identity - Webinar - June 17, 2026

June 17, 2026 12:00PM – 1:00PM Virtual – Zoom

### Savvy Tips for Starting a Small Business -

(Webinar) June 17, 2026 3:00PM – 4:00PM

Virtual – Zoom

### Wits Workout - Baby Steps

June 22, 2026 1:00PM – 1:30PM Online

### Wits Workout - By Land or Sea

June 29, 2026 1:00PM – 1:30

## June Commission on Aging Medical Loan Closet Update

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

Models may include the following features:

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

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



## The Health Scoop with Jan: June is National Men's Health Awareness Month

The purpose of this is simple: to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys. This month is all about encouraging the men in your life to focus on their health by eating right, exercising, and taking steps to prevent disease.

Many of us take our health for granted. If we're feeling "okay" day to day it's easy to ignore those preventative health recommendations and not follow through on recommended appointments or tests. Unfortunately, men have a reputation for being notorious for this type of behavior. Instead of making an annual health appointment, men tend to hang back....and sometimes worry about "what they might find". Men might say "If it isn't broke, don't fix it."

However, they are diligent about checking the tire pressure and changing the oil on their car or truck. But they're not always good about their own health maintenance, things like having their blood pressure checked. Men are more reluctant to go to the doctor (studies show women go to the doctor twice as often as men).

Key health threats affecting men include:

- **Heart Disease** – The leading cause of death; warning signs include chest discomfort, shortness of breath, fatigue, or irregular heartbeat. Keeping your heart strong should be a top priority for all of us. 30 minutes of aerobic exercise 5 days per week is recommended.
- **Cancer** – Major types include prostate, lung, colorectal, liver, and pancreatic cancers. Men have higher mortality rates. Annual exams by your health care provider and following recommendations for preventative testing are key.
- **Unintentional Injuries** – Includes motor vehicle accidents, workplace injuries, overdoses, and falls.
- **Stroke** – Warning signs follow FAST: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services.
- **Diabetes** – Warning signs include increased thirst, increased hunger frequent urination, and slow-healing wounds.
- **Prostate conditions** - If you don't know what your prostate is or what it does, you're certainly not alone: most men don't. But you really should. More than 30 million men suffer from prostate conditions that negatively affect their quality of life.
- Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH).
- Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.

Things to consider to promote better health:

- Regular exams with your primary healthcare provider
- Keep moving....30 minutes of exercise 5 days per week has a positive effect on heart, lungs, muscle strength, etc.
- Watch your diet....Know your waist size... studies have shown that men with a waist size of 40 inches or more are at higher risk for Diabetes, stroke and heart disease.
- Stop smoking and practice moderate alcohol consumption.
- Don't forget your mental and emotional health. Men are less likely to discuss their emotional health. Talk with your healthcare provider about your mental as well as your physical health.

Overall, gentlemen, take care of yourselves....there are many people who depend on you and care deeply for you.



## Tai Chi for Arthritis: Coming July 13th

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

# June 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana	<b>2</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	<b>3</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>4</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes and Gravy, Brussels Sprouts, Apple	<b>5</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi  <i>Our Hometown Hero for June 5<sup>th</sup> is donated by Tim &amp; Suzy Swedine in Memory of Carl &amp; Shirley Swedine</i>
<b>8</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	<b>9</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Orange	<b>10</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	<b>11</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Rice, Stir Fry Vegetables, Pineapple Chunks	<b>12</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear  <i>Our Hometown Hero for June 12<sup>th</sup> is donated by Keith Radwanski &amp; Erin Fanning in memory of Kevin &amp; John Radwanski</i>
<b>15</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Beef Pot Roast in Gravy, Mashed Potatoes, Baby Carrots, Roll, Banana	<b>16</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	<b>17</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Orange Chicken, Stir Fry Vegetables, Fried Rice, Banana	<b>18</b> <b>11:30a-12:30p Lunch</b> Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce <b>4:00p-6:00p Father's Day Special Dinner</b> Pot Roast in Gravy, Horseradish Sauce, Redskin Mashed Potatoes, Broccoli & Cauliflower Blend, Roll, Strawberry Rhubarb Pie	<b>19</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Sloppy Joe, Red Skin Potatoes, Green Beans, Apple
<b>22</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	<b>23</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Birthday Lunch</b> Parmesan Fish, Brown Rice, Princes Charles Vegetables, Pear	<b>24</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie	<b>25</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	<b>26</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Poultry Gravy, Redskin Potatoes, Asparagus, Apple
<b>29</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Lemon Baked Fish, Baked Potato, Green Beans, Pear  <i>Bob Gerring is our Hometown Hero for June 29<sup>th</sup> in memory of his wife Patricia Gerring and son Patrick Gerring.</i>	<b>30</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Italian Stuffed Peppers, Roll, Corn, Red Grapes			
<b>Light Bites – Dine in Only</b> <b>NEW!</b> Ham & Cheese Sub, Cole Slaw, Banana	<b>Light Bites – Dine in Only</b> <b>NEW!</b> Pierogi, Fried Cabbage with Bacon, Roll, Pear	<b>Light Bites – Dine in Only</b> <b>NEW!</b> Turkey Sub, Tri-Tortellini Salad, Banana	<b>Light Bites – Dine in Only</b> Mojo Chicken Bowl, Mandarin Oranges	<b>Light Bites – Dine in Only</b> BBQ Chicken Flat Bread, Garden Salad, Banana

# June 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>2</b> <b>9a Friends of a Feather Quilting Group</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 12:30p Euchre	<b>3</b> 8:30a Blood Pressure Checks <b>9a AuSable Quilt Guild</b> 10a Silver Sneakers <b>10a Walk in the Woods @ Markey Township Park</b> 12:30p Mahjong 12:30p Wii Bowling <b>3p Geri-Fit</b>	<b>4</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo <b>3:30p Grayling Pharmacy Bingo</b>	<b>5</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>1p Geri-Fit*</b>
<b>8</b> 10a Silver Sneakers <b>10a-2:30p AARP Driver's Safety</b> <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>9</b> 9a Zumba Gold <b>10a Grief Group</b> <b>10a Housing Education Presentation</b> 10a Water Aerobics 10a Zumba Gold 12:30p Euchre <b>1p Cancer Support Group</b>	<b>10</b> 8:30a Blood Pressure Checks 9a Voter Education Event <b>10a Walk in the Woods @ North Higgins Lake</b> <b>10a-2:30p AARP Driver's Safety</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>11</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo <b>3p Music for Life</b>	<b>12</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <hr style="width: 100%;"/> <b>13</b> <b>9a-1p Crawford County Clean Out Day!</b>
<b>15</b> <b>9a Mi Options Presentation</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>16</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Drug Takeback Presentation</b> 12:30p Euchre	<b>17</b> 8:30a Blood Pressure Checks <b>9a Abby Moore Book Signing</b> <b>10a Walk in the Woods @ Kirtland Bike Trail</b> <b>11a Alzheimer's Support Group @ the Brook</b> <b>11a New to Medicare</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>18</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>1p Legal Advice</b> 1p Penny Bingo <b>4p Father's Day Special Dinner</b>	<b>19</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <b>1p Juneteenth Celebration</b>
<b>22</b> 9a Footcare 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>23</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Birthday Lunch</b> 12:30p Euchre	<b>24</b> 8:30a Blood Pressure Checks <b>10a Book Club</b> <b>10a Walk in the Woods @ Hartwick Pines State Park</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling <b>1p Commodities</b>	<b>25</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Staff Training</b> 1p Penny Bingo	<b>26</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <b>3p Music for Life</b>
<b>29</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>30</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 12:30p Euchre	<p><b>More Things to do at the Commission on Aging!</b></p> <p>Looking for new activities to enjoy this June? Join us for a weekly Flower Arranging Class with Nancy MacDonald, beginning Friday, June 12 at 12:30 pm, where participants will learn new techniques and create beautiful floral arrangements. Feeling extra artistic? For just \$15.00, you can also join a Painting Class with Lynn Oldfield on June 12 at 10:00 am, offering a fun opportunity to explore your artistic side. Then, wrap up the month with our Book Club meeting on Wednesday, June 24, where we'll discuss <i>A Thousand Boy Kisses</i> by Tilly Cole. We hope you'll join us for these engaging activities!</p>		

# Father's Day Crossword

## Across

- 5. Guidance through correction
- 6. Relating to a father
- 8. Family line through generations
- 9. Deep commitment to family
- 11. A system led by fathers
- 14. Supplying needs for others
- 15. A father often plays this role
- 17. One who manages and guides responsibly
- 18. Leading the way for others
- 20. Symbol of strength in a family

## Down

- 1. One who takes responsibility for care
- 2. Keeps the family grounded
- 3. An originator of a family line
- 4. A formal term for a father
- 7. One who protects and cares
- 10. Skilled with hands, like many dads
- 12. One who receives from a father
- 13. Strength in adversity
- 16. Something passed down from Dad
- 19. Lasting impact left behind

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



Custodian, Anchor, Progenitor, Sire, Discipline, Paternal, Guardian, Lineage, Devotion, Craftsman, Patriarchy, Heir, Fortitude, Provision, Mentor, Steward, Vanguard, Legacy, Backbone

## Father's Day and the Black & White: How Our Fathers' Stories Shape Us (Continued)

There was never a dinner or family gathering where a story wasn't being told. Many of his stories were rooted as much in the places where they happened as they were in the memories themselves.

One place held particular significance: a grocery store many longtime Grayling residents may remember, the Black & White Foodland. Built by my great-grandfather, Arlie, and later operated alongside my grandfather, Jack (J. Norman), the store became more than a business. It became part of the personal history of countless local families.

Even though the store has been gone longer than it was open now, it seems the connections it made in the community never fully disappeared. As I began speaking with people who remembered the store, I realized they were not simply recalling groceries or shopping trips. These conversations were something deeper, more reflective. They were remembering fathers, first jobs, lessons about hard work, acts of kindness, and the everyday moments that shaped them. Patti Bonamie shared that connection almost immediately.

"After talking to my dad, he told me that he worked for the original Black and White, when your grandpa Arlie had it, when it was over on the east side of Ottawa, on the corner there," she said. "He worked there in 1956, and he worked for only \$0.45 an hour!"

Her family's story remained tied to the store for years afterward.

"Jack ended up taking it over, and in the early 70s, they built their new building where North Country Corners is now," Patti explained. "It's funny because it touches my family again. My grandmother went to work for your Grandpa Jack, and she worked in the meat shop there for I don't know how many years... but my sister went on to buy the property and turn it into North Country Corners."

Listening to Patti's memories, I was struck by how naturally family histories intertwined through one small grocery store. What began as my great-grandfather's business eventually became part of the story of many Grayling families.

"I remember the new Black and White because when my family first moved here, we lived on Peninsular Street,

and we had a charge account at the Black and White," she said. "All of us kids would go over there, my mom and dad arranged for us to go over there and get our groceries, and then once a month, they paid Grandpa Jack our bill. It was kind of cool!"

Her memories reflected something larger than shopping. They reflected a time when communities operated on trust, familiarity, and relationships built over years.

"Your Grandpa Jack used to know that my mom loved steak, so he would bring a steak over from the butcher's shop whenever we babysat," Patti added. "He'd even cook it for her."

These stories, like the ones her dad had shared with her, tend to leave their mark. For Curly Lammotte, Black & White Foodland represented opportunity.

"They had some teenagers working there, you know, stocking shelves," Curly recalled. "I was working in the woods, doing pulp wood. I got to thinking one day, I'm not going to do this the rest of my life."

He decided to stop by the store and ask for work. When he arrived, Jack was outside unloading vegetables from a truck.

"So I walk back over to the truck and I said, 'Jack! Would you like some help?' and he said, 'Oh yeah, I'd love that.'" Curly began helping unload fifty-pound bags of onions and potatoes. Afterward, Jack simply told him: "Well, I don't have to interview you, I just did."

Curly started work the very next day.

"I stocked shelves, I bagged groceries, I did check out," he said. "Wherever they needed me, really."

"Arlie was very helpful, very, very helpful," Curly remembered. "Both of them were really good to work for." Their encouragement extended beyond the grocery store, too. Before he was married, Curly boxed in the Golden Gloves with the Gaylord team. "We had a couple of really good trainers," he said. "We went to an event in Petoskey."

"I was what they called a featherweight; I weighed about 135 pounds, but because of the number of boxers we had, somebody was going to have to fight twice in one night." Curly won his first match and was told he would return later for the final fight of the evening. "I won that one, too," he said. "That made me the featherweight champion of Northern Michigan."

"Jack and Arlie sponsored me for the fights," Curly recalled with a chuckle. "It's why I'm wearing black and white."



He also recalled how connected the store was to everyday community life.

"At the store there, Minnie lived upstairs, and when she needed groceries, she'd come down, and my job was to help carry them upstairs for her."

Even the work itself became part of the story. Curly remembered produce trips, unloading deliveries through the basement chute.

"We'd back the trucks to the window, and send them down the chute through the window," he laughed. "Shooooom! We'd have to catch them at the bottom and set them to the side so they wouldn't get damaged."

As children, we rarely realize we are living inside stories that will someday matter to us. To my father, Black & White Foodland may simply have been where he worked as a boy, where his father and grandfather spent long days unloading trucks, stocking shelves, and serving customers. But years later, those ordinary moments became part of my understanding of family, community, and where I come from.

That may be one of the greatest gifts fathers give us. They shape our histories, sometimes through the stories they tell us directly, and sometimes through the places they build, the values they pass down, and the memories others continue carrying long after they are gone.

This Father's Day, let's raise a cup of coffee to our dads, and to the fathers who came before us, because without them, many of the stories that shape our lives would never have been told.

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R. Todd Balkema Steven Balkema

## Help Us Keep the Senior Gazette a Free Publication

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

## Assistance to Help You Maintain Your Independence

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

#### Health Services

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

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

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

#### Incontinence Supplies

Supplies are available for a donation of \$5.00

#### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

#### Nutrition Services

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

#### Commodities Food Distribution:

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

#### Congregate Meal Program:

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

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

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

#### Senior Project Fresh:

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

#### Resources

##### Information / Assistance:

**(989) 348-7123**

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

##### Legal Assistance:

by Jason R. Thompson, Law Office PLC

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

##### Counseling

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

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

Trained counselors 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.

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

##### Geri Fit:

Learn helpful skills to improve balance and strength.

##### Fitness Programs

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

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

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

#### Cost of Programs

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

### *How We Served You in April 2026*

Congregate Meals – 740

#### In-Home Services

HDM – 2,663

Respite – 54.75

Homemaker – 171.25

Bathing – 34.50

#### 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



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**Defining “IN and OUT” Terms Found in the Word Search**  
*Puzzle by Cathy Lester*

Eurydice – In Greek mythology, a woman who died and whose husband tried to get her back from the Underworld.

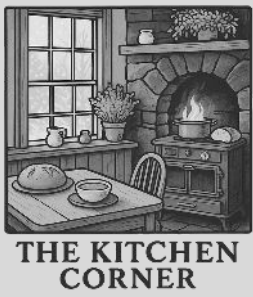
Orpheus – Eurydice's husband who came to the Underworld and played enchanting music there.

Osiris – Egyptian mythology: a god who was killed and his body cut in pieces. His wife Isis and son Horus found the pieces and put them back together, then brought him to life. Now the ruler of the Underworld.

Phoenix – mythological bird which bursts into fire and then rises anew from its ashes. Dumbledore's pet in Harry Potter.

SarCheshme (Sar-CHESH-May) – a place I myself visited in Iran where an underground river bursts out of the ground and pours down a precipice.

<ul style="list-style-type: none"> <li>↓ Aquaduct</li> <li>↓ Arch</li> <li>↓ Boxcar</li> <li>↓ Catflap</li> <li>↓ Cavemen</li> <li>↓ Cavern</li> <li>↓ Cell</li> <li>↓ Chute</li> <li>↓ Corral</li> <li>↓ Crypt</li> </ul>	<ul style="list-style-type: none"> <li>➡ Cupboard</li> <li>➡ Digested</li> <li>➡ Door</li> <li>➡ Egg</li> <li>➡ Emmigrant</li> <li>➡ Entrance</li> <li>➡ Escapee</li> <li>➡ Eurydice</li> <li>➡ Exit</li> <li>➡ Faucet</li> </ul>	<ul style="list-style-type: none"> <li>↑ Foyer</li> <li>↑ Freedman</li> <li>↑ Freezer</li> <li>↑ Fugitive</li> <li>↑ Gas</li> <li>↑ Gate</li> <li>↑ Harvesting</li> <li>↑ Hermit</li> <li>↑ Hippy</li> <li>↑ Immigrant</li> </ul>	<ul style="list-style-type: none"> <li>← Impounded</li> <li>← Lobby</li> <li>← Libraries</li> <li>← Metro</li> <li>← Museum</li> <li>← Orpheus</li> <li>← Osiris</li> <li>← Phoenix</li> <li>← Released</li> <li>← Rocket</li> </ul>	<ul style="list-style-type: none"> <li>↓ Sarcheshme</li> <li>↓ Skillet</li> <li>↓ Spelunker</li> <li>↓ Spaceship</li> <li>↓ Splashdown</li> <li>↓ Supermarket</li> <li>↓ Toll</li> <li>↓ Tunnel</li> <li>↓ Upchuck</li> <li>↓ Vegetation</li> </ul>
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## Welcome to *The Kitchen Corner*

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

### June Nutrition Education: Defeat Dehydration

Dehydration is the absence of enough water in your body and the best way to beat it is to drink BEFORE you get thirsty. If you're thirsty, you're already mildly dehydrated, and even mild dehydration can cause symptoms like headache, fatigue, dizziness and more. Not only does our body's reserve of water shrink as we age, but our sense of thirst diminishes and can further diminish with some medications or medical diagnoses, so feeling thirsty becomes an unreliable indicator of dehydration and it's necessary to develop healthy, mindful habits throughout your day to stay hydrated.

Avoid caffeinated or alcoholic beverages- These are natural diuretics so will cause you to lose some fluids. FYI: All tea except herbal, excepting yerba mate, contains caffeine in varying amounts  
Get an early start- If you know you will be participating in a physical activity, or will just be outside and expect to sweat, start increasing your fluid intake the day before to combat dehydration before it starts.

Make it accessible- Instead of relying on filling a glass or using a stationary water fountain, consider purchasing a refillable water bottle (20-32oz) to carry with you and aim to fill and drink it 3 times/day-or more if you plan to be active.

Be aware of sources- Water is always the best source of hydration, but do you know what else counts? The broth in soup, the milk in cereal, smoothies, popsicles, fruit juice, herbal tea, and jello! If you enjoy these foods, increase your consumption while high temperatures last, just be mindful of sugars!  
Get more hydration tips and information about dehydration at:

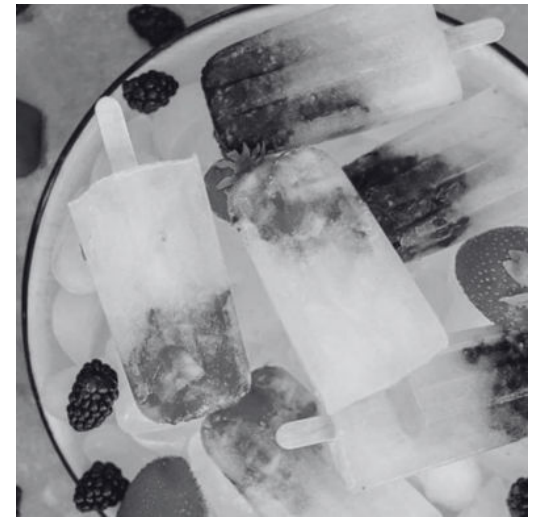
<https://nutritionsource.hsph.harvard.edu/water>  
<https://myclevelandclinic.org/health/diseases>

### June Monthly Recipe

Hydrating doesn't need to be a chore to be successful. It can be as relaxing as a cold treat on the porch after a hot Summer day, but you can ditch the expensive, sugar-filled grocery store options and make your own with just a few ingredients.

#### Equipment & Ingredients

- Sturdy mixing bowl
- 1 3/4c. Coconut water
- Potato masher
- 1c. Berries- fresh or spoon frozen & thawed (Any berry or berry blend)
- Popsicle mold
- Popsicle sticks



#### Instructions

- Mash your berries to mush with your potato masher.
- If you opted for frozen berries, you will probably be fine with just a spoon and won't need to dirty the masher.
- Then, using the spoon, portion the berry mush equally into popsicle molds or ice cube trays.
- Then fill your chosen container with coconut water, pop in a stick, and freeze until solid.

### Introducing the Summer 2026 Breakfast, Lunch, and Light Bites Menu

Summer is just around the corner, and our Summer menu starts June 1<sup>st</sup>. Many meals are either completely new or updated and edited from previous years and have been marked as "new" on this month's menu. What do you think of the seasonal changes? Do you have suggestions for our next Fall/Winter menu? Let Kate know!



Did you know we have a Grab & Go cooler in our lobby? It contains an assortment of salads, snacks, and beverages that change weekly and are available for purchase by anyone of any age. Our goal is to offer a ready-to-eat, nutritious, affordable option, and all proceeds go towards funding for our programs and activities. If there's anything you'd like to see in the Grab & Go, Kate does take requests.

## Obituary for Deby Womble, 72, Grayling



Deborah "Deby" Lenore Rowe-Womble, age 72, of Grayling, MI passed away suddenly at her home on May 6, 2026. Deby was born in Cleveland, OH on November 14, 1953, to H. William and Frances (Kretschmar) Merrill. Deby suffered from serious illness and pain throughout her adult life. However, she never complained or let that stop her from always being positive and enjoying life to the fullest. She had a heart of gold and was a very generous person, donating her time in many ways. She served in nursing homes when others chose to stay away. She was part of the founding group of Common Ground in S.E. MI 50 years ago that continues today offering crisis support for youth. She went on spiritual missions to places like Guyana and India. An early brain aneurysm caused poor short-term memory, but you could always count on her to have interesting stories from the past. Deby was so happy to spend her last days in their home on the beautiful Manistee River with Glen. We will miss her ultimate free spirit, who made friends wherever she went, with a smile and mandatory hugs for all. Deby's memory will live on through her husband, Glen Womble, children, and grandchildren. Donations can be made in memory of Deby to the Michigan Lupus Foundation, PO Box 128, Traverse City, MI 49684.

**Obituary provided by Glen Womble and Sorenson-Lockwood Funeral Home.**

## Introducing the OWL: A New Way to Connect

A new Virtual Senior Center is launching to help local older adults stay connected, engaged, and supported, no matter where they are. The initiative is designed to reduce loneliness, improve mental health, and remove transportation and mobility barriers that often prevent seniors from participating in our programs. By offering activities online, the Crawford County Commission on Aging can now reach individuals who may have previously been unable to attend the Senior Center due to health challenges or limited transportation.

To help residents get comfortable with the new format, the Commission on Aging will host weekly Senior Center Tours, in partnership with Molina and Michigan Association of Senior Centers, every Monday from 10:30 to 11:30 am. Tours will be available both in person and virtually. These tours are designed to introduce participants to programs, build trust, and make the experience feel welcoming rather than intimidating. The tours will also be paired with a "Coffee and Conversation" program, a relaxed hybrid gathering where seniors can enjoy coffee, games, books, and friendly conversation while connecting with others, whether they join from home or at the center.

To access the Virtual Senior Center, log on to Zoom.us – click on join meeting, then type in meeting ID: 89541109206 or the passcode 466118.

## Double Up Food Bucks

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

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

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

## Crawford County Neighborhood Connect



Crawford County Neighborhood Connect is back for 2026, bringing families, neighbors, and community resources together for an exciting afternoon of connection and support. This free community event will feature local agencies and organizations offering valuable programs, services, products, and information designed to support ALL Crawford County residents, with a special focus on family wellness and healthy living. Attendees can take advantage of free car seat checks and installations, explore preschool and early childhood information, and connect with local resources that help families thrive. Join us on June 18th at Grayling High School from 3:00 pm to 5:00 pm for an engaging event focused on building a stronger, healthier Crawford County community.

## McLEAN'S ACE HARDWARE

For all your hardware, paint, plumbing, electrical, lawn & garden, and animal needs

**Store Hours:** Monday-Saturday, 8:00 a.m. - 5:30 p.m.  
Sunday, 10:00 a.m. - 3:00 p.m.  
Call: 989-348-2931



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## Region 9 Area Agency on Aging Person-Centered Options Counseling

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

Services are available to any adult, their family members, and caregivers who support them, regardless of income, assets or disability status.

### Program Benefits:

- Supports navigating complex care options.
- Provides reliable information and resources.
- Simplifies program services, eligibility, and paperwork.
- Offers unbiased guidance so you can make informed decisions.

This project has been made possible through a grant awarded to the Region 9 Area Agency on Aging by the Michigan Department of Health and Human Services. 1-800-803-7174 989-358-4611



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