

Crawford County Senior Gazette

June 2019

MUNSON HEALTHCARE
 Grayling Community Health Center

Rehabilitation Services

1250 E. Michigan Avenue
 Grayling, MI 49738
 (989) 348-0314

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HAPPY 
 Father's Day

Featured Article

Barb Wade

"Pedaling Through Life"

Born in Wyoming, MI, Barb Wade has a degree in Forestry; specifically, Wood Science, from Michigan Tech. which landed her a position working for Weyerhaeuser in Grayling. "I lived and worked for a short time in West Virginia and Philly after college but was offered a position and moved here and worked as part of the tech team. I was with the company for 30 years."



That also happened to be where the man who would become her husband, Bob Thayer, worked. Barb smiled, and said, "We both kept our names. The county clerk told me I couldn't do that. I guess I was the first one in Crawford County!" The two have been married for 35 years.

"I was a serious runner for a long time," she said. "Everybody told me that runners become bikers when their joints start to wear out. I didn't believe them, but my husband was a biker, and he eventually talked me into it."

That was back before Barb really got the bug for long-distance riding. During the 90's she rode

once a week with a group of friends, sometimes riding the road, but mostly taking to the off-road trails. But when the Rotary club started the Black Bear Bike Tour, a ride that stretched from Grayling to Oscoda, taking place on the same day as The AuSable River Canoe marathon, she took to the

road in a big way. "There were 30 of us the first year from throughout the Grayling area who made that ride. I loved it."

After that, Barb's road bike became the one she preferred.

Her serious addiction to the sport started when she and her husband decided to start doing an annual biking vacation. "In 2007 I got the bug to go cross-country, and so in 2008 we went self-contained from Arcadia, WA to Bar Harbor, ME. We rode about 3400 miles in 8 weeks, which he still refers to as a 'forced march'," she laughed, but conceded that "a couple more weeks might have made it more enjoyable."



Many more long trips followed, using maps from an organization called Adventure Cycling. But in recent years Bob has opted to stay home, at least for the long rides, "perhaps regretting the day" he talked Barb into getting on a bike.

Cont. Pg. 5



Paint Party See pg 16



Kirtland's Warbler Tour See pg 11

Find us by searching for *Crawford County Commission on Aging & Senior Center*

HOURS OF OPERATION

Monday & Wednesday
 8:30am to 6pm

Tuesday & Thursday
 8:30am to 7pm

Friday
 8:30am to 4pm

308 Lawndale St
Grayling, MI 49738
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The Senior Gazette
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Grayling, MI 49738

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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments 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 or director@crawfordcoa.org

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Jessica Thurman, On-Call Homemaker

Communication Corner... Notes from Director, Alice Snyder



Community Ctr/COA Building Update

At our last meeting, the Community Center Taskforce agreed to put the Community Center concept on hold for the time being. This decision was made for a number of reasons.

- 1) There are several approved building projects in Grayling that may affect the need for a community center. These include the addition of a gymnasium at the high school, the library expansion and future building plans at Kirtland Community College located at 4 mile.
- 2) At this time, the committee has found no other options to fund a Community Center besides doing a millage. This include a millage to build it (around \$15 million) and another millage to operate it (around \$1 million). We are not confident that voters would approve such millages.

Over the next 5-10 years, we are hopeful that the economic landscape of the County changes which would better enable us to fund a Community Center.

With that said, the Crawford County Commission on Aging Board voted on May 14th to authorize the Director to move forward and look at new locations for long term occupancy for the Senior Center. We have

needed additional space for a long time. Over the past several years, it has come to the point that we do not have room for staff nor the activities we provide daily. Before the next COA board meeting on July 16th, a community survey will most likely be done to gather input.

Monday Night Dinners Discontinued

Based upon the recent survey data, the Board authorized the elimination of Monday night dinner and it has been approved by the Area Agency on Aging. This will be effective July 1st so our last Monday night dinner will be Monday, June 24th. Remember that Michelson Memorial Church (located at 400 Michigan Ave.) continues to serve a free community dinner every Monday night from 5-6:30pm. Dial-A-Ride is available for transportation by calling 348-5409.

COA Changes Hours of Operation

With the elimination of Monday night dinner, we will also be changing our hours of operation effective July 1st to the following schedule:

Monday	8:30am-4pm
Tuesday	8:30am-7pm
Wednesday	8:30am-6pm
Thursday	8:30am-7pm
Friday	8:30am-4pm



Do you need help with outdoor yard work? Volunteers from our community will be available to work with you on Saturday, June 15th from 9am until noon. Projects can be for residents within the City of Grayling only. If you are physically able, we ask that you work on the project with us so we can tackle it together!

Our labor will be free and we'll bring tools. Once projects are submitted, we will evaluate which projects we can handle, ensuring we have a skilled supervisor, volunteers and the tools ready for 3-4 hours of work that day. We can assist in exterior projects like yard and garden projects or other chores – something that can be done in one morning with your help and invitation.

Contact the Crawford County Commission on Aging and Senior Center at 348-7123 to receive a request form.



Blood Drive

**Tuesday, June 20th
from 12pm to 5pm**

At the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling.

Michigan Blood. Michigan Lives.
Thanks for making a connection.

Questions?
Or to make an appointment, contact
1-866-MIBLOOD
(1-866-642-5563)
or miblood.org

Thank You

Memorial Donations Made By:

Joyce Sorenson
Ed Daniels, Nancy Smith, Roy Bryant, Billie Squanda, Mary Parker, and Kirsten Lietz in memory of **Dolores Norton**

&

From a Friend in memory of **Marvin Hallett**

Donate in Memory or Honor of Someone Special

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. 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 grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



Make a Donation today by talking to a Commission on Aging staff member.

Only Available in Black with Gold Lettering

1x5 Actual Size
\$25 Donation

2x4 Actual Size
\$50 Donation

2x5 Actual Size
\$100 Donation

Senior Center Wish List...

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- Pledge
- All Purpose Spray Cleaner
- Bleach
- Plastic Household Mop Bucket
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size

Our Sponsors

Blood Pressure Checks by InTeliCare Health Services, LLC

Blood Pressure/Sugar Checks by Munson Home Health Care

Birthday Dinner Flowers Donated by Family Fare

Bingo Coupons Donated by The Medicine Shoppe

Hearing Clinic Offered by Advantage Audiology

Foot Clinic Offered by Comfort Keepers

Legal Aid Offered by Jason R. Thompson Law Office PLC

Stretch to Fitness & Equipped to be Fit Sponsored by

Munson Rehabilitation Services

Zumba Sponsored by Grayling Nursing & Rehabilitation Community

Donations

Al Etson
Bob & Pat Gallagher
Bruce Jerome
Harold & Dolores Maas
Dorothy Peacor
Carol Peterson
Sherry Powers
Ken Wright
Ace Hardware
Dubois Hardware
Farm Bureau Insurance
Munson Healthcare
Grayling Hospital
Munson Healthcare
Rehabilitation Services
The Medicine Shoppe

Important Phone Numbers

Social Security
1-800-772-1213 or
1-866-739-4802

Medicare
1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900

Sponsoring Agencies



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Crawford County Commission on Aging & Senior Center

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

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check Gift Amount \$ _____

- I would like to receive monthly emails about activities and events.
 - I would like to be contacted about planned gifts.
 - I would like to volunteer for the Commission on Aging & Senior Center.
- ***All Gifts are Tax Deductible***

Name _____
Mailing Address _____
City/State/Zip _____
Home Phone () _____ Cell Phone () _____
E-Mail Address _____

Donations & Payments of \$25.00 or more...





Michele Arnholt	Rita Lone
Tiffany Bean	Susan Lynch
Nancy Billingham	George Mascarello
Sandy Brody Sparks	Sharlene Mascarello
Roy Bryant	Dean McCray
Gloria Buskirk	Barb McCray
Wendy Clarkson	Ann Mitchell
Marc Dedenbach	Judy Morford
Dick Dodge	Lisa Munof
Lyn Dodge	Dee Niedzielski
Diana Doremire	Dolores Norton
Greg Dulkowski	Bill Nuckolls
Tina Foster	Chelsea Partella
Amy Fuller	Sharen Perkins
Mary Jo Gingerick	Nancy Pletzke
Sharron Hagerman	Deb Rawlings
Mary Lou Hanks	Tom Rawlings
Susan Hensler	Jack Richards
Bill Hollenbeck	David Ridal
Karen Hollenbeck	Gail Schultz
Donna Hubbard	Jon Schultz
Eva Hulbert	Christine Seager
Francis Hummel	Kathy Shepherd
Tom Jarosz	Nancy Smitz
Ron Kemerer	Mark Snyder
Dennis Kemerer	Joyce Sorenson
Kay Ellen King	Dianne South
Glenn King	Cheryl Starr
Lorelei King	Mary Jane Street
Sandy Lakanen	Kaye Thomas-Hogan
Eileen Langhorne	Vera Trimble
Cathy Lester	Sandy Woods
Dick Lee	Gary Worden
Alice Lee	Barb Wotring
Kirsten Lietz	



We've Heard You! Responses to the Senior Center Suggestion Box

Q: Could we have Raspberry Vinaigrette salad dressing? How about thinner sliced tomatoes & cucumbers? Could the cucumbers be peeled?

A: Yes on all of these!

Q: Didn't like the Ravioli!

A: Chef Dale thinks it's probably the bland sauce. He will look to see what could be added without comprising the nutrition.

Q: Please don't stop the soup for the summer. It makes a nice light meal.

A: Unfortunately, the soup will be ending June 1st. Last fiscal year we lost \$1,250 and we continue to lose money this year. We don't have enough people

buying the soup daily to break even. I hope you will try our new wrap/salad meal that is now being offered. It is also a nice light meal. If you come to eat our hot meal at lunch, you can take the wrap/salad meal home for dinner too!

Q: Please tell the people who come and stay at the Senior Center all day to park across the street.

A: It's difficult to "tell" people where to park. There are also not very many spots available across the street either. If you plan to stay all day at the center, it would be nice to seek open spots that are not right in front of the building. This makes it easier for those who are just coming in and out.



AARP®

**Tuesday & Wednesday
July 9th & 10th
from 10am to 2:30pm**

**Why Take a Driver Safety Course?
"Because driving has changed since
you first got your license"**

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 age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving

ability.

- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others. You may also be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.

The classroom course costs \$15 for AARP members and \$20 for non-members. You must attend both sessions of the course. Bring a valid Michigan Driver License and AARP card, if you have one.

Learn more by signing up to take the AARP Smart Driver Course.

To register for this upcoming class contact Alice Snyder at the Crawford County Commission on Aging and Senior Center at 989-348-7123. The class will be held at the Free Methodist Church in Grayling.



June Birthdays

Donna Cheney 6/4
BJ Haslem 6/6
Audrey Williams 6/7
Daniel Canfield 6/18
Kay Ellen King 6/19
Mike Munof 6/19
Margie Thomson 6/20
Jeanette Kelts 6/21
Lois Kesteloot 6/24
Richard Ohsowski 6/27
Guy Waggy 6/29

Get your birthday published in the Gazette! Stop by or call the Senior Center & ask for a form!



**CRAWFORD COUNTY RESIDENTS
Household Hazardous Waste
Collection**

Saturday, June 15, 2019

9:00am - 2:00pm

County Court House Parking Lot

What is Household Hazardous Waste?

- **TOXIC:** poisonous or capable of causing acute illness
- **FLAMMABLE:** Burns easily
- **CORROSIVE:** eats other materials
- **REACTIVE:** explodes if exposed to water, heat or shock

If you have any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE this is your chance to dispose of it in an environmentally responsible manner. This year there will also dumpsters for resident disposal, plus they will be accepting electronics for recycling.

THEY WILL TAKE: aerosols; batteries; oil-based paint; acid; used motor oil and other liquid automotive products; pesticides; solvents; fluorescent light bulbs; herbicides; paint thinner; insecticides; swimming pool chemicals; and unknowns.



ITEMS NOT ACCEPTED: Latex Paints (water based), Controlled substances, Appliances (esp. refrigerators), Commercial Waste, Tires

Please call (989) 344-3273 if you have any questions.

MUNSON HEALTHCARE
Grayling Community Health Center
Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738
(989) 348-0314
munsonhealthcare.org/graylinghospital

Barb Wade

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

Since 2012, Barb has been leading long-distance bike trips for Adventure Cycling. There's not a lot of the country she hasn't seen from the seat of a bicycle. "I also really like to walk and run," she said, "but it takes too long to go very far. Biking 50 – 100 miles in a day you can see things at a slow pace, meet wonderful people, get good exercise, and it is easy on your joints." Her most recent long ride was from Victoria Island, British Columbia to St Johns, Newfoundland. Before that it was a tour of Death Valley. She has done several short tours in Europe, and said she'd love to take off and ride there for a year. "I'd go if the opportunity presented," she added.



And although she'd also love to do the Transamerica, she spends most of her riding time these days right here around Grayling. "I use the bike trails all the time. I have a 19 mile loop that I like to ride, and do almost every day when the weather allows."

She said a big part of the fun for her has been in taking lots of pictures along the

way. "I carry a pretty big camera lens in my bag," she said. "When you bike you feel the kindness of people in a way you can't when you travel by car. On a bike you stop and talk. You see things differently. I like to capture that."

At 62 years old, Barb is a strong advocate for biking as a lifestyle. "The path system (around Grayling) is great, because people can get off the road and enjoy what's here. The more people who get out and bike, the better. I know people who are in their 80's who are still leading Adventure Cycling tours! It's a life-long sport." She credits Wayne Koppa with promoting the construction of the local trail system. "It's incredible."

If you'd like to know more about her adventures, Barb keeps a road journal that can be found at www.crazyguyonabike.com and you can read her entries there, as well as see many of her photos from the interesting places she's been.

OLDER ADULT SAFETY

Safety is and rightfully should be a concern for all older adults. The Crawford County Commission on Aging & Senior Center is hosting 2 presentations on this topic.



The first presentation is Thursday, June 20th at 5:45pm at the Commission on Aging, 308 Lawndale St., in Grayling. Join Deborah Ballard from Chemical Bank as she discusses financial safety issues for older adults. Deborah is the Community Development Market Manager for this region.

The second presentation is on Thursday, June 27th at 5:45pm at the COA. Trooper Brian Koboldt of the Michigan State Police will discuss tips and advice for seniors traveling in their vehicles and when they are at home. He will also talk about internet and phone safety, especially as they relate to computer scams and cell phones. Trooper Koboldt graduated from Hemlock High School (a community just west of Saginaw) and joined the United States Air Force, serving more than 7 years prior to his honorable discharge. Joining the Michigan State Police in 1999, he has served at the Cadillac Post and now at the Houghton Lake Post. Since November 2018, he has been the Community Service Trooper for the Post.

Join us at the Senior Center for both of these presentations. Join us for dinner prior to each presentation. People age 60 and older eat for a suggested donation of \$3.50. The cost for people under age 60 is \$5.50.

UPCOMING TRIPS



Shipshewana Trip June 17-19, 2019

Cost is \$375-\$595 per person (based on occupancy)

Price Includes:

- Deluxe motor coach transportation, luggage handling, and tour leader
- 2 nights hotel accommodation at the Farmstead Inn
- 2 breakfasts, 1 dinner
- Dinner show at the Blue Gate Restaurant & Theatre
- Free time at the Midwest's Largest Flea Market
- Visit E&S Bulk Sales, Rise & Roll Bakery, and Yoder's Meat & Cheese Store

To register call the Crawford County Commission on Aging & Senior Center @ (989) 348-7123.



Colorado Trip Sept 7-15, 2019

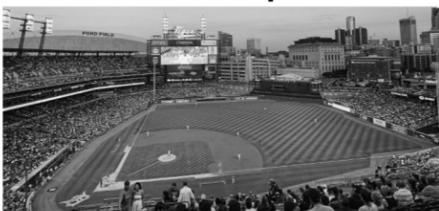
\$902 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in scenic Colorado
- 14 meals: 8 breakfasts & 6 dinners
- Tour of the Garden of the Gods
- Visit to the United States Air Force Academy
- Visit the royal Gorge, including Bridge & Aerial Tram
- Visit Historic Manitou Springs at the foot of famous Pikes Peak
- Guided Tour of Colorado Springs
- Visit the U.S. Olympic Training Center

Final Payment due: 6/30/2019. For Information & Reservations Contact: Mary Ladach, Kalkaska COA at (231) 258-5030.



Detroit Tigers Trip Sept 12, 2019 8am - 10pm



Cost is \$100.00

Price Includes:

- Ticket
- Transportation
- Hot Dog and (at the game)
- Water and snack (on the way down)
- Age 50 or older

Deadline September 1st. For more information & Reservations Contact: Beth Lacy at Antrim COA (231)-533-8703.



Pigeon Forge and Smoky Mountains Show Trip Sept 30-Oct 5, 2019 \$565 (\$75 Due Upon Signing)

Price Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Smokies
- 8 meals: 5 breakfasts & 3 dinners
- Admission to Titanic: The World's Largest Museum Attraction
- Three Dinner Shows, One Evening Show, and One Morning Show
- Free time in Historic Downtown Gatlinburg
- Guided Tour of the Great Smoky Mountains National Park

Final Payment due: 7/23/2019. For Information & Reservations Contact: Beth Lacy at Antrim COA at (231) 533-8703.

The Friends The Freedom The Brook



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

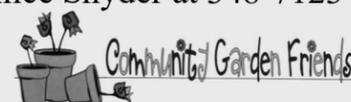
Brookretirement.com
989-745-6500

The Brook Retirement Communities
Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch



ADULT MENTORS NEEDED

The Community Garden Friends are looking for an adult(s) to mentor a group of high school students in growing food in the community garden this summer to sell at the Grayling Farmers Market. Please contact Alice Snyder at 348-7123 if interested.



Add Years to Your Life & Life to Your Years
ONGOING ACTIVITIES

- | | | |
|---|---|--|
| Aerobic Drumming
Golden Beats, Mondays, 10am | \$3.50 age 60+ \$5.50 under 60
Birthday Dinner once a month | Pool
Ball-in-Hand, Wednesdays,
1pm Nine Ball, Fridays, 1pm |
| Bible Study
Tuesdays, 10am | Euchre
Tuesdays, 1pm | Unlucky 7's
Wednesdays, 2:30pm |
| Bingo
Medicine Shoppe Bingo
once a month on "Thurs"
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm | Exercise
Stretch to Fitness, Thurs, 10am
Equipped to be Fit, Fridays, 10am | Walk in the Woods
Wednesdays, 1 pm |
| Bridge
Mondays, 1pm | Legal Assistance
3rd Thursday, 1-4pm | Water Aerobics
Must call to register
Tues 5:30pm & Weds 10am
@ Grayling Super 8
\$5.00 charge per class |
| Clogging, Beginning
Will resume in the fall | Line Dancing
Tuesdays, 2:30pm | Wii Bowling
Wednesdays, 1pm |
| Clogging, Regular
Mondays, 1:30pm | Lunch
Mon.-Fri., 11:30am-12:30pm
\$3.50 age 60+ \$5.50 under 60
Frederic Satellite 2nd Fri.
Lovells Satellite 3rd Fri. | Yoga
Chair Yoga, 1st, 3rd, & 4th
Thurs, 6pm (check calendar)
Gentle Yoga, Tuesdays, 1pm
\$5.00 Charge |
| Computer Club
Assistance by Appointment | Mahjong
Wednesdays, 1pm | Zumba
Zumba Gold Tuesdays, 10am |
| Craft & Chat Club
Wednesdays & Thurs, 10am | Pinochle
Fridays, 10am | |
| Dinner
Mon.-Thurs., 4:30pm-5:30pm | Pokeno
Thursdays, 10am | |

Winners of the Mother's Day Dinner were Kevin Miller and Barb McCray who won the dish towels. Marlene Weir won the 50/50 in the amount of \$104.00.

Father's Day Dinner & Show
Thursday, June 13th

<p>4-6pm Crawford County Commission on Aging & Senior Center 308 Lawndale St., Grayling, MI</p> <p>Suggested Donation for 60+ \$3.50. Under 60 cost is \$5.50 No Reservations Required!</p> <p>Menu Includes: BBQ Ribs Corn Cobettes Garlic Red Skin Potatoes Watermelon Lemon Meringue Pie</p>	<p>7-9 pm AuSable Artisan Village 219 Michigan Ave., Grayling, MI</p> <p>Free Show Featuring... Michigan Emmy Award Artist Michelle Chenard An accomplished songwriter and performer with her acoustic performances have built a strong following throughout the Upper Midwest. It is her powerful vocals, accomplished guitar work and award winning songwriting that continues to captivate.</p> <p>Detroit R&R Hall of Fame Donny Hartman Hear his powerful vocals, and butt-kicking guitar playing - featuring all types of music from county, rock, R&B blues mixed in with many originals he has penned.</p>
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Support Groups

11th Step Meeting - Open Meeting
 Mondays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group
 3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
 For more info call the COA 348-7123

Choices (Anger Management)
 Mondays, 2:30-4pm at **River House**
 For more info call 348-3169

Diabetes Support Group
 Last Tuesday 4:30pm, Milltown Rm
Munson Healthcare Grayling Hospital
 For more info call 344-4826

Healthy Relationships & Empowerment for Women
 Thursdays, 4pm-5:30pm, at **River House**
 For more info call 348-3169

Grayling Alcoholics Anonymous
 Monday, Wednesday, Friday at Noon
 Sunday, Tuesday, Friday at 8pm
 Women's Meeting, Thursdays at Noon
At St. Francis Episcopal Church, Grayling
 Saturdays - Noon
At Grayling Township Hall
 Thursdays, 7pm in the Crawford Rm,
Munson Healthcare Grayling Hospital
 For more AA info call 866-336-9588

Grayling Al-Anon
 Tuesdays 11am
 Women's meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
 For more info call Greg at 348-1382

Munson Hospice Grief Support Group
 4th Monday, 11am
Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)
 Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Overeaters Anonymous
 Wednesdays, 8:00pm in the Crawford Rm,
Munson Healthcare Grayling Hospital
 For more info call Patsy 989-348-3073

Narcotics Anonymous
 Tuesdays 6:30pm,
 Houghton Lake **Alano Club, 2410 N. Markey Rd.**
 For more info call Ted 989-429-8100

TOPS Weight Loss Class
 Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
 More info, call Mary Kay at 348-1398

Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Mon - Thurs.
Lunch & Dinner suggested donation of \$3.50. Under 60 cost \$5.50.

Satellite Meals

Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg
Please call the Senior Center at 348-7123 to make a reservation for a Satellite Meal.

2nd Menu Option Now Offered

Our New Second Menu starts this month! This menu features a wrap/pita with a fresh salad and a piece of fruit. It also comes with milk just like our hot meal. The meal is a Suggested Donation of \$3.50. If you eat lunch at the Senior Center, you can take the wrap/salad meal home for dinner. See the 2nd menu entrees in the calendar at the top of each day. The meal will be offered at both lunch and dinner that day.

Are You Connected with Us?

Are you getting all the latest information on Activities & Events at the Crawford County Commission on Aging & Senior Center? Find everything you need to know in our monthly **Senior Gazette**, weekly **E-mail Blasts**, and daily **Facebook Posts** by:
Liking us on FACEBOOK & making sure we have your E-MAIL ADDRESS!
We will do the REST and keep you UPDATED!

Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind Burger King

Must be a first time meal.



Sun	MONDAY	TUESDAY
2	<p>3 <i>Roast Beef Wrap</i></p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi, Bread 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – BBQ Chicken, Parsley Potatoes, Carrots, Grapes, Bread</p>	<p>4 <i>BLT Wrap</i></p> <p>9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Alfredo Fettuccine, Sugar Snap Peas, Broccoli, Strawberries, Bread 5:30pm Water Aerobics GraylingSuper8</p>
9	<p>10 <i>Chicken Caesar Wrap</i></p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Banana</p>	<p>11 <i>Roast Beef & Cheese Wrap</i></p> <p>9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajita, Green Beans, Tossed Salad, Apple 5:30pm Water Aerobics GraylingSuper8</p>
16	<p>17 <i>Roast Beef Wrap</i></p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries</p>	<p>18 <i>BLT Wrap</i></p> <p>9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Spaghetti & Meatballs, Breadstick, Broccoli, Grapes, Ice Cream & Cake 5:30pm Water Aerobics GraylingSuper8</p>
23	<p>24 <i>Chicken Caesar Wrap</i></p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">*Last Monday Dinner*</p>	<p>25 <i>Roast Beef & Cheese Wrap</i></p> <p>9am Walk w/ Ease 9am Breakfast Pres. - Firewise 10am Bible Study 10am Zumba Gold 11am Kirtland's Warbler Tour @H Pines 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi Fruit 5:30pm Water Aerobics GraylingSuper8</p>
30	<p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i> June 2019 At-A-Glance Meal & Activities Calendar</p>	

WEDNESDAY	THURSDAY	FRIDAY	Sat
<p>5 Mediterranean Chicken Wrap 9:30am Commodities @ St. Mary's 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce</p>	<p>6 Beef Pita 9am Walk w/ Ease 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 5:45pm Cornhole 6pm Chair Yoga w/ Nicole</p>	<p>7 Egg Salad Pita 9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<p>8</p>
<p>12 Tuna Salad Wrap 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries</p>	<p>13 Chicken Salad Wrap 9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Grayling @ Bellaire 4-6pm Father's Day Dinner – BBQ Ribs, Corn Cobettes, Garlic Red Skin Potatoes, Watermelon, Lemon Meringue Pie</p>	<p>14 Roast Beef Wrap 9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussel Sprouts, Orange 12pm Frederic Satellite 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<p>15 9am-12pm Great Grayling Cleanup & Hazardous Waste Disposal</p>
<p>19 Mediterranean Chicken Wrap 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple</p>	<p>20 Beef Pita 9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 12-5pm Blood Drive 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner Beef Tips, Brown Rice, Asparagus, Applesauce 5:45pm Financial Safety for Seniors 5:45pm Cornhole</p>	<p>21 Egg Salad Pita 9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 12pm Lovells Satellite 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<p>22 All Day Relay for Life 10am-12pm Street Day</p>
<p>26 Tuna Salad Wrap 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1-4pm MDHHS Appointments 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</p>	<p>27 Chicken Salad Pita 9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Sweet and Sour Meatballs, Brown Rice, Peas and Carrots, Kiwi 1pm Penny Bingo 1pm Wii Grayling at St. Helen 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30pm Paint Party @ Nature Center 5:45pm Home & Personal Safety Pres. 6pm Chair Yoga w/ Dianne</p>	<p>28 Roast Beef Wrap 9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels sprouts, Grapes 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<p>29</p>
<p>Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake! Call us at 348-7123 before the meal to let us know you're coming. Invite your friends & family to share your cake! If your birthday falls on a day we are closed, we would be happy to make arrangements to celebrate your birthday on a different day!</p>		<p>COA Accepts Credit Cards</p> <p>WE ACCEPT </p> <p>With donations & or payments of \$25.00 or more.</p>	

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Assistance to Help You Maintain Your Independence

SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

Tuesdays, 4:30-5:30pm

By *InTeliCare* - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

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.

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Mon -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

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

Resources

Computers

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

Information and Assistance

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Cost for Services

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



How We Served You in April 2019!

At the Senior Center

- We served **765** Congregate Meals
- We served **296** Soups
- Activities/Events Attendance **883**
- Average # of Daily Visitors **64**

In-Home Services

- Delivered **1,888** home delivered meals.
- Provided **92.75** hours of respite care.
- We provided **306.50** hours of homemaker services.
- We provided **63.75** hours of bathing assistance services.



Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or
go to Q100-FM.COM or
email calendar@blarneystonebroadcasting.com





Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Three COMMON Ways Your Social Security Payment Can Grow After Retirement

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase?

Once you begin receiving benefits, there are three common ways benefit checks can increase: a cost of living adjustment (COLA); additional work; or an adjustment at full retirement age if you received reduced benefits and exceeded the earnings limit.

The COLA is the most commonly known increase for Social Security payments. We annually announce a COLA, and there's usually an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month. By law, federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). More than 66 million Americans saw a 2.0 percent increase in their Social Security and SSI benefits in 2018. For more information on the 2018 COLA, visit www.socialsecurity.gov/cola.



Social Security uses your highest thirty-five years of earnings to figure your benefit amount when you sign up for benefits. If you work after you begin receiving benefits, your additional earnings may increase your payment. If you had fewer than 35 years of earnings when we figured your benefit, you will replace a zero earnings year with new earnings. If you had 35 years or more, we will check to see if your new year of earnings is higher than the lowest of the 35 years (after considering indexing). We check additional earnings each year you work while receiving Social Security. If an increase is due, we send a notice and pay a one-time check for the increase and your continuing payment will be higher.

Maybe you chose to receive reduced Social Security retirement benefits while continuing to work. You made the choice to take benefits early, but at a reduced rate.

If you exceeded the allowable earnings limit and had some of your benefits withheld, we will adjust your benefit once you reach full retirement age. We will refigure your payment to credit you for any months you did not receive payments. Your monthly benefit will increase based on the crediting months you receive. You can find additional information about working and your benefit at www.socialsecurity.gov/pubs/EN-05-10077.pdf.

Retirement just got more interesting since you learned about potential increases to monthly payments. Social Security has been securing your today and tomorrow for more than 80 years with information and tools to help you achieve a successful retirement.

VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape..

What's your **SUPERPOWER?**



Guided Kirtland's Warbler Tour

The Crawford County Commission on Aging & Senior Center invites you to join us for a Kirtland's Warbler Tour. A seasonal guide leads the Kirtland's Warbler Tour starting at Hartwick Pines Visitor Center with a brief introduction on the bird and their conservation story. The tour will be held on Tuesday, June 25th at 11 am and we will meet at the Visitor Center in Hartwick Pines. From there, participants caravan to the field site for a chance to view the endangered warbler. We will travel on a sandy two-track trail for less than one mile depending on where the birds have established their territory. The tour duration is approximately 3 hours - be sure to wear good walking shoes, bring sunscreen, insect repellent, and a hat if needed.

The Guided Kirtland's Warbler Tour costs \$10 per person and can be paid to the COA when you register prior to the date of the event. A recreation passport for each vehicle is required for entry into the state park and can be paid on the day of the trip at Hartwick Pines. For more information or to register for the guided tour please contact Kaitlyn Grieb at (989) 348-7123.

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130 Mary Ann Street · Grayling 49738
p: (989)344-2010 · f: (989) 344-2011

Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)

No doubles this time!

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

1. sunburst
2. floury
3. alphanumerical
4. quartermaster
5. quixotic
6. bionomically
7. oversecured
8. belitong
9. frowstiness
10. ostectomy
11. tuckahoe
12. perplexed
13. gibbous
14. halloween
15. nondistorted
16. fantasied
17. creative
18. guapor
19. maskalonges
20. jagannatha
21. apsides
22. beadier
23. antipyrotic
24. exalt
25. nondefensible
26. deficit
27. merse
28. resubstantiated
29. bullyrag
30. unpliancy
31. licht
32. scrooge
33. vermination
34. diabolic
35. etrusian
36. progestogen
37. filing
38. fleurette
39. preaccomplish
40. amphibrachic
41. countrywoman
42. minta
43. renumerate
44. noninspissating
45. colacobiosis
46. somerdale
47. convector
48. ipsus
49. deductively
50. benbrook



Paddles Out. Life Vests Check. Kayaks Ready.

Are you ready to get those paddles wet while relishing in the sweet summer sun?

The Crawford County Commission on Aging & Senior Center invites you to join us for a Kayak Trip on Wednesday, July 10th to explore Lake Margrethe in Grayling. Come join us as we paddle through the fresh water, enjoy the scenery, and have a good time in our small vessels. The group will meet at Lake Margrethe Public Launch Area off McIntyre Landing Rd at 2pm on July 10th. If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get in.

We will provide kayaks, life vests, and paddles at no charge but do not forget to bring sunscreen and water to stay hydrated during our venture. We expect the outing to last approximately 2 hours from start to finish. No experience is necessary but the ability to get up from the floor easily with little to no assistance is required along with lower body mobility. For more information or to register for the Kayak Trip, please contact Kaitlyn Grieb at the Crawford County Commission on Aging (989) 348-7123. Space is limited; call to reserve your small vessel today! This is a free event unless you have to buy a Recreation Passport.

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National Sun Safety Month

By Nicole Persing-Wethington, from Michigan State University Extension

The sun is great; it gives us vitamin D, helps us grow plants, and keeps us warm. It can also damage our skin with ultraviolet rays, leaving us with sunburn. The skin is the human body's largest organ and needs protection. Taking care of it is important for long term health and comfort. The Centers for Disease Control and Prevention reports that skin that has been burned has an increased risk of developing skin cancer. Skin cancer is the most common form of cancer in the United States. Here are some tips for safe sun:

Sunscreen- the CDC recommends at least SPF 15, preferably higher. Reapply sunscreen according to the directions to get the maximum benefit. Once is not enough. Put on more sunscreen if you have been outside for two hours, have gotten wet, or sweat.

Protect from the sun- Use protective

clothing and hats to avoid a burn. Shade is also our friend. Layer sunscreen with these physical barriers to get even more protection.

Don't forget the sunglasses- Eyes need sun protection too. UV rays can cause cataracts and certain types of cancers of the eye.

Drink enough water- Staying hydrated is important to keep all of our organs healthy, including our skin.

Check with your doctor- If you notice any skin changes, bumps, lumps, or moles; make sure to show them to your medical provider.

Outdoor activities are wonderful for our health and can be fun. Taking steps to protect yourself from harmful sun exposure can help protect you from becoming one of the 5 million people who are treated for skin cancer every year.

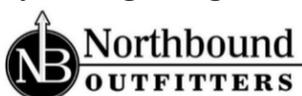


I want to ride my bicycle; I want to ride my bike!

All skill levels welcome!

Dust off your bicycle, bring your pedaling feet, and don't forget your helmet! Come join Northbound Outfitters on **Wednesdays at 6 PM**, the group takes off around 6:15 PM in the Northbound Outfitters parking lot, and rides out to Hartwick Pines State Park and back.

This is a ride at your own risk and pace, you can turn around or go the entire way, whatever fits your comfort level. No sign up is required just show up ready to pedal. If you do not have a bike you are welcome to borrow one from the shop and take it out for a spin. Because of path and weather conditions check with Northbound Outfitters via phone 989-348-8558 or find them on Facebook for weekly updates. This program runs from May through August.



Crawford County Commission on Aging Board Vacancy

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

The Commission on Aging Board provides and initiates programs to help promote the well being and independence of senior citizens within the county. The board participates in the many decisions which take place at monthly meetings. Applications can be obtained from and submitted to County Clerk Sandra Moore by Friday, June 7, 2019 at noon or may be obtained on line thru www.crawfordco.org and returned to Crawford County Clerk 200 W. Michigan Avenue, Grayling, MI, 49738.

Sandra Moore, County Clerk
May 8, 2019

Walk in the Woods Wednesday



Walk your Way to Fitness!

The Crawford County Commission on Aging & Senior Center invites you to join us Wednesdays starting on May 1st at 1 pm to explore the beautiful trails around Crawford County. We will meet at different trailheads every Wednesday and walk as a group throughout the woods. Each week the group will choose a trail to explore such as Hartwick Pines State Park, Hanson Hills Recreation Area, Mason Tract Pathway, North Higgins Lake State Park, and the Beal Plantation. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.



Do not forget to bring lots of water to stay hydrated during our trail adventures. Come join the fun and experience the great outdoors! Win 1st, 2nd, and 3rd place prizes for the most miles walked! Thank you to Northbound Outfitters for their generous sponsorship.

If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get into the state parks. We will try to carpool depending on your location to decrease the cost. To sign up for the Walk in the Woods program and meeting locations please contact Kaitlyn Grieb at 989-348-7123. Can join at any time!

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Crawford County Commission on Aging Congregate Meal Standards

Eligible for Meals by Donation:

- A. Age 60 or older.
- B. A spouse under the age of 60 who accompanies an eligible adult to the meal site.
- C. Family members of an eligible adult who are living with a disability and permanently live with the eligible adult in a non-institutional setting.
- D. An unpaid caregiver who is under the age of 60 and accompanies the person being cared for to meal site.
- E. Individuals with disabilities who are under 60 and reside at the Grayling Housing Commission may participate in the meal.



Option #2: 2nd Meal

A congregate meal participant qualifies for a second meal if the participant eats lunch at the meal site and requests a second meal for that day. A second meal is defined as a frozen meal or the new wrap/salad meal option.

Donations are accepted for second meals and you will register the meal in MySeniorCenter as dinner. The second meal is given to the participant when they leave the congregate site. It must be stored properly until the participant is ready to leave for the day.

Option #3: Weekend Meals

Weekend Meals may be offered to a congregate meal participant if the participant is registered at the meal site and eats a meal at the Senior Center during the week at a regularly scheduled time. A weekend meal is defined as a frozen meal or the new wrap/salad meal option. You may receive up to 4 meals for the weekend. A choice of meals will be made available.



Donations are accepted for weekend meals and the Receptionist will register them in MySeniorCenter. The weekend meals are given to the participant when they leave the congregate site. It must be stored properly until the participant is ready to leave for the day.

Leftovers

The Commission on Aging cannot provide containers for leftovers (items not eaten) to be taken out of the meal site.

Meals to Go Options

Option #1: Illness

If a regular congregate meal participant is unable to come to the site due to illness, the meal may be taken out of the site to the individual for no more than 7 days. If needed for more than 7 days, the participant should be referred and evaluated for Home Delivered Meals by the Assistant Director.

If the person taking out the meal for the ill participant is also a regular congregate participant, they may also take their meal out.



Spring is here! Don't have any space to garden? Would you like to garden among friends? Need a little help figuring it all out? Join the Community Garden Friends! This group has experienced gardeners ready to help you and they've even got space available for FREE! The Community Garden property, located at the corner of Madsen and Mary Ann Streets, has been made available courtesy of the Carl W. Borchers Post Veterans of Foreign Wars (VFW) #3736. Last summer a brand new well and in ground sprinkler system was installed to assist gardeners with watering all season. The Community Garden plots are planning to be plowed and ready after Memorial Day. Plots will vary in size depending on the number of gardeners, but all are available free of charge to Crawford County Residents. To sign up contact the Community Garden Friends at (989) 348-7123. Once you've signed up, we will keep you posted about planting dates, plot sizes, etc.

The Community Garden Friends is also seeking volunteers to help with maintaining a large plot which will grow food for the community. Food from this plot will go to individuals and families via the Crawford County Christian Help Center Food Pantry, Riverhouse Shelter, Michelson Memorial Monday Night Community Dinners, Crawford AuSable School Pantries and the Commission on Aging. If you are interested in helping with the community plot, please contact the Community Garden Friends at (989) 348-7123.



RETIREMENT

On June 6th, Karl Schreiner, Advocacy & Resource Coordinator will be retiring from the Crawford County Commission on Aging. Karl has enjoyed being back at the COA, but has decided that it is now time to pursue other interests in retirement. People needing assistance should continue to call the COA at 348-7123 and staff or volunteers will be available to assist with questions regarding Medicare, Medicaid or any other older adult need.



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Munson Free Breakfast Presentation - Firewise Tuesday, June 25th at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Doug Pratt, Emergency Manager for Crawford County

Wildfire Safety

Unfortunately, wildland fires (or wildfires) are inevitable. Whether caused by humans, by lightning, or by some other cause, these fires burn millions of acres and have the potential to damage home and outbuildings, and cause harm or even death to people and pets. Homes do not generally ignite simply because a wildfire exists. Home ignition is primarily determined by the local conditions of the home in relation to its immediate surroundings. By changing those conditions, home ignition potential, while never completely eliminated, can be reduced.

People often believe that if a wildfire does occur, firefighters will have a high probability of keeping their homes from burning. This is not the case. Past fires in Crawford County have demonstrated that a wildfire can move quickly enough over a large enough area, that not every home can be saved. As a homeowner, there are things you can do to help mitigate the risk of losing your home and/or outbuildings.

Think about maintaining a zone around your home of at least 100 feet as free from

combustible materials as possible. Keeping weeds and grass cut lowers the ability of flames to reach up to low hanging tree branches. Cutting those tree branches up to about 10 feet off the ground is another good thing to do. Having a space next to the house that is free from combustible materials makes it more difficult for any ground flames to ignite the home. Cleaning leaves and other debris out of gutters, sealing any holes where flying embers can enter, keeping roofs clear of leaves and pine needles are other ways of lessening the danger of home ignition.

Join Doug Pratt, Emergency Manager for Crawford County, on Tuesday, June 25th at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale Street, for a free breakfast presentation. Doug, who is also the Chief of the Frederic Fire Department, will discuss these and other issues surrounding wildfires and how you can lessen the possibility of disaster.

Breakfast Menu

Omelette Station, Hashbrowns, Muffins, Mixed Fruit, Juice, & Coffee



Walk with Ease

Walking regularly can help reduce and prevent many different types of chronic pain. Walk with Ease is a six-week, evidence based program that includes:

- Safe walking
- Discussion on osteoarthritis, rheumatoid arthritis, and fibromyalgia
- Managing pain and stiffness
- Tips on proper clothing and equipment
- Monitoring physical problems
- What to do when exercise hurts
- How to anticipate and overcome barriers
- Stretching and strengthening exercises

Join us at the Crawford County Commission on Aging & Senior Center to gain the many benefits of stretching and walking. Class starts June 4th and runs the following dates: June 6, 7, 11, 13, 14, 18, 20, 21, 25, 27, 28 - July 2, 5, 9, 11, 12, 16. 9:00 am to 10:00 am at the Crawford County Commission on Aging & Senior Center 308 Lawndale St., Grayling. For more information or to register for the Walk with Ease program please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123. NOTE: There is a one-time charge of \$15 per person.

CORNHOLE RETURNS

Cornhole is back! Come join us at the Crawford County Commission on Aging & Senior Center for a game of Cornhole after dinner on Thursday June 6th and Thursday June 20th at 5:45 pm. Everyone is invited to come and play! Bring your game face and enjoy a nice game outside (weather permitting). This is a free activity and all skill levels are welcome. If we practice hard enough, we'll invite other teams in town to challenge us!



FOOD TRUCK



FREE FOOD DISTRIBUTION

FREE Food Distribution for residents of Crawford County
Sponsored by
Mount Hope Lutheran Church
905 N. I-75 Business Loop
Saturday, June 15th, beginning at 10am
Hot Dog Lunch following
Dress for outdoor distribution
Picture ID (Driver's License) Required
Bring bags & boxes for your food

Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care Services will have you feeling better faster than ever.



Grayling
Open Monday-Friday, 8:30 am - 6 pm, Saturdays, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon
Open Monday - Friday, 8 am - 4 pm
234 Lake St., Roscommon, MI 48653 | 989-275-1200

Prudenville
Open Monday - Friday, 11 am - 6 pm, Saturdays, 9 am - 3 pm
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Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342
director@crawfordcoa.org



MDHHS MDHHS Appointments

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center is partnering with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits.

Crawford County residents, age 60 and older, may get an appointment by calling 348-7123.

An MDHHS Eligibility Specialist will be available to meet with individuals to:

- ◆ Help set up a MiBridges account
- ◆ Apply for SNAP (Food Stamps) benefits
- ◆ Apply for State Emergency Relief (SER)
- ◆ Apply for Medical benefits
- ◆ Answer questions regarding benefits

This is a monthly opportunity, based on demand. Currently appointments are being made on the 4th Wednesday of each month (unless there is a holiday) from 1-4pm. Appointments are generally for ½ hour, but may be longer depending on the service(s) needed. If you are in need of assistance, please contact the COA.



POSSIBLE NEW ACTIVITIES

We need to know if you're interested!

Northern Michigan Escape Rooms

Join the Crawford County Commission on Aging & Senior Center to solve a mystery against time at the Northern Michigan Escape Rooms in Grayling. Escape the Dragon's Lair, Roaring Twenties, or Virus Lab room by finding clues and solving mysteries as a team to unlock the door to freedom before time runs out. It is a \$20 charge per person unless our group is greater than 15 then it is a \$15 charge per person. The dates and times are to be determined based off our group size and the number of rooms we will need to reserve.



Parasailing in Mackinaw City

Come fly away with us in Mackinaw City! Join us at the Crawford County Commission on Aging and Senior Center for a Parasailing Trip in the Straits of Mackinac. Participants will be fastened to a parachute while attached to a motorboat and cruise in the air along the crystal blue waters while being 600 ft. above. Experience aerial views of a lifetime as you soar through the air and enjoy the ride!

We are planning our Parasailing Trip for July or August and would like to know if you would be interested. Prices vary based on the amount of flyers and the time we fly. The price per person ranges from \$50 - \$100. The flight time per person is approximately 10 to 12 minutes long. No experience is required and carpooling may be available to decrease the cost of travel.



PAINT PARTY

The Crawford County Commission on Aging & Senior Center is hosting a painting party along with Cathy Spencer from *Art with Heart Painting Parties* to paint this beautiful flower painting. No experience is required. Cathy will walk you through step by step to paint these beautiful flowers! Even if you have never held a paintbrush before, you will be able to create a painting that you will be proud to display in your home. This event will be held on Thursday, June 27th from 4:30-6:30pm at the Nature Center in Grayling, which is between the American Legion and City Park. Come make this design your own by using a variety of colors and bringing out your inner artist! This event is \$25 per person and includes all the supplies/materials you will need to paint your work of art. We will also have beverages and chocolate mint brownies! Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date. For more information or to register for this event, please contact Kaitlyn Grieb at the Crawford County Commission on Aging (989) 348-7123. Space is limited; call to reserve your spot today.

For more information or if you are interested in attending either of these events please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.