

# Crawford County Senior Gazette

## March 2019

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### Featured Article

Gail Swope

*"When I'm not busy, I'm bored"*

They say if you need something done, you should ask a busy person because they know how to manage their time. Perhaps that is how Gail Swope fits so much living into her life.

Born Gail Ebeler in 1953, Gail is the youngest of five children. "I came from a good family. We all smiled a lot. Mom and Dad taught us right; that everyone is worthwhile. We played together a lot. Dad would take all five of us kids out riding dirt bikes...it was a family thing. We water-skied. We had fun together."

She was 16 years old on the night the water heater in the family home exploded, setting the house on fire. "The whole upstairs was completely burned up before we realized there was a fire. We always left our Christmas tree up until 'little Christmas', January 6th, and the tree was totally burned up, but the ornaments were just melted. So many people helped us. I moved to a different house while my brother, and my brothers-in-law rebuilt ours. My father always felt strongly about the importance of insurance after that. It was kind of an 'Ah-ha' moment for me."

When Gail was a young girl, she thought she wanted to become a Home-ec teacher, but when she discovered how much chemistry was involved in that line of education, she quickly changed her mind. She laughed, "I decided to become a barber. I thought it would

be a good way to meet men!"

But Barber school was in Detroit, and at the time, she had no car. "I didn't think I wanted to be a 'beautician' because for a long time it was illegal for them to cut men's hair." But she pursued cosmetology anyway, only to discover that there was even more chemistry (plus anatomy, and other sciences)



involved than for Home-ec. Still, she persisted, and received her Associate degree from the State College of Beauty in Ann Arbor. Gail married her husband, Tim, in 1974. He is a retired Lt. Col. with the National Guard,

and back in those days he was spending a good bit of time in Grayling in that capacity and was continuously applying for jobs that would allow him to move his family north. Both he and Gail loved the area, so they were quite happy when a full-time position opened up and they were able to move here in 1981 to raise their two sons. They'll celebrate their 45th anniversary this month.

Gail went to work as a beautician at The Golden Touch for eleven years before buying Econocuts and changing the name to Heads Up North in 1994. "I retired a couple of years ago," she said. "I always loved my job. I loved the people. I loved that my shop was a place where people could come and talk about their lives. It wasn't a gossip shop. I was just good at simply listening. People need that. It's cheap therapy."

Since her retirement, Gail has continued to be a busy woman. "I

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**Financial  
Empowerment  
See pg 2**



**See pg 6**



**Line Dancing  
See pg 16**

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**

**Phone (989) 348-7123  
Fax (989) 348-8342**

**[www.crawfordcoa.org](http://www.crawfordcoa.org)  
Director  
@crawfordcoa.org**





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**The Senior Gazette**  
308 Lawndale St.  
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](mailto:director@crawfordcoa.org)**



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

**Question:** I suggest cutting down on the salt. A lot of us must limit it due to high blood pressure. We can add it if we want.

**Answer:** Our menus are required to follow state guidelines for nutrition. Recipes and products are entered into software which analyzes the nutrition of each meal. A Registered Dietician then reviews the nutritional analysis to ensure we follow the state guidelines. Items tracked include calories, protein, fat, fiber, sodium, sugar and carbohydrates. Sodium is required to be less than 1,200mg per meal. The Dietary Guidelines for Americans recommends limiting sodium intake to less than 2,300mg per day.

**Question:** Lower cholesterol is my goal! Is there anyway we could have a choice for something other than beef? Maybe chicken or vegetarian? When are the alternative choices going to begin?

**Answer:** If you have a medical need requiring a special diet, we'd be glad to try and accommodate you. A chicken breast is something we can easily do for you if requested. Please call the Senior Center the day before or no later than 10am on the day of your meal to make the request. We are hoping to have a 2<sup>nd</sup> meal option available to diners by spring. It will most likely consist of a wrap/pita/sandwich and a salad.

**Question:** Last month at Birthday Dinner the Swiss Steak was nothing more than a hamburger patty with grill marks. I expected better and was disappointed.

**Answer:** We are sorry that we did not live up to your expectations. We appreciate your comment so we know where we can improve. Chef Dale has done some research and selected another beef product that we will try the next time around. Please try it again and let us know.

### **Commission on Aging Board Members:**

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Erika Mudry, Homemaker  
Kathy Jacobs, Homemaker  
Ann Bilyeu, Homemaker  
Sarah Pollock, Homemaker  
Linda Thompson, Homemaker

## **Financial Empowerment Presentation**

**Thursday, March 28th**  
**1:00-3:00 pm**

**At the Council Chamber Room**  
**Grayling City Hall**

Ashley Gagnon, a HUD Certified Financial Coach with HECM Certification (Home Equity Conversion Mortgage) will be hosting a presentation on Financial Empowerment in conjunction with the Crawford County Commission on Aging.

NEMCSA's Financial Empowerment programs are structured so that participants can receive services in their area of residency instead of having to travel far for services. NEMCSA provides face-to-face educational sessions which create a more personal and trusting relationship for the participant who is already facing barriers to self-sufficiency and access to supports.

The main topics of the presentation include learning to live on a budget and

tracking your spending. We will also be covering multiple other topics that relate to those such as couponing, smart shopping, effective ways to reduce expenses and ways to reduce your energy expenses. Attendees will learn to identify the best ways for them to work through the creation and management of their budget. Guests will also gain access to customizable tools that will help them be able to recognize their path to Financial Empowerment.

Ashley is fully trained and properly certified to provide support in all areas of financial education including Financial Capability, Pre-Purchase and Homebuyer Education as well as counsel on Foreclosure and Default topics. Ashley has been working in this capacity for the last 4 years. We hope that you will join us.

If you'd like to attend, please call the COA to register at 348-7123.







## 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

2x4 Actual Size  
\$50 Donation

1x5 Actual Size  
\$25 Donation

2x5 Actual Size  
\$100 Donation

### Senior Center Wish List...

- Bags of Dog Food
- Bags of Cat Food
- 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 Mop Bucket
- Chux (Chucks) Pads
- Adult Undergarment Pullups (Depends) - Large Size

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 \_\_\_\_\_



## 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

Pantry Bingo Sponsored by

- Northern Pines Assisted Living
- InTeliCare Health Services, LLC
- The Brook
- Grayling Nursing & Rehabilitation Community

Stretch to Fitness & Equipped to be Fit

Sponsored by  
Munson Rehabilitation Services

Zumba Sponsored by  
Grayling Nursing & Rehabilitation Community

### 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.

## Donations

Shirley Bordeaux  
Mike & Dianne Branch  
Becky Sue Doremire  
Al Etson  
Bob & Pat Gallagher  
Joyce Ingalls  
Bruce Jerome  
Richard & Nancy Kiessel  
Kay Ellen King  
Nancy Lemmen  
Lovells Fire Department  
Medicine Shoppe  
Erika Mudry  
Rosemary Nelson  
Dorothy Peacor  
Ron & Carolyn Rakoczy  
Donna Richmond  
Cliff & Linda Schultz  
Terry Tody  
Dave & Cindy Vargo  
Paddle Hard Brewing



Volunteers and Contributions received after February 8th will be acknowledged in the next edition of the Senior Gazette.

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





# Thank you to our COA Volunteers

Michele Arnholt	Eileen Langhorne
Nancy Billingham	Dick Lee
Sandy Brody Sparks	Alice Lee
Roy Bryant	Cathy Lester
Wendy Clarkson	Kirsten Lietz
Joan Compton	Rite Lone
Marc Dedenbach	Nancy MacDonald
Richard Dodge	Ann Mitchell
Dick Dodge	Judy Morford
Lyn Dodge	Dee Niedzielski
Diana Doremire	Delores Norton
Greg Dulkowski	Sharen Perkins
Tina Foster	Nancy Plitzke
Sharron Hagerman	Deb Rawlings
Mary Lou Hanks	Tom Rawlings
Susan Hensler	Jon Schultz
Donna Hubbard	Gail Schultz
Francis Hummel	Chris Seager
Tom Jarosz	Nancy Smitz
Dennis Kemerer	Joyce Sorenson
Ron Kemerer	Dianne South
Glenn King	Cheryl Starr
Lorelei King	Ann Stephenson
Kay Ellen King	Nicole Wethington
Glenn King	Bev Wilcox
Lorelei King	Sandy Woods
Sandy Lakanen	Gary Worden

## March Birthdays

**Bernardine Denton 3/2**

**Joyce Cousins 3/5**

**Ed Daniels 3/5**

**Mavis Butler 3/7**

**Ann Doty 3/21**

**Lola McLandsborough 3/21**

**Pamela Purdy 3/21**

**Martha Barnum 3/29**

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



## Kay Ellen King

Kay Ellen King was born in Lansing Michigan. In 1949 her family moved north after her father was transferred to the United States Geological Survey in Grayling.

Kay Ellen graduated from Grayling High School. Her favorite classes were typing and bookkeeping. She used those skills working for the City of Grayling for 2 years. She has a daughter, a son and is blessed to have 2 stepsons as well. Her family has grown to 11 grandchildren and 8 great grandchildren and she says,



"They are still more to come".

With the kids grown and gone, Kay Ellen went back to work for the City of Grayling as Deputy City Clerk. She would later be promoted to City Clerk. She worked there 22 years before retiring in 2002.

In her spare time, Kay Ellen and her husband JC loved playing both golf and bowling. "I like golf the most, and I was pretty good back in the day. I only stopped playing 3 years ago and that's because I wanted to save money for trips."

In 2008 JC passed away. Kay Ellen began to take trips with the Kalkaska COA to help her not feel so alone. She has been to New York, the Wisconsin Dells, the Smokey Mountains twice, New Orleans, and Cape Cod. She will be going to Nashville with the group in June.

Last year she met with a counselor; the trips were not filling the void. "I do not like being alone. I like to be with people". Her counselor recommended volunteering and told her the Senior Center would have a place for her. So she did; she came to the COA and said, "I can do dishes!"

After a year, Kay Ellen is still in the COA kitchen. "I love this job. I really do. It is great. They like to kid around and I like that! I was so leery at first. I thought I might not be good enough or be able to do it. I also have a bad back and it hurts a lot. When I asked if I could sit down and rest they said, "Sure, no big deal. Take a break, as many as you need."



Now, Kay Ellen is a pro. She still takes breaks, but she does not go to a counselor anymore. Volunteering has cured her depression, "I'm happier now", Kay said.

She knows she is helping the COA but they have helped her too. "Volunteering gets you out."

What is next for Kay Ellen?

"I'll keep doing dishes until they fire me, she laughs, but exercise is next!"

She has her eyes on Gentle Yoga and says, "The Senior Center has a lot for you to do. You have to go there!"



## Alzheimer's Community Forum Alzheimer's disease, dementia & memory loss

**Tuesday, April 2nd**

**5:30pm-7:00pm**

**Nature Center**

**100 S James St., Grayling**

Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

**Light refreshments will be provided.**

Registration is requested.  
Call 800-272-3900 or visit [alz.org/gmc](http://alz.org/gmc) to register.





## PATH for Chronic Pain

**Free 6-Week Workshop  
starting April 9th  
MSU Extension in Grayling**

MSU Extension and Crawford County Commission on Aging & Senior Center invite you to participate in a 6-week workshop called PATH (Personal Action Toward Health) for Chronic Pain. Chronic Pain PATH is helpful for anyone who is managing long term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing. Chronic Pain PATH is a FREE 6-week workshop designed to educate and empower individuals in management of chronic pain and maintain active and fulfilling lives. Come join us starting April 9th from 1 – 3:30 pm and continuing thereafter every Tuesday for 6-weeks at MSU Extension in Grayling.

For more information or to register for the class please contact Kaitlyn Grieb at (989) 348 – 7123.

## 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!**

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[www.denholmfamilychiropractic.com](http://www.denholmfamilychiropractic.com)

## Gail Swope

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

have to. I get bored easily,” she said. So she bowls, golfs, volunteers with the Grayling Promotional Association, organizes the annual Festival of Trees, helps with the Christmas Walk, is on the downtown beautification committee (she helps plant the flowers in downtown and keeps them watered), babysits her grandchildren, paints, enjoys photography, and still gets a kick out of riding rollercoasters.



What many people may not realize is that many of these activities used to be difficult for her because of her weight. Ten years ago, after trying all the traditional ways to slim down, she had lap band surgery.

“That is not an easy way,” she explained. “There is a lot of physical testing involved as well as psychological exams. But I lost 100 pounds, and I feel great. It is something I work every day to maintain, though. I walk every day, and watch what I eat very carefully. I don’t talk about it a lot, but if I can help someone else, I want to. It was

a God send to me.”

Although Gail loves Grayling, she does spend her winters in West Palm Beach, Florida. She also visits her sister in California every year, and goes a few times a year to see her sister in Kentucky. “I’d like to see more of the US...like Hawaii and Colorado.

Maybe New York City, but just for a weekend. And I’d like to go to Ireland, which is my heritage.”

“I have to stay busy. When I’m not busy, I’m bored. But I love living in Grayling, so I do what I can to make it even better than it already is. People here always have your back.”

If you know Gail Swope, you can be sure she has your back, too.



## Michigan Double Up Food Bucks

2018 was another strong year for the Double Up Food Bucks program. In total, shoppers spent \$2.8 million in Double Up on healthy food! These dollars are directly helping low-income families put fresh fruits and vegetables on their tables, while also benefitting Michigan farmers and business owners.

To ensure we can continue to offer the program across our 250 sites for the rest of the year, Double Up Food Bucks will be going on ‘Grocery Spring Break’ from March 1 – May 31. During this time, shoppers will not be able to earn Double Up Food Bucks in grocery stores, but they can keep spending any Double Up Food Bucks they have earned to date. Farmers markets are not affected by this pause. “Grocery Spring Break” is over starting June 1: At that time, shoppers can earn and spend Double Up Food Bucks as usual at any Double Up location.

Q: What should I do in April and May?

A: We encourage you to earn and save your Double Up Food Bucks in February for use during March, April, and May, when earnings will be paused at stores.

Q: How can I find a location that offers Double Up Food Bucks?

A: Please visit [DoubleUpFoodBucks.org/locations/](http://DoubleUpFoodBucks.org/locations/) or call our hotline at 866.586.2796.

Q: Why isn’t Double Up Food Bucks offered at (my favorite store)?

A: We bring Double Up to as many locations as possible, and we are always seeking ways to offer the program in additional stores that may be a good fit for the program.

Q: Does this mean you are running out of money?

A: Nope! It means that many more shoppers are taking advantage of this opportunity to provide fresh, healthy food to their families. Because of this demand, we want to be good stewards of our resources and make sure we can continue to offer Double Up Food Bucks to support families and farmers.



## Upcoming Trips Holland, New Orleans and Nashville



### Holland Tulip Trip May 7, 2019 7:30am-7:30pm - \$75.00

Leaving from the Bellaire COA

Price Includes:

- Lunch when we arrive at the Civic Center
- Veldheer's Tulip Farm/Wooden Shoe Factory
- Step on Tour of Holland
- **On your own:** We will stop on the way home for a quick dinner

For deadlines, info. & registration contact:  
Beth Lacy @ (231) 533-8703 at Antrim COA.

### New Orleans May 18-26, 2019

\$815 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the New Orleans area
- 14 meals: 8 breakfasts & 6 dinners
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat cruise on the Mississippi River
- Enjoy Historic New Orleans French Quarter

Final Payment due: 3/11/2019. For Information & Reservations Contact: Beth Lacy @ (231)-533-8703 Antrim COA.

### Nashville Show Trip June 10-15, 2019

\$663 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Nashville area
- 8 meals: 5 breakfasts & 3 dinners
- 2 Great Shows: 1) The Grand Ole Opry, 2) Nashville Nightlife Dinner Theater
- Guided Tours of Nashville & Belle Meade Plantation
- Admission to the Country Music Hall of Fame
- Admission to the Mansion at Fontanel
- Ride on the Delta Flatboats inside the Opryland Hotel

Final Payment Due: 4/3/2019. For Info. & reservations contact: Mary Ladach, Kalkaska COA (231) 258-5030.



*Home-delivered meal volunteers (L-R) Greg Dulkowski, Susan Hensler, and Rita Lone, prepare to deliver "cheer-up bags" to homebound Crawford County residents on MLK Day.*

*The cheer-up bags include some small necessities and activities (deck of cards, hot cocoa packets, mandala puzzles, etc.) to help keep homebound seniors occupied during the cold season.*



### Do you have concerns about falling?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by trained facilitators.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

**April 10, 12, 17, 24, 26 & May 1, 3, 8**

10:00am to 12:00pm

Michigan Works Office  
4595 Salling St., Grayling

For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

## 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**



# Add Years to Your Life & Life to Your Years

## ONGOING ACTIVITIES

### Aerobic Drumming

Golden Beats, Mondays, 10am  
Power Beats, Mondays, 5pm

### Bible Study

Tuesdays, 10am

### Bingo

Medicine Shoppe Bingo  
once a month on "Thurs"  
Penny Bingo, Thurs 1pm  
Pantry Bingo, Fridays 1pm

### Bridge

Mondays, 1pm

### Clogging, Beginning

Mondays, 12:30pm

### Clogging, Regular

Mondays, 1:30pm

### Computer Club

Assistance by Appointment

### Craft & Chat Club

Wednesdays & Thurs, 10am

### Dinner

Mon.-Thurs., 4:30pm-5:30pm  
\$3.50 age 60+ \$5.50 under 60  
Birthday Dinner once a month

### Euchre

Tuesdays, 1pm

### Exercise

Stretch to Fitness, Thurs, 10am  
Equipped to be Fit, Fridays, 10am

### Flower Arranging

Monday, 10am

### Legal Assistance

3rd Thursday, 1-4pm

### Line Dancing

Tuesdays, 2:30pm

### Lunch

Mon.-Fri., 11:30am-12:30pm  
\$3.50 age 60+ \$5.50 under 60  
Frederic Satellite 2nd Fri.  
Lovells Satellite 3rd Fri.

### Mahjong

Wednesdays, 1pm

### Pinochle

Fridays, 10am

### Pokeno

Thursdays, 10am

### Pool

Ball-in-Hand, Wednesdays,  
1pm Nine Ball, Fridays, 1pm

### Soup (2 choices per meal)

Lunch Monday-Friday starting  
at 11:30am. Dinner Monday-  
Thursday starting at 4:30pm.  
\$1.00 per bowl  
Also available to go

### Trips

Special trips for seniors are  
planned May through October.  
All priced under \$100.

### Unlucky 7's

Wednesdays, 2:30pm

### Wii Bowling

Wednesdays, 1pm

### Yoga

Chair Yoga, 1st, 3rd, & 4th  
Thurs, 6pm (check calendar)  
Gentle Yoga, Tuesdays, 1pm  
\$5.00 Charge

### Zumba

Zumba Gold Tuesdays, 10am

**Winners for the Winter Dinner** - Carolyn Osborne won the popcorn tin.  
Joseph Greenwood won the 50/50 in the amount of \$102.00.

# St. Patrick's Dinner

## Thursday, March 14th, 4-6pm

### Menu

Corned Beef & Cabbage  
Boiled Irish Potatoes  
Parsley Baby Carrots  
Irish Fluff  
Chocolate Mint Brownies

At the  
Commission on  
Aging & Senior  
Center  
301 Lawndale St.

No  
Reservations Required!

Suggested donation for  
60+ \$3.50. Under 60 \$5.50



## 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

### Healing Together (Grief Support Program)

3rd Thursday 4:00pm

The Brook of Grayling, 503 Rose St.

For more info call 1-989-343-2470

### 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.

2 Choices of Soups served daily

Soup is available starting 11:30/4:30  
To go soup is also available

Bowl of Soup

\$1.00 per bowl

Piece of fresh fruit 50¢

Milk 30¢ with a bowl of soup

### 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.

### Stay in the Know!



Sign up for FREE e-mail news about the Senior Center activities

Receive the latest information about the Senior Center activities, delivered directly to your home via e-mail.

Signing up is easy; just send an email to [director@crawfordcoa.org](mailto:director@crawfordcoa.org)

The Senior Center respects your privacy and does not sell or make available to others our patrons e-mail list.

### 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 <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat
		<div> <div>Crawford County</div> <div>Commission on Aging &amp; Senior Center</div> <div>March 2019</div> <div>At-A-Glance Meal &amp; Activities Calendar</div> </div>			<b>1</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas &amp; Carrots, Apple</div> 1pm Pantry Bingo <b>Sponsored by Northern Pines Assisted Living</b> 1pm Pool – 9 Ball	<b>2</b>
<b>3</b>	<b>4</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas &amp; Carrots, Kiwi</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries</div> 5pm Aerobic Drumming Power Beats	<b>5</b> 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill &amp; Garlic Potatoes, Asparagus, Watermelon</div> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Dinner – Spaghetti &amp; Meatballs, Breadstick, Tossed Salad, Grapes</div>	<b>6</b> <b>9:30am Commodities @ St. Mary's</b> 10am Craft & Chat <div>11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <div>4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple</div>	<b>7</b> <b>9:30am Diabetes Path @ Frederic Twp Hall</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30-6pm Foot Clinic-Need Appt</b> <div>11:30am-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries</div> 1pm Penny Bingo <div>4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce</div>	<b>8</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear</div> <b>12pm Frederic Satellite</b> 1pm Pantry Bingo <b>Sponsored by Northern Pines Assisted Living</b> 1pm Pool – 9 Ball <b>2pm Cooking Matters Class</b>	<b>9</b>
<b>10</b>	<b>11</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas &amp; Carrots, Blueberry Yogurt</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks</div> 5pm Aerobic Drumming Power Beats	<b>12</b> 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes</div> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4 30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi Fruit</div>	<b>13</b> 10am Craft & Chat <div>11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <div>4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</div>	<b>14</b> <b>9:30am Diabetes Path @ Frederic Twp Hall</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Sweet &amp; Sour Meatballs, Brown Rice, Peas &amp; Carrots, Kiwi</div> 1pm Penny Bingo <b>1pm Wii Bowling - Grayling at St. Helen</b> <b>4-6pm St. Patrick's Day Dinner –</b> Corned Beef & Cabbage, Boiled Irish Potatoes, Parsley Baby Carrots, Irish Fluff, Chocolate Mint Brownies	<b>15</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>10:30am Lunch Bunch to Gaylord</b> <div>11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprouts, Grapes</div> <b>12pm Lovells Satellite</b> 1pm Pantry Bingo <b>Sponsored by Northern Pines Assisted Living</b> 1pm Pool – 9 Ball <b>2pm Cooking Matters Class</b>	<b>16</b>
<b>17</b>	<b>18</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi</div> 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Smothered Pork Chop, Carrots, Broccoli &amp; Cauliflower, Banana</div> 5pm Aerobic Drumming Power Beats	<b>19</b> 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries</div> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4-5pm Blood Press/Sugar Checks <div>4:30-5:30pm Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes</div> <b>6pm COA Board Meeting</b>	<b>20</b> 10am Craft & Chat <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <div>11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Burst O' Berries</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2.30pm Unlucky 7's <div>4:30-5:30pm Dinner – Lasagna, Breadstick, Tossed Salad w/Tomato, Apple</div>	<b>21</b> <b>9:30am Diabetes Path @ Frederic Twp Hall</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon</div> 1pm Penny Bingo <b>1-4pm Legal Assist-Appt. Required</b> 3pm Medicine Shoppe Bingo <div>4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear</div> <b>5:45 Newlywed Game/Bingo Party</b> 6pm Chair Yoga	<b>22</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple</div> 1pm Pantry Bingo <b>Sponsored by Northern Pines Assisted Living</b> 1pm Pool – 9 Ball <b>2pm Cooking Matters Class</b>	<b>23</b>
<b>24</b>	<b>25</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <div>11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi</div> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <div>4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries</div> 5pm Aerobic Drumming Power Beats	<b>26</b> <b>9am COA Free B-Fast Pres</b> 10am Bible Study 10am Zumba Gold <div>11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots</div> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck <div>4:30-5:30pm Birthday Dinner Celebrating Birthdays at 5pm</div> BBQ Chicken, Parsley Potatoes, Carrots, Grapes, Cake & Ice Cream	<b>27</b> 10am Craft & Chat <div>11:30am-12:30pm Lunch – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas &amp; Onions, Pear</div> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2.30pm Unlucky 7's <div>4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli &amp; Cauliflower, Applesauce</div>	<b>28</b> <b>9:30am Diabetes Path @ Frederic Twp Hall</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <div>11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad, Italian Blend, Grapes</div> 1pm Penny Bingo <b>1pm Wii Bowling - Bellaire HERE</b> <b>1-3pm Financial Seminar @City Hall</b> <div>4:30-5:30pm Dinner – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O" Berries</div>	<b>29</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <div>11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple</div> 1pm Pantry Bingo 1pm Pool – 9 Ball <b>2pm Cooking Matters Class</b>	<b>30</b>



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

### **Soup (2 choices served daily)**

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

### **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  
January 2019!***

### **At the Senior Center**

- We served **809** Congregate Meals
- We served **255** Soups
- Activities/Events Attendance **659**
- Average # of Daily Visitors **52**

### **In-Home Services**

- Delivered **1,738** home delivered meals.
- Provided **70** hours of respite care.
- We provided **349.75** hours of homemaker services.
- We provided **54.25** hours of bathing assistance services.



**Tune into the Chemical Bank Creating Community Chemistry  
Calendar to listen for our Calendar of Events!  
Airing daily on these fine stations!**





# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## Retire Online with Social Security, Quickly and Easily

The idea of applying for Social Security retirement benefits might seem daunting, but it's not. There's no need to visit an office. You don't have to use the phone. We have an online retirement application that you can complete in as little as 15 minutes and from the comfort of your home or office. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed.



It's as simple as that. You can start your application now at [www.socialsecurity.gov/benefits/retirement](http://www.socialsecurity.gov/benefits/retirement).

You can apply online for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)

You'll have to create or sign into your my Social Security account as part of your application. If you don't have an account yet, this is a perfect time to create one. Just as important, this is where you will be able to check your application for benefits. Like our other online services, my Social Security is available on your time and there's no waiting in line or on the phone. You can see your entire work history going back to your first job to make sure we have all of your wages correctly tallied. Create or sign into your account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Are you curious about how much your retirement benefits will be? You can get an idea of what your benefits will be using our Retirement Estimator at [www.socialsecurity.gov/benefits/retirement/estimator.html](http://www.socialsecurity.gov/benefits/retirement/estimator.html).

Social Security provides services for millions of people, but we also want to make your experience with us as simple and easy as possible. Our many online services, including retiring online, are part of that mission. You can access more at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices).

## ***VOLUNTEERS we need you!*** ***Take your leotard out of storage & iron your cape..*** **What is your SUPERPOWER?**

### ***Kitchen***

- We could use a **Dishwasher**, and help with making sandwiches, cupping fruit, and packing bags.

- **Servers** are needed to serve Lunch from 11:30am to 12:30pm and Dinner from 4:30pm– 5:30pm. No roller skates required.



- Our **Stock Person** helps with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.



**Join us Thursday March 21st  
at 5:45pm at the Crawford County  
Commission on Aging & Senior Center  
FOR**

**The Newlywed Game & Bingo!**  
Find out how well you know your partner!  
Laugh! Cry! But no fighting!

### **Husbands..**

1. What is your wife's favorite date night activity?
2. What celebrity does your wife most

resemble?

3. What was your worst home improvement?

### **Wives...**

1. What song is your husband most likely to sing in the shower?
2. What is your husband's strangest quirk?
3. If your husband were a candy bar, what would he be?

If the Newlywed Game is not your style, stay and watch, then play Bingo after!

**Unlimited games! Prizes! Dessert!**



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FAX (231) 421-3509      EMAIL: [polson76@charter.net](mailto:polson76@charter.net)



**MUNSON HEALTHCARE**  
**Grayling Community Health Center**

Rehabilitation Services  
1250 E. Michigan Ave., Suite C  
Grayling, MI 49738

(989) 348-0314

[munsonhealthcare.org/graylinghospital](http://munsonhealthcare.org/graylinghospital)

**Grayling Save a Lot**

Purchase of

**1/2 Gal. White Milk 99¢**  
**Skim, 1%, 2% or Whole**

Limit 2 Please  
with coupon

Valid Mar 1st, 2019 thru Mar 31st, 2019

2333 S. I-75 Business Loop

989-348-6690

Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)



# Random Word Search Puzzle

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

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

1. sorry
2. kaifeng
3. dutifully
4. sniffingly
5. unsailed
6. pyrocatechin
7. nonarmament
8. mash
9. noludar
10. chromosomal
11. masterful
12. asmara
13. overelegance
14. eger
15. brevier
16. atonally
17. appliance
18. cocomat
19. hetairai
20. spadeful
21. satinleaf
22. listerellosis
23. jarry
24. claustrophobe
25. oestrous
26. unpossessive
27. hydrorhizal
28. toluidine
29. abecedary
30. chrysostom
31. abyss
32. synchronize
33. subpellucidity
34. muspelsheim
35. grow
36. antiegoism
37. enquired
38. sconcheon
39. spirituelle
40. characterized
41. nameplate
42. demonassa
43. phlegmaticness
44. djajapura
45. shepherding
46. nonfrequent
47. interhybridize
48. repressible
49. subjacency
50. thinkable



The Crawford County Commission on Aging (COA) along with MSUE Extension staff will be having a FREE hands-on cooking class with new food experiences and nutrition lessons.



**Classes will be Friday afternoon  
 March 8th - April 12th  
 from 2:00 - 4:00pm**

The 6 week class will be held at the COA in their kitchen. The focus will be on budget-friendly, nutritious, convenient foods and participants will be provided with nutritious bites, plant-based food preparation techniques, along with the recipes used. To register for this class, please call the COA at 348-7123.

## Cook's Corner

**Fried Cabbage with Bacon, Onion, & Garlic**

### INGREDIENTS

- 6 slices bacon, chopped
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large head cabbage, cored and sliced
- 1 tablespoon salt, or to taste
- 1 teaspoon ground black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon paprika



### INSTRUCTIONS

Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.



**KEG 'O' NAILS**

301 N. James Street • Grayling, MI 49738 • 989-348-7113  
 www.spikes-grayling.com • email: spikes@freeway.net



**MUNSON HEALTHCARE**  
 Crawford Continuing Care Center

**your choice** for short & long term care

5-Star Rated



Call us today! 348-0317

munsonhealthcare.org

1100 E. Michigan Ave • Grayling, MI 49738



# Mindfulness

By Nicole Persing-Wethington, from Michigan State University Extension



Mindfulness means paying attention to the present moment, on purpose and non-judgmentally.

There are many times in life that we are forced to pay attention to our surroundings. When we touch a hot stove or hear a loud noise, that external influence brings our attention to our current experience. Mindfulness, however, is making that intentional.

Research shows that mindfulness can reduce stress, anxiety, depression, pain, insomnia, high blood pressure, and can make it easier to manage diabetes and other chronic conditions. There are many ways to practice mindfulness, but mindful breathing is a great place to start. You can use it anywhere and there are many physical, emotional, and mental benefits. Most of us do not pay a lot of attention to our breath, unless we are struggling to breathe. You can choose to turn on that focus and attention when you are not struggling; that is mindful attention. Here are two exercises to try:

**Breath Awareness:** Start by noticing your breath. You do not need to change it, simply bring your awareness to it. Is your breath shallow or deep? Fast or slow? Do you feel your diaphragm move? Follow your breath in and out. Notice the pathway your breath takes: in through your nose or mouth, down your trachea, into your lungs.

**Timed Breathing:** Count to three in your head while you slowly inhale. Count to three again as you slowly exhale. Repeat these inhales and exhales for a few minutes and notice if you feel more relaxed. You may want to choose a higher or lower number to count to, based on your comfort level. The point of this exercise is to slow down your breath and match the length of the inhale and exhale.

Practicing mindfulness may take time to become part of your normal routine, but it is well worth it. The more you practice, the more benefits you will see and feel.



## Volunteers Sought for Friendly Visitor Program

The Crawford County Commission on Aging (COA) is seeking older adults age 55 and older to join our Friendly Visitor Program. This is a volunteer-based program that matches volunteers with homebound seniors who are at risk for loneliness and isolation and whose well-being may improve with meaningful social connection.

The COA will provide training to visiting volunteers who are qualified, caring individuals that will have the proper tools needed to meet the needs of older adults. Friendly Visitor Volunteers will receive orientation and training on COA policies and procedures on ethics,

confidentiality agreements, volunteer expectations, conduct and training specifically geared toward working with the older adult population.

Visiting volunteers will spend time each week visiting in the senior's home, sharing thoughts, feelings, talking about family, friends, discussing current events or other topics of interest. The visits will be social in nature. Some suggested activities may include playing cards, look at photographs, help write a letter, read a story, reminisce, be a friendly ear, out for lunch or just talk. The times of the visit are flexible. The volunteer and senior will set up a mutually convenient time that works for the both of them.

The Friendly Visitors Program provides friendly visits to Crawford County residents 60 years of age and older. The program is designed to prevent and alleviate the physical and mental health challenges of isolated, older adults and individuals with disabilities who lack an adequate support system. Specifically, it:

- Provides clients with meaningful, one-on-one relationships
- Assists clients to become knowledgeable and have access to needed resources
- Improves client's day to day lives
- Helps clients maintain self-sufficiency and independence

Our goal at the Crawford County Commission on Aging for the Friendly Visitor Program is to have an enriching experience for the volunteer as well as for the senior. We foresee many friendships evolving from participating in our program.

If you are interested call Alice Snyder, Director, Crawford County Commission on Aging at (989) 348-7123.

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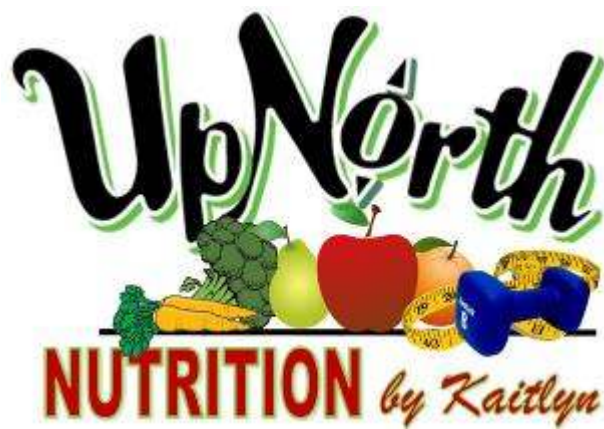
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- ♦ Dr. Troy Fairbanks
- ♦ Dr. Katherine Powning
- ♦ Dr. Barbara Craig

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989-348-8622 • Fax: 989-348-1542







## Iron

Iron is a mineral essential for growth and development of red blood cells, brain function, and immune function. The main



purpose of iron is to help produce energy in cells by carrying oxygen in the

protein of red blood cells. Iron can be found in high amounts in red meat, chicken, legumes, and fortified foods such as cereal. There are two types of iron: heme and nonheme iron. Heme iron is more easily absorbed than nonheme iron and is found primarily in animal products. While nonheme iron is found mainly in plant based products like leafy green vegetables.

Iron deficiency is a condition associated with too little iron in the body which is commonly seen amongst pregnant women, people with certain health conditions, celiac disease, and preterm infants. It is the leading cause of anemia and symptoms include dizziness, fatigue, chest pain, and shortness of breath just to name a few. The recommended dietary allowance for iron depends on age, gender, and if you are pregnant or breastfeeding. The recommended dietary allowance for women over the age of 51 is 8 mg daily, and for men over the age of 19 is 8 mg daily. If you are considering supplementing iron in your diet or think you may be iron deficient please consult with your physician.



LEND A HELPING PAW

## Older Adults and Pets *Can you lend a helping paw?*

Since 2014, the Crawford County Commission on Aging & Senior Center has hosted a Pet Assistance Program. Grants of \$2,500 to purchase pet food and cat litter have been acquired, first through the Banfield Charitable Trust and later through the National Meals on Wheels Association Pet Assistance Program. These funds were used primarily for pet food and litter and some veterinary care for Crawford County older adults whose income is below 150% of the Federal Poverty Level. Our local program partner, Fick and Sons also donated money specifically so that pets can be spayed or neutered.

Older adults, especially those who are now alone, may experience a number of benefits from having a pet. Among those benefits are companionship, exercise, stress relief, making

new friends and protection. From the Dallas Humane Society it was reported, "One of our volunteers has worked with a pet therapy program, through which a local shelter sends kittens and puppies to visit an area nursing home. The joy the residents exhibit when they get to cuddle a little furry friend clearly confirms the therapeutic impact a pet can have on anyone."

Unfortunately, there are older adults who have difficulty taking care of their pet because of limited finances. The grants the COA has received in the past have assisted many of these people by providing food, litter and some veterinary care. Grants, however, are not always available or consistent. The COA would like to continue our Pet Assistance



Program whether or not grants are available, but that will depend on the generous support from the community.

Would you consider a donation to the Crawford County Commission on Aging for the Pet Assistance Program? This donation can be dog or cat food, cat litter, or money that we can use for these and/or veterinary care. Your donation may be just what is necessary for an older adult to be able to better care for their pet.



## Get your Pet Spayed or Neutered

The Crawford County Commission on Aging and Senior Center still has money available for spay and neuter services at the Grayling Hospital for Animals thanks to the generous support of Fick and Sons. Eligible people may obtain a coupon for 50% off the spay and neuter procedure.



The coupon is only good for this service.

Eligibility requirements: The applicant must be age 60 or older and a resident of Crawford County. The person must have Food Stamps, SSI, Medicaid and/or an income at or below

150% of the Federal Poverty Level (Household size: 1: \$1,518/month, 2: \$2,058/month, 3: \$2,598/month).

You may call Karl Schreiner at the COA at 348-7123 to apply. You will be asked to contact the Animal Hospital and set an appointment date and notify the COA of that date. You must get a written estimate for the cost of the spay or neuter and either submit it to the COA or ask the Animal Hospital to fax it to the COA for approval. If the request is approved, you may pick up a coupon prior to the appointment. Once the procedure is complete the Animal Hospital will bill the COA for the amount that has been approved and bill the pet owner for the remaining balance.

The coupons are available on a first-come-first-served basis.

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# COA FREE Breakfast Presentation

Tuesday, March 26th 9am

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

## Nutrition As We Age

With Denise Aungst, MSU Extension Community Nutrition Instructor



Please join us on Tuesday, March 26<sup>th</sup> at 9:00 a.m. as Michigan State University Extension Community Nutrition Instructor, Denise Aungst, holds an interactive presentation on making healthy choices!

### Breakfast Menu

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

disease. If you have a chronic disease, eating well can help to manage the disease.

- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

### **Special Nutrition Concerns for Older Adults**

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetables to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

<https://www.choosemyplate.gov/older-adults>

Participants will share knowledge about

- MYPlate
- Cost effective recipes and ideas for incorporating fruits and vegetables into meals and snacks through the Ten Tips to a Healthy Plate
- Jeopardy game. Together we will practice some physical activity options for all abilities, as well as providing resources and handouts to reinforce our learning.

### **Healthy Eating As We Age**

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

#### **Nutrients**

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B<sub>12</sub>, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart



**things to  
Collect that  
Make a Huge  
Difference**

### **NEW PROGRAM!**

Family Fare is doing the “Labels for Learning” program again. Simply save the UPC barcode from any of the 2,000 “Our Family” items and bring them into the COA. Each Bundle of 500 UPC barcodes will earn \$25.00.

### **Grayling Elementary School**

collects: **Box Tops** for Education, and **Aunt Millie’s School Spirit Program** for many things including field trips, special programs & assemblies and parent/child activity nights.

### **The American Legion** collects:

**Pop Tabs** for a program called Tabs for Tots which goes to purchase pediatric equipment for Munson Hospital Grayling and the various EMS vehicles in the Legion’s district.

### **The Lion’s Club** collects

**used eyeglasses** to be sent directly to those in need in countries abroad and **used hearing aids** to be refurbished by Munson Health System and distributed to people who are unable to afford them.

### **The COA and The Medicine Shoppe**

have a **medical equipment** loan closet. If you have any that you are not using, we will be happy to pass them on to others who need them.

We also accept old **American flags** to be properly disposed of. You can deliver them all to the Commission on Aging & Senior Center and we’ll get them to the right organization.

### **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, 7:30 am - 5 pm  
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

#### **Prudenville**

Open Wed. and Thurs., 1 pm - 4:30 pm, Saturdays, 9 am - 3 pm  
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900

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Classes offered  
at the COA!



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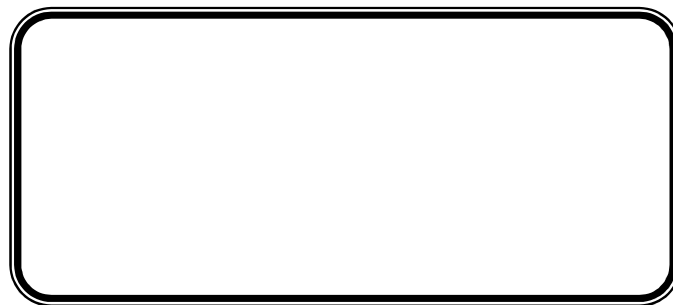
Smartphone Scan  
to our Website

308 Lawndale St.  
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

director@crawfordcoa.org



## Line Dancing

**Tuesdays at 2:30pm starting  
March 5th**

We're a little bit Country,  
a little bit Rock N' Roll and maybe even  
a little bit Disco.

The Crawford County Commission on Aging & Senior Center is offering Line Dancing, a low-impact cardiovascular exercise with choreographed steps that improve balance, flexibility, and motor coordination. Come join us every Tuesday at 2:30 pm starting March 5th for some fun and exercise with instructor, Susan Lynch. Bring your cowboy boots, or any hard soled shoes, and let's dance!

**Everyone is welcome!**

## Tax Appointments are Still Available

**Tax and Home Heating Credit Appointments Available**



Volunteers are available this year to assist with filing taxes and home heating credits.

To qualify for an appointment, your income cannot be over \$66,000.

Tax appointments are available Mondays & Tuesdays thru April 9th.

You **must** bring your social security cards and picture ID for yourself and each person you are claiming on your tax return. No social security card and/or ID = no appointment.

When coming to your appointment, you will need to bring the following:

- Picture ID(s); Driver's License for everyone
- Social Security Card(s) For Your Spouse And Dependents
- Birthdates For Spouses And Dependents
- If One Of Your Dependents Is In School, Bring A Report Card Or Some Document Showing They Are Attending School
- Copy Of Last Year's Tax Return
- Any Income, W2's, Tips, Gambling Winnings, Your Social Security Statement

SSA-1099, Railroad Retirement RRB-1099, Interest 1099-INT, Dividends 1099-DIV, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-MISC, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement

- Daycare Total Amount Paid, Providers Id Number or SS Number
- Mortgage Interest Statement
- Your Property Tax Bills For Last Year: Summer And Winter Tax
- (Renters May Qualify If A Portion Of Their Rent Is For Taxes )
- Your Heating Costs From November 1, 2017 Thru October 31, 2018
- (Renters May Qualify Even If Heat Is Included In Rent)
- For Direct Deposit: Bank Routing And Account Number or Bring A Blank Check

To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

**PLEASE NOTE: Appointments are available on a first come, first serve basis until full.**

## 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

## Diabetes PATH Workshop

**Thursdays 9:30am-12pm**

**March 7 - April 11**

*Frederic Township Hall*

*6470 Manistee St. Frederic*

Cost is \$20 with Scholarships Available

Participants learn how to deal with difficult emotions, develop a healthy eating and exercise plan, set goals, problem solve and many more useful self-management skills.

PATH takes place in casual, group setting. Participants meet for a couple of hours, once a

week for 6 weeks. You'll take part in discussing diverse issues affecting diabetes self-management and have the opportunity to try free, supportive techniques for improving your blood sugar management.

Any adults interested in diabetes may attend, including adults with pre-diabetes, Type 1 or 2, family, friends, or caregivers.

**REGISTER:**

<https://events.anr.msu.edu/diabetespathfredericmarch2019/>  
Nicole Wethington at (989) 344-3264 ext. 1  
[wethingn@msu.edu](mailto:wethingn@msu.edu) for more information.