

Crawford County Senior Gazette

March 2020

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Featured Article

Terry Dickinson

"Still Experimenting"

Most folks immediately think "Artist" when they hear Terry Dickinson's name. After all, his murals can be seen all around the state of Michigan. He's why the AuSable Artisan Village Gallery exists in downtown Grayling. His paintings grace the walls of many local businesses, and even more homes. But an artist is not what Terry thought he'd be.

Born on May 16, 1942, in Greenville, MI, Terry spent the first six years of his life on the 60-acre farm his dad bought before WWII. But as his grandfather was a minister, his dad followed that path too, giving up the farm to answer the call to preach, moving the family to his first "circuit" in Central Lake, and then to Mancelona, where Terry finished school. "We were Free Methodist," he said. "I came from a very conservative family. I mean, my grandfather wouldn't wear a necktie because they were frivolous. My dad wore a tie, though, and we had a radio. Grandpa said that was sin."

"The good thing about growing up that way is I never got pulled into bad habits. I don't drink or smoke. I did get a TV though," said Terry with a wink.

Even though "everything was pointing me toward the church," Terry went to CMU where he got a B.A. in Math and Minor Physics. In 1965 he began teaching math at Bay City Central High School. After just a couple of years, he quit teaching in favor of working with a church-sponsored program that helped teens who were in trouble. "It was an outdoor program, kind of like 'Outward

Bound.' But the funding dried up, and he found himself back in the classroom; this time at All Saints Catholic school.

"I was there for two years before the big GM strike caused a lot of financial trouble for the system and I got laid off. At that point, I didn't have any good work options, but I was really good at copying pictures from small to big. There's math involved in that, you see. I started painting wall murals in 1974. It worked for me."



Terry painted numerous murals in Bay City in preparation for the US Bi-Centennial. So many, in fact, that Bay City re-dubbed itself as "The Mural City". He said it was a parade float that first brought him to Grayling. "I painted a float for the Bi-Centennial parade in Bay City. A couple of years later, the city of Grayling bought it but wanted it to have a Nature theme, so I came up to do that. In 1978 I moved up here, and commuted to Frankenmuth."

Over the following 20 years, after spending some time in Germany studying the murals there, Terry painted nearly 200 murals in Frankenmuth, as well as numerous murals in Saginaw, Midland, Ludington, Flint, and Petoskey, among others. "The biggest one I ever did is in Petoskey. It's 100' long and 2 stories high." And, of course, he painted murals in Grayling.

"I did murals for 20 years before I developed...or started to develop...my own style," he said. In 1985 he married Judy Weaver and ran Weaver's Gifts with her. She passed away in 1995. "I didn't know what to do, really. But the Ministry still tugged at me."

He began dating the woman who

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Community Meeting**
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Kirtland Salon Outing
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New to Medicare Seminar
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Find us by
searching for **Crawford
County Commission
on Aging & Senior
Center**

HOURS OF OPERATION

Monday & Friday
8:30am to 4pm

Tuesday—Thursday
8:30am to 6pm

308 Lawndale St
Grayling, MI 49738

Phone (989) 348-7123
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It's Tax Season: Appointments Available

Tax and Home Heating Credit Appointments Available



Volunteers are available this year to assist with filing taxes. To qualify for a free appointment, your income cannot be over \$65,000. Tax appointments are available every Monday & Tuesday through April 8th.

You **must** bring your Social Security Cards and Picture ID for yourself and each person you are claiming on your tax return. Your appointment cannot be conducted without your Social Security Card and/or ID. See below for a complete list of what to bring to your appointment:

- If your spouse cannot attend then you **MUST have a release form** filled out (forms are available from the Senior Center or the community building where the taxes are prepared)
- Picture ID(s); Driver's License for everyone
- Social Security Card(s) for you and 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
- Amount you paid in **Medical Insurance** including that portion of your **Auto Insurance**
- Daycare total amount paid, providers ID number or SS number
- Mortgage Interest statement if itemizing
- Your property tax bills for last year: summer and winter tax for **Homestead Property Tax Credit** (renters may also qualify need property owners name and address)
- Your heating costs from November 1, 2018 thru October 31, 2019 (renters may qualify even if heat is included in your rent) for **Home Heating Credit**
- 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 served basis until full.

Changes to the Foot Care Clinic

Foot care appointments are available the 1st Thursday of every month. Comfort Keepers provides a foot evaluation, foot soak, gentle massage toenail trimming and filing, reduction of callouses and corns, relief of minor ingrown toenails, apply lotion and, if necessary, make referrals to podiatrists. They will also provide a complementary blood pressure check per request. The cost for this service, effective March 2020, will continue to be \$25 per appointment when you purchase a prepaid punch card for six visits (\$150). Otherwise the cost is now \$30 per appointment. Payments will now be made to Comfort Keepers at the time of your appointment. They accept cash or checks. Please make any checks payable to "Comfort Keepers." The Commission on Aging will continue to make the appointments. Please call (989) 348-7123 to make an appointment.



AuSable Family Dental, P.C.
Ralph Oppermann
D.D.S., F.A.G.D.
800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629

ADVANTAGE AUDIOLOGY & HEARING CENTER
Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com

Gaylord Office
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P: 989-448-2500

Grayling Office
2375 Bus. Loop 1-75
P: 989-745-6667

Memorial Donations Made By:

**Sandra Woods,
Thomas
Germanson,
Dorthory Peacor,
and Wayne &
Rosemary Nelson**

**In Memory of
Tina Foster**

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.

Thank You

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**Blood Pressure Checks by
InTeliCare Health Services, LLC**

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Munson Home Health Care**

**Birthday Dinner Flowers Donated by
Family Fare**

**Bingo Coupons Donated by
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Ruth Witcher

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

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

Senior Center Wish List...

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Reams of Copy Paper
- Laundry Soap
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size
- Senior Dial-A-Ride Tickets
Call (989) 348-8215 to purchase and donate to COA

Sponsoring Agencies



We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, 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 _____

★★★★★★★★★★★★★★★★★★★★
★ **Volunteers and** ★
★ **Contributions** ★
★ **received after** ★
★ **February 10th will** ★
★ **be acknowledged in** ★
★ **the next edition of** ★
★ **the Senior Gazette.** ★
★★★★★★★★★★★★★★★★★★★★

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





Tiffany Bean	Alice Lee
Nancy Billinghamurst	Dick Lee
Sandy Brody Sparks	Betty Leibler
Rheo Chartrand	Kirsten Lietz
Wendy Clarkson	Rita Lone
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Dick Dodge	George Mascarello
Lyn Dodge	Sharlene Mascarello
Diana Doremire	Julie McClain
Mary Garcia	Judy Morford
Mary Jo Gingerick	Dee Niedzieski
Sharron Hagerman	Sharen Perkins
Susan Hensler	Nancy Pletzke
Donna Hubbard	Deb Rawlings
Eva Hulbert	Tom Rawlings
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Tom Jarosz	David Ridal
Dennis Kemerer	Gail Schultz
Ron Kemerer	Jessica Schultz
Glenn King	Jon Schultz
Kay Ellen King	Tom Seames
Lorelei King	Nancy Smitz
Sandy Lakanen	Dianne South
Eileen Langhorne	Cheryl Starr



“Full of Care” Nancy Pletzke By Cheri Carpenter

Nancy Pletzke grew up in Canton, Michigan where she lived with her parents and brother. Her father worked for, and would eventually retire from, Ford Motor Company and, for a bit, her parents owned a flower shop, ‘Mix and Match Florists.’ Nancy was an avid figure skater from the age of 5, until she was about 15.



In 2003, Nancy moved to Houghton Lake to be closer to her son’s father, a retired corrections officer, and her parents who had retired and headed north. After living in Houghton Lake for a couple years, Nancy eventually made her way to Grayling where she seems to have settled in. “Grayling is a nice community to live in,” Nancy says. “Everyone’s really positive and friendly.”

It’s clear that taking care of people comes naturally to Nancy: she worked as a Nurse Aide Assistant for about 15 years in various settings including group homes, nursing homes, and hospitals. “I liked the hospital atmosphere. I found it exciting and rewarding,” she says.

Nancy currently volunteers at the Senior Center as a meal server, and she has volunteered at the hospital as a transporter. “The hospital and the Senior Center are great places to volunteer,” she says.

When she’s not volunteering in the local community, Nancy enjoys spending time with her 14-year-old son Cameron. They spend a lot of their time together playing basketball, darts, and air hockey. Cameron, who has played soccer for about 9 years and plans on becoming a professional when he gets older, also plays multiple instruments including the clarinet, the saxophone, and currently, the guitar.

Nancy’s face lights up when she talks about Cameron, and it’s clear she is extremely proud of him.



Adjustment to Vision Loss Support Group

Do you have a vision loss or know someone who does? Come join Tammy Findlay, Advocacy & Resource Coordinator, and connect with others!

The Adjustment to Vision Loss Project supports adults with vision loss through a network of peer support groups, where people newly diagnosed with vision loss as well as those who have already made adjustments can meet and talk with one another to gain emotional support, exchange helpful information, and learn practical solutions to many challenges they may be encountering.

When: 2nd Monday of every month from 9:30am to 10:30am

Where: Crawford County Commission on Aging and Senior Center Dining Room

For more information: contact Tammy Findlay by calling (989) 348-7123 or email tfindlay@crawfordcoa.org

2020 Dates: April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9, December 14



Scrabblers

Wordy people from near and far come join us at the Crawford County Commission on Aging & Senior Center to play Scrabble! The group will meet **every Thursday at 10am** at the Senior Center.

No experience is necessary! Come keep your vocabulary honed and meet new friends! The group will start meeting on Thursday, March 12th. If you have any questions please contact the Senior Center (989)-348-7123.



Terry Dickinson

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

is now his wife, Marjorie, and they married in 1996. "I was experimenting with the ministry. The circuit took me to Hot Springs, Arkansas. I was here a few months before Marjorie joined me. We were there until 1998, and in that time, we saw 'everything'. It was a varied culture with everything from conservative Christians to New Agers in the crystal mines to the Mafia. What I learned is that ministry is not my calling."

Terry and Marjorie came back to Grayling, and Terry, along with two other local artists, opened Apollo's Lyre, an art Gallery featuring nature-

themed art, in the building that had been Weaver's Gifts. That's also when Terry began exploring art in a different way; painting wall art, instead of walls. While keeping the gallery open, he and his wife moved to Kingsley in 2001, after buying his uncle's estate. "We spent two years renovating that, but it got me closer to my aging parents." It was not easy, maintaining a business and commuting but it was not the first time and Terry was committed to succeeding.

Life got even more interesting in 2010 when Dr. Quinn from Kirkland College addressed the town with a proposition to sculpt Graying into an Artisan Village. Terry

hopped on that train and found himself wearing the conductor's cap as the AuSable Artisan Village Board was organized and plans got underway to see what was possible.

Through tireless fundraising, and the gathering of volunteer community support, in May 2011 a co-operative art gallery, the AAV (AuSable Artisan Village) opened in what had once been the Ben Franklin building, with Terry Dickinson at the forefront. And it has grown.

Since then, Terry's parents have both passed away, and Terry and Marjorie have moved back to Grayling. It's closer to the work that has defined

Terry for many people. He says he's 'still experimenting' with his painting style. "Recently, what works is the animals. And I really enjoy the landscapes."

And Terry Dickinson says he "still sees Grayling's potential as an Arts community," which is fitting since he has had such a hand in making it so. One could say he's been a little bit like the pastor of a growing artist community. He's a mentor, encourager, listener, artist, and even a bit of an evangelist for the arts in the area. It's not 'the church', but maybe experimenting with this kind of ministry is his calling after all.



Spring Doormat Workshop

Are you looking to spice up your front porch for Spring? The Crawford County Commission on Aging & Senior Center, along with Heather Bennett from *Creative by Nature* invite you to our Spring Door Mat Workshop on **April 21st from 3 – 4:30pm** at the Crawford County Commission on Aging.

This event is **\$30 per person** and includes all the supplies/materials you will need to create your doormat. Make this doormat your

very own by choosing from two different sayings (Camping Life or Michigan Home including your last name). Multiple colors of paint will be provided to bring out your inner artist!

Payment can be made at the Crawford County Commission on Aging prior to the class date. **For more information or to register** for this event please contact the Commission on Aging at (989) 348-7123.



New to Medicare Seminar

Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us at the Crawford County Commission on Aging & Senior Center at 308 Lawndale Street in Grayling on Wednesday, **March 25th at 9:30am** for a presentation that will help demystify the issues surrounding Medicare.

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

For more information call (989) 348-7123.



Wellness Initiative for Senior Education (WISE)

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

This educational program offers six lessons that cover a wide range of topics, including:

- Understanding the changes associated with aging
- Aging sensitivity
- Valuing cultural and generational diversity
- Managing medications safely
- Addressing addiction, alcohol, tobacco, and other drug use
- Enhancing quality of life

Classes are Mondays from 1-3pm at the Grayling Nature Center starting April 6, 2020 and lasting for 6 weeks. For more information or to register call (989) 344-3264 x 0.

Breakfast Presentation: Scams, Schemes & Frauds Impacting Older Adults and How to Avoid Being a Victim

Tuesday, March 17th at 9am at the Crawford County
Commission on Aging & Senior Center, 308 Lawndale St., Grayling
With Trooper Brian Koboldt, Community Service Trooper with the Michigan State Police

Financial fraud is one of the most common yet under-reported forms of elder abuse. Online fraud and scams operate under many different disguises and go by many names, including consumer cybercrime, internet fraud, online crime, and e-crime. No matter what it's called, it causes considerable distress to everyone it affects, and it can even culminate in serious financial problems, as some victims have discovered.

As the population of senior citizens increases, so does the number of people willing to take advantage of them. Trooper Brian Koboldt, Community Service Trooper with the Michigan State Police, will be providing REAL solutions to this important topic.

Join us Tuesday, March 17th at 9am to learn about some of the internet scams impacting the senior citizen community. Also being discussed are some of the actions our

seniors should take if contacted by any of these scammers.

Trooper Koboldt graduated from Hemlock High School (a small farming community just west of Saginaw) and joined the United States Air Force, serving on many overseas assignments for more than 7 years prior to his honorable discharge.

Trooper Koboldt has been with the Michigan State Police for over 20 years. 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.



Breakfast Menu

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



Holland Tulip Festival Trip

Thursday, May 7, 2020

Join us as we make our way to Holland for their annual Tulip Time Festival in May. The Tulip Festival has been around for nearly 90 years and gives us a chance to experience Dutch culture, traditions, and over 5 million tulips blooming throughout Holland!

We will leave Grayling at 7am on Thursday, May 7th and travel to Holland. Upon arrival, we will have a brunch buffet at Evergreen Commons followed by a one-hour show presented by Ah! Men. The performance will feature jazz, gospel, show tunes, and American standards. Proceeding the show, we will visit Windmill Island Gardens and have a short guided tour of an original working Dutch windmill. After our tour, you will have time to explore the grounds with Tulips and the gift shop. On the way home, we will stop in Big Rapids for a quick dinner at Burger King (at your cost). We will arrive back in Grayling at approximately 7:30pm.

The **cost of the trip is \$75** that includes transportation, tickets to the Ah! Men brunch buffet, and tickets to Windmill Island Gardens. Dinner is not included in your \$75 fee.

There are only 23 tickets available! Call the Crawford County Commission on Aging & Senior Center at (989) 348-7123 to reserve your spot. Registrations are encouraged by March 19th; no refunds will be given after this date.

Lunch menu includes pesto club sandwich (sliced ham, turkey, bacon, Swiss and cheddar cheese with shredded lettuce, tomato, and mayo, served on Focaccia bread), fruit salad, chips, a pickle spear, and a cookie.

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, 10 am - 6 pm, Saturday, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturday, 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900



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Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study
Tuesdays, 10am

Bingo
Medicine Shoppe Bingo
one Thurs per month 3pm
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Birthday Dinner
Tuesdays, once per month

Craft & Chat Club
Wednesdays & Thurs, 10am

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

Wii Bowling
Wednesdays, 1pm

Table Games

Bridge
Mondays, 1pm

Euchre
Tuesdays, 1pm

Mahjong
Wednesdays, 1pm

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

Scrabblers
Thursdays, 10am

Fitness

Aerobic Drumming
Golden Beats, Mondays, 10am

Clogging

Beginning, Mondays, 12:30pm
Regular, Mondays, 1:30pm

Exercise Classes

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

Line Dancing
Tuesdays, 11am

Water Aerobics
Must call to register
Tues 5pm & Weds 10am
@ Grayling Super 8
\$5.00 charge per class

Yoga
Chair Yoga, Thursdays, 5pm
Gentle Yoga, Tuesdays, 1pm

Zumba
Zumba Gold Tuesdays, 10am

Kirtland Community College Salon Outing

Join us as we make our way to Kirtland Community College Cosmetology Salon. We will be leaving from the Grayling Senior Center on **Tuesday, April 14th at 9:15am**. We will take Dial-a-Ride to Kirtland off 4 Mile and enjoy a morning of relaxation, pampering, and fun! Enjoy three services of your choosing (not including chemical treatments or pedicures). The cost for this event is **\$10 per person**, which includes transportation and three treatments. The outing will take **approximately 2.5 hours** and Dial-a-Ride will take us back up to Grayling.

You can choose three services from the following list: **manicure, facial, wax (brows, upper lip, and chin), haircut, conditioning and scalp treatments.**

Registration is required and payment can be made at the Crawford County Commission on Aging & Senior Center prior to the event. For more information or to register please contact the Senior Center at 989-348-7123. There are only 9 spots available, call to register today (open to both men and women)!



Winners of the Winter Picnic Dinner were Lee Bresmon who won the Collapsible Snowman Decoration and Robert (Bob) Sugden who won the 50/50 in the amount of \$112.

St. Patrick's Dinner

Thursday, March 12th, 4-6pm

MENU

Corned Beef & Cabbage
Parsley Boiled Potatoes
Ginger & Brown Sugar Glazed Carrots
Green Irish Fluff
Chocolate Mint Crème Pie



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

No Reservations Required!
Suggested donation for 60+ \$3.50. Under 60 \$5.75.

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm

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

Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Addition Support Group

Thursdays & Saturdays, 6:30pm
Grayling Baptist Church

Adjustment to Vision Loss Support Group

2nd Monday, 9:30am to 10:30am
The Commission on Aging & Senior Center

Alzheimer's Support Group

3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
For more info call the COA 989-348-7123

Choices (Anger Management)

Mondays, 4:30-6pm at **River House**
For more info or to register call 989-348-3169

Cancer Support Group

Every other Tuesday, 6pm
at **Grayling Baptist Church**
For anyone touched by cancer
Call Cathy at 989-348-8684 for more info.

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, 8pm in the Crawford Rm,
Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699
or visit www.area34district12.org

Grayling Al-Anon

Tuesdays 11am
Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at **River House**
For more info call 348-3169

Munson Hospice Grief Support Group

3rd Friday, 11am
Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous

Wednesdays, 8pm,
St. Francis Episcopal Church, Grayling
For more info call Ted 989-429-8100

Overeaters Anonymous

Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery

Thursdays, 5-6:30pm, at **River House**
For women suffering PTSD Symptoms
Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class

Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
More info, call Mary Kay at 989-348-1398

March 2020 ~ Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	3 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	4 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	5 11:30a-12:30p Lunch Lasagna, Tossed Salad, Apple, Breadstick 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	6 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
9 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	10 11:30-12:30 Lunch Beef Tips, Brown Rice, Asparagus, Applesauce 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	11 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	12 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4-6pm St. Patrick's Day Dinner Corned Beef & Cabbage, Parsley Boiled Potatoes, Ginger & Brown Sugar Glazed Carrots, Green Irish Fluff, Chocolate Mint Crème Pie 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	13 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
16 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	17 11:30a-12:30p Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	18 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	19 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	20 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
23 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	24 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Dinner Taco Salad, Pinto Beans, Broccoli, Apricots 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	25 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	26 11:30a-12:30p Lunch Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	27 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
30 11:30-12:30 Lunch Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	31 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p B-Day Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries, Cake & Ice Cream 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange			

March 2020 ~ Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	3 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 6pm Community Meeting @ Kirtland	4 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1	5 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30a-5:30p Foot Clinic —Appt. Req. 1pm Penny Bingo	6 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
9 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	10 10am Bible Study 10am Zumba Gold NO Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	11 9:30am Commodities @ St. Mary's 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1	12 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1pm Penny Bingo 4-6pm St. Patrick's Day Dinner	13 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
16 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1-4pm Hearing Clinic —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	17 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 6pm COA Board Mtg.	18 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook 1-3pm Smart 9-1-1 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1 4-5pm Walking @ Elementary School	19 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 2-7pm First Aid/CPR 3pm Medicine Shopee Bingo	20 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking @ Kirtland 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
23 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1pm Bridge Club 1:30 Regular Clogging	24 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4-6pm Tech Savvy Seniors 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	25 9:30-11am New to Medicare Seminar 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1 4-5pm Walking @ Elementary School	26 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1pm Wii Bowling w/ St. Helen & Kalkaska 1pm Penny Bingo 5pm Chair Yoga w/ Dianne	27 9am Civil War Donuts & Discussion 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking @ Kirtland 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
30 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1pm Bridge Club 1:30 Regular Clogging	31 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 2:30-4:30 Carrot Paint 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 4:30pm B-Day Dinner	Activity/Event Cancellation/Refund Policy If a participant wishes to cancel an activity/event they can do so at any time. If the participant wishes to be refunded, they must cancel three or more business days prior to the activity/event. No refunds will be issued three business days prior to the activity/event. The participant has the option to either sell his or her activity/event to someone else or forfeit the cost of the activity/event. If the participant decides to sell their activity/event to someone else, the new participant needs to contact the Crawford County Commission on Aging to make the necessary changes.		

Assistance to Help You Maintain Your Independence COMMISSION ON AGING 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 with punch card (6 visits—\$150)

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

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

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 Tues. -Thurs. Suggested donation for

seniors 60+ is \$3.50 and for those under 60, \$5.75 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

Resources

Computers

Internet, computers, and printers are available at

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

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- **Housekeeping**
- **Bathing Assistance**
- **Respite for Caregivers**

Classes

AARP Driver Refresher Course

Offered June 17th-18th, 2020.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable. Offered March-April, 2020.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered March, Aug, and October in 2020.

PATH (Personal Action Toward Health)

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Offered June-July 2020.

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down. Offered June-July 2020.

Walk with Ease

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

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
2020!**

At the Senior Center

- We served **823** Congregate Meals
- Activities/Events Attendance **857**
- Average # of Daily Visitors **54**

In-Home Services

- Delivered **2,666** home delivered meals.
- Provided **146** hours of respite care.
- We provided **462.25** hours of homemaker services.
- We provided **87.75** 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, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com**



Aspects of Wellness

By Nicole Persing-Wethington, from Michigan State University Extension

Wellness is defined by the Oxford Dictionary as “the state of being in good health, especially as an actively pursued goal.” How do we achieve that goal? Many of us may have chronic conditions, genetic concerns, or other challenges to our health. Wellness can be pursued to improve our current state. Progress, not perfection. Starting with one goal can improve our quality of life. Drinking more water, walking 5 minutes, stretching, and eating one vegetable could all be steps to achieving a greater state of wellness.

Wellness is more than physical health; it takes into account the whole person. The University of California identifies eight wellness categories: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness. When is the last time you read an interesting book, tended to a plant, or had a meaningful conversation with a friend? Remember to check-in on each of

your wellness categories regularly to ensure you are meeting your personal needs. Each of these categories can interrelate. If we are stressed over financial concerns, our physical and mental health suffers. If we lack social connection, studies show we have less favorable health outcomes.

For this month, challenge yourself to select one category and set a goal. Research shows being specific and writing down goals improves our chances of success. Identify your category, action, and specifically how to incorporate that action into your life. Here is an example:

Category: Environmental

Action: Research seeds to plant for spring at the library for 30 minutes

When: Wednesday afternoon at 3pm

We often separate ourselves into pieces, when it might be beneficial to look at the big picture. Be well.



CPR & First Aid Certification Event

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

The Crawford County Commission on Aging & Senior Center is hosting a class on **Tuesday, March 19th from 2-7pm** at the Senior Center. This class is open to the whole community. It will be taught by Captain Dana Swander of the Frederic Fire Department who is a Paramedic and trained instructor for American Heart Association.

The cost will be **\$65** if you want the 2-year certification. If you'd like to just attend the class and learn the material, the cost is only **\$50**. Heartsaver First Aid CPR AED is a video-based, instructor-led course that teaches individuals the critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. It also includes education in the use of the Automated External Defibrillator (AED) machine.

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

Caregiver Empowerment & Wellness Conference

The Region 9 Area Agency on Aging is hosting their third annual Caregiver Empowerment and Wellness Conference at the **Knights of Columbus Hall in Roscommon** on **Friday, April 24th** from 9:00 am to 3:00 pm. This conference invites caregivers of all types, whether caring for someone with dementia or a chronic illness to attend. The conference is free of cost and includes breakfast and lunch. Sign in at the door for door prizes.

This year's keynote speaker will be renowned dementia care trainer and author of Personal Positioning for the Caregiver, Jill Gafner Livingston, BSBM, CDP, CADDCT. Jill will be presenting on two important topics: Caregiver Survival and Understanding Dementia.

Other topics include Stress Less with Mindfulness (with Nicole Wethington from MSUE) and Adaptive Services (with Jennifer Schultz from Disability Network and Community Resources). For more information or to register contact Brooke Mainville at (989) 358-4616.



Techy Teens & Savvy Seniors

Let the Techy Teen tutors from Grayling High School teach you how to use and make best use of your technology device(s). You can receive technology help with topics ranging from smartphones and tablets to digital cameras/photos, basic computer skills, Facebook, Microsoft, FaceTime and more!

The first session will take place Tuesday, March 24, 2020 from 4:00 to 6:00pm at the Crawford County Commission on Aging & Senior Center located at 308 Lawndale St., Grayling. Drop in with your question or come for the whole session and don't forget to bring your device(s)!

Sponsored by the Crawford County Commission on Aging and Crawford County Youth Advisory Council



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- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

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Federal Tax Return - Starting at \$95.00

By Appointment Only - 989.348.2811
Grayling Office - 115 Michigan Ave.

Random Word Search Puzzle

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

No doubles this time!

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

1. aliquippa
2. aloofness
3. andromeda
4. anteversion
5. arimaspians
6. baracoa
7. biconcave
8. blixen
9. cetaceum
10. clomb
11. cyrena
12. dendrology
13. dynamistic
14. elderly
15. enthrallingly
16. grabbing
17. haemocyte
18. helicaon
19. immaterialised
20. incept
21. intermatted
22. inundatory
23. latreutical
24. masklike
25. moldavian
26. needlework
27. nonenergetic
28. nonsacerdotal
29. notionally
30. officialization
31. overthrift
32. payette
33. piggish
34. pronational
35. proscribe
36. pulvinated
37. raster
38. rebolt
39. recompare
40. resemble
41. schuyler
42. sightable
43. slapping
44. subglottal
45. tongue
46. trudeau
47. understrike
48. unpaced
49. valorise
50. vitreosity



Spring Carrot Paint Party

Spring into action and join us at the Crawford County Commission on Aging & Senior Center along with Jennifer Thompson from That One Place to paint this 2' pallet wood carrot sign. This piece would be a great addition to your home just in time for Spring and the warmer months ahead!

The workshop will be held on **March 31st from 2:30 – 4:30pm** at the Crawford County Commission on Aging. Jennifer will lead you step-by-step to create a colorful carrot, even if you have never painted before you will be able to create a painting you are proud of.

This event is **\$30 per person** and includes all the supplies/materials you will need to create this pallet wood sign. Registration is required and 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 the Senior Center at (989) 348-7123.



MUNSON HEALTHCARE
Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital



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



Blood Drive

Join us **Thursday, April 30th between 12:30pm to 5:00pm** at the Crawford County Commission on Aging & Senior Center (308 Lawndale St.) to donate.

Donors should remember to:

- get a good night's sleep,
- eat a good meal,
- drink plenty of fluids,
- plan for the donation to take about an hour,
- bring photo ID with DOB,
- know the name and dosage of any medications you take, and
- know dates of foreign travel from the past 3 years.

If you have any questions or would like to make an appointment, call 1-866-MIBLOOD (1-866-642-5663) or visit miblood.org.



Medicare Disenrollment

The Medicare Advantage Disenrollment period runs from January 1st through March 31st. During this time, you will have the one-time opportunity to switch to a different Medicare Advantage Plan, drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B, or sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare).

In the past, you could only switch from a Medicare Advantage Plan back to Original Medicare. This recent change will allow more flexibility for Medicare recipients.



*Municipal Underwriters
of West Michigan, Inc.*

PAUL W. OLSON
REGIONAL RISK MANAGER

TOLL FREE 888-883-6391 4171 Wolverine Drive
LOCAL (231) 421-5008 Williamsburg, MI 49690
FAX (231) 421-3509 EMAIL: polson76@charternet.net

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

What's Your
SUPERPOWER?



Kitchen Volunteers

Servers are needed to serve Dinner from 4:30pm– 5:30pm. Plates are prepared by kitchen staff and delivered by our volunteer servers. No roller skates required!



Our **Dishwashers** help the kitchen stay on top of dishes, cleaning the kitchen area, and also occasionally help with making sandwiches, cupping fruit, etc.

We are also in need of a **Stock Person** to help with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

***If you are interested
in volunteering contact
Alice Snyder at 989-348-7123.***

Spring Cleaning ...For Your Health!!

By Michele Steffey, RPh at The Medicine Shoppe Pharmacy

Spring cleaning is not just for your closets. It is time to clean out your old habits and introduce or refine some good ones. Human nature tends to "allow" us to go the easy way in life...those super-size fries? "why not, this is the one time!", but does it happen every time?...

It is time to take a good long look at your overall health and ask yourself some very difficult (but necessary) questions. Is my health the best it can be? Is my weight where it should be? Am I as active as I should be? Now for the hardest question of all...what am I going to do about any of these answers?

You can't change anything that happened yesterday or a week ago. You need to decide to change today. Take charge of your life and determine where you want to start. What are your new goals?

In order to stay motivated and to set yourself up to succeed, it is best to make baby steps towards one goal at a time; for example: let's use soda pop as our goal. Determine how much you drink in a day/week. Take that amount and divide in half. Substitute a good, healthy alternative. After 3 weeks, take that

new amount of soda pop and divide in half. Continue again. Stay at it for at least 3 weeks before starting any other goal. It typically takes 3 weeks to formulate a new "habit". Then your body doesn't see it as something "new" anymore and is more comfortable with

continuing. Do not cut out soda pop from your life if you enjoy it! Just learn to cut back on the amount you enjoy of it.

Time to start on the next goal. Don't forget the first one, just keep it in check and keep working on it. Stick with the 50% reduction rule for 3 weeks until you are happy with the amount you are consuming. Don't beat yourself up if you slip up and have a bad day. Just get back up, brush yourself off and keep going.

Anytime you can throw in some extra steps, bonus!! Every commercial on TV, for 2-3 hours a day, do something physical. It can be as little as walking in place or doing laps around your house until your TV show returns. Pick out 2 cans of soup from your cupboards and use them as weights. Start slow and work your way up as you go. It will just keep getting better!

Keep in mind the 3 week rule. At the end of 3 weeks, keep increasing. There is no limit until you hit it. Why not go one step further and find someone that has similar interests. It is way more fun to include a friend to help keep you on track!

The Medicine Shoppe
PHARMACY

Proudly Serving Our Community Since 1999

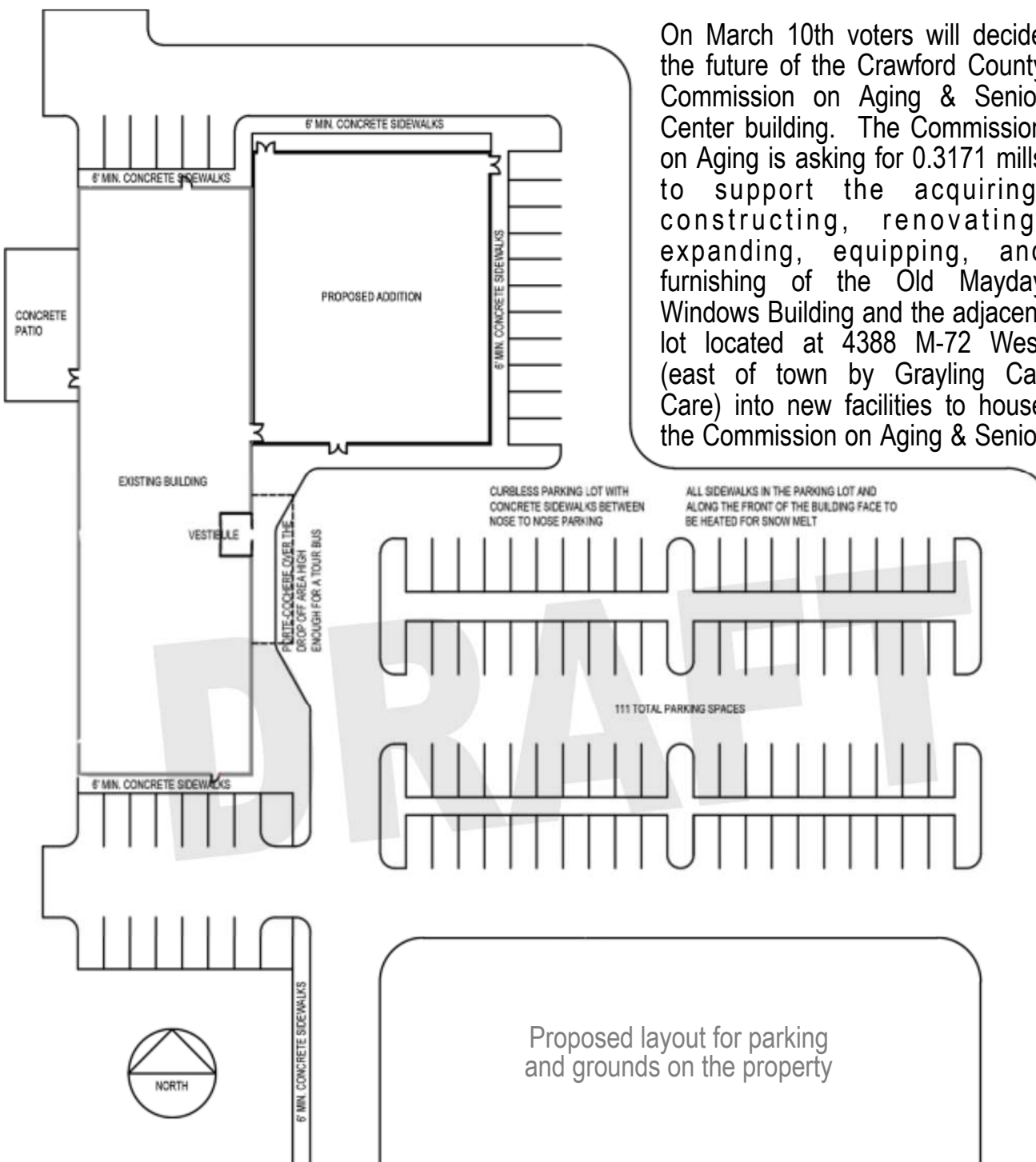
- **Prescription Delivery Service**
- **Senior discount available daily**



989-348-2000
500 N. James St. • Grayling

New Building Millage Proposal

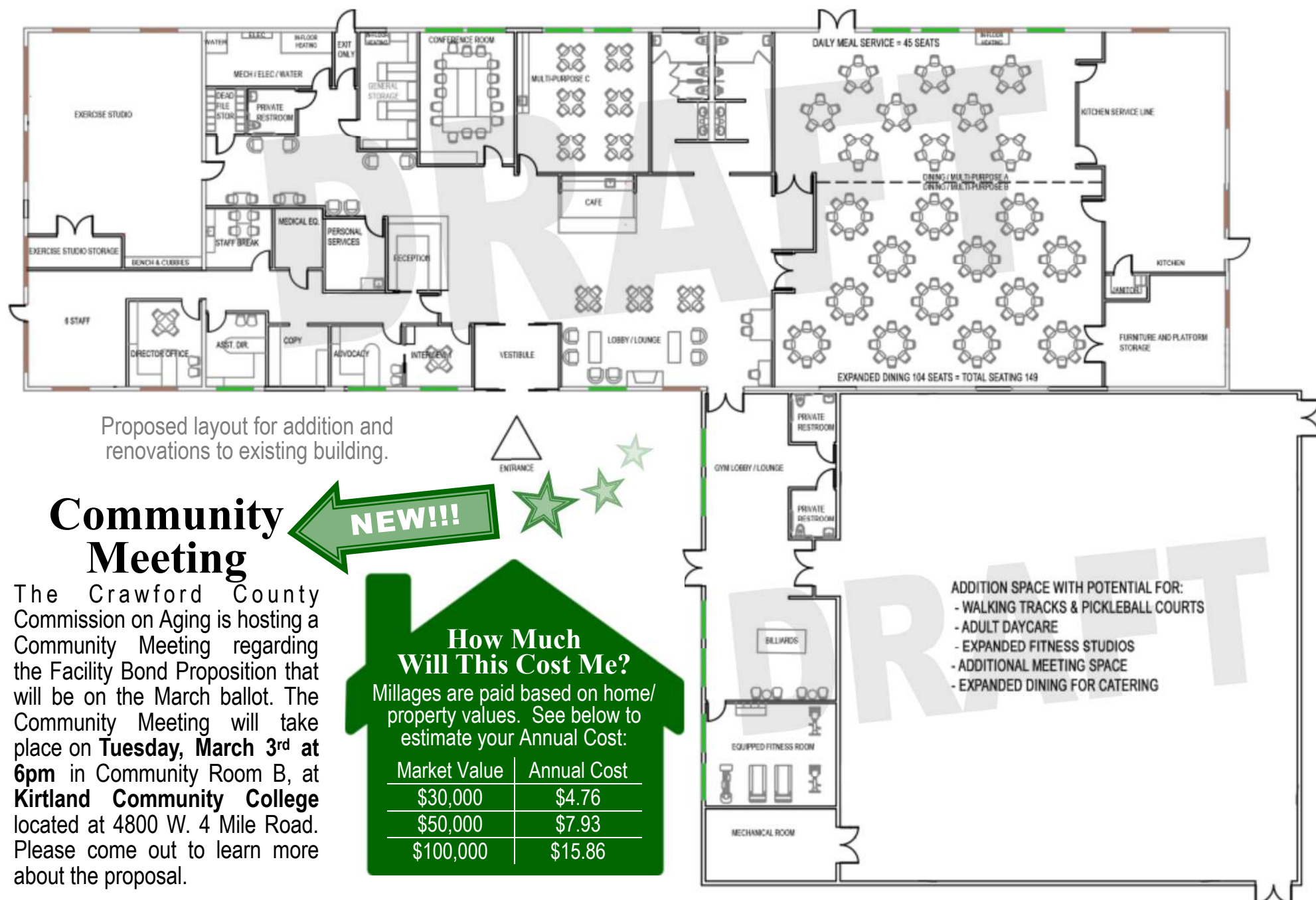
On the Ballot March 10, 2020



On March 10th voters will decide the future of the Crawford County Commission on Aging & Senior Center building. The Commission on Aging is asking for 0.3171 mills to support the acquiring, constructing, renovating, expanding, equipping, and furnishing of the Old Mayday Windows Building and the adjacent lot located at 4388 M-72 West (east of town by Grayling Car Care) into new facilities to house the Commission on Aging & Senior

Center operations. The new facilities would feature many beneficial changes including the following:

- Enlarged office space for staff and volunteers
- Dedicated fitness spaces with appropriate finishes and flooring allow for quieter, more comfortable exercise
- Added multi-purpose/meeting spaces to allow for multiple events simultaneously
- Three times the space for private, 1-on-1 counseling and advocacy services will allow for drop-in appointments which currently cannot be accommodated
- Additional restroom capacity plus an accessible companion/family bathroom
- Greatly expanded parking space (111 vs 42 spots) with heated sidewalks and covered drop-off
- Better regulation of heating & air conditioning due to double entry doors, improved insulation, enclosed kitchen space, and extra HVAC vents
- Larger lobby and waiting area with a fireplace that allows for card games, puzzles, and socialization out of the way of ongoing events plus greater ease of access
- Easily accessible storage spaces for medical supplies, old files, staging, decorations, fitness equipment, etc.
- Large, professional dining & kitchen areas with potential to be rented out with catering service
- Dedicated entrance for Meals on Wheels drivers and other deliveries
- Outdoor dining area



Voting Absentee

For Crawford County residents who migrate for the winter or who will be out of town or unable to vote in their township on election day, an Absentee Ballot can be acquired so that you can still make your voice heard!

All eligible and registered voters in Michigan may now request an absent voter ballot without providing a reason. You must be a registered voter to receive an absent voter ballot, but you can register and apply for an absent voter ballot at the same time. Applications for an absent voter ballot should be requested from your local city or township clerk's office. Requests may be returned by hand, via postal mail, fax, or email, as long as a signature is visible.

Deadlines to submit your absent voter ballot application change depending on how you wish to receive your ballot:

- Requests to have an absent voter ballot *mailed to you* must be received by your clerk no later than **5 p.m. on March 6th**. Absent voter ballots may be issued to you at your home address or any address outside of your city or township of residence.

- You can request an absent voter ballot *in-person* at your clerk's office anytime up to **4 p.m. on March 9th**. If you request your ballot the day before the election, you must vote the ballot in the clerk's office.

After receiving your absent voter ballot, you have until **8 p.m. on March 10th** to complete the ballot and return it to the clerk's office. You may return your ballot in-person, by mail, or via a member of your immediate family or a registered elector.

Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. More information about absentee voting or how to find your clerk's office can be found online at www.michigan.gov/vote.

More information, including information for those who need assistance to vote or become ill and need an emergency ballot, can be found at https://www.michigan.gov/sos/0,4670,7-127-1633_8716_8728-21037--,00.html

This local tax millage which the County Commissioners approved to be placed on the March 10th Presidential Primary ballot is the only feasible option for the expansion of the Commission on Aging & Senior Center:

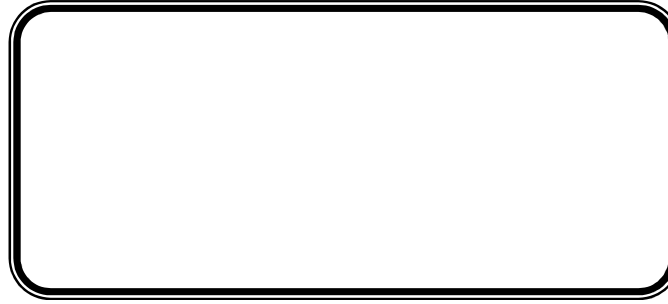
Commission on Aging Facility Bond Proposition

Shall the County of Crawford, Michigan, borrow the sum of not to exceed Three Million Dollars (\$3,000,000) and issue its general obligation unlimited tax bonds therefor for the purposes of acquiring facilities and sites therefor and acquiring, constructing, renovating, expanding, equipping, and furnishing said facilities to house the County's Commission on Aging facilities and offices, and making other improvements to sites thereof? The maximum number of years the bonds may be outstanding, exclusive of refunding, is 20 years; the estimated millage that will be levied to pay the proposed bonds in the first year that the levy is authorized is 0.3171 mills (which is equal to \$0.3171 per \$1,000) of taxable value); and the estimated simple average annual millage that will be required to retire the bonds is 0.2978 mills.



Smartphone Scan
to our Website

308 Lawndale St.
Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342
director@crawfordcoa.org



Donuts & Discussion Smithsonian American Art Museum A House Divided: Civil War

Come join us at the Crawford County Commission on Aging & Senior Center on **March 27th** for a continuing education session to expand your knowledge, meet people with similar interests, and discover something new.

The session will start at **9:00am** and the Smithsonian American Art Museum will join us via Zoom to discuss The Civil War. The session will explore how this great conflict and subsequent reconstruction period is depicted through the traditional mediums of painting and sculptures, as well as the new medium of photography. The presenters will show American artworks from the museum's collection using green screen. Through inquiry-based questions and discussion, presenters engage with participants and explore the artwork together.

The cost to attend this event is **\$5 per person** and donuts will be provided! If you have any questions please call the Senior Center at (989) 348-7123.



Smart911™

Smart 911 Sign Up Event

Wednesday, March 18th from 1-3pm

Smart911 is a system that allows you to provide 9-1-1 call-takers and first responders with critical information that you want them to know in any kind of emergency.

When you call 9-1-1, your profile will appear on the call-taker's screen. This person can then see your address(es), home information, medical information, description of your pets and vehicles, and emergency contacts. The amount of information you provide is up to you. You may update it or remove it at any time you wish. Smart911 is a national service so your profile will be available to any participating 9-1-1 call center in the United States. Your profile is secure so you do not need to be concerned about the wrong person seeing it. One thing to remember is that you should log in to the system every 6 months to make certain that your information is up-to-date.

Personnel from the Crawford County Central Dispatch office will be at the Commission on Aging & Senior Center, 308 Lawndale, on **Wednesday, March 18th from 1-3pm** to assist Crawford County residents in setting up their profile. No appointment is necessary. If you would like more information about the program, please call Tammy Findlay at (989) 348-7123.



Walking Program Walk Your Way To Fitness!

Join the movement! The Crawford County Commission on Aging & Senior Center invites you to join us for an indoor walking program running **March 16th through April 17th**.

The group will meet three times a week (**Monday, Wednesday, and Friday**) for 5 weeks. Enjoy indoor walking during the snowy winter months, meet new friends, and get your exercise in all at the same time! We will begin each session with a warm-up and gentle stretch and conclude each session with a cool down.

We will meet at **Kirtland Community College on Mondays and Fridays from 1-2pm** and at **Grayling Elementary School on Wednesdays from 4-5pm**. If you have any questions or are interested in signing up please contact Kaitlyn Grieb at the Crawford County Commission on Aging & Senior Center 989-348-7123. This is a **FREE** program and you can join at any time!

*Kirtland Community College (Room #1411)
4800 W 4 Mile Rd, Grayling, MI 49738*

*Grayling Elementary School
306 Plum Street, Grayling, MI 49738*