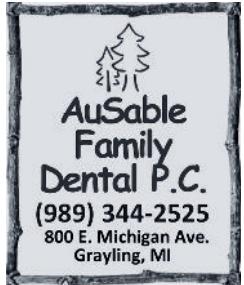




Commission on Aging  
& Senior Center

# Crawford County Senior Gazette March 2026



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## Nancy Lemmen, The Woman Who Saw Potential

by Toby Neal

Some teachers teach subjects. Others teach standards. And then there are teachers who teach you who you could become.

Nancy Lemmen did that for me. In 1990 or 1991, I was a junior sitting in her freshman Spanish class at Grayling High School because I had strategically postponed any classes that required focus. I was loud, distracted, and fairly convinced I knew more about life than the adults trying to guide me. One day before class, she stopped me in the hallway. What followed lasted the entire class period. We walked the hall, stepped outside briefly, then circled back in. I argued. I justified my choices. I defended my attitude. She stayed calm and told me she saw potential in me and that I was wasting it.

At the time, I believed we were arguing. Looking back, I understand that what she was doing was investing. She believed I could be more than I was allowing myself to be, and that kind of belief has a way of shaping a life.

Nancy has lived in Grayling since 1977. Over those decades, she has watched generations of students grow into adults who now lead organizations, coach teams, run businesses, and raise families in the same community where they once sat in her classroom. She graduated from Big Rapids High School before earning her degree at Alma College, where she majored in Spanish and Speech and Theatre with an English minor. She later completed a master's degree in education from Michigan State University.

For 27 years she taught, most of them at Grayling High School, where she instructed students in Spanish, English, Speech, and Journalism.

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## Hours of Operation

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



## Find Us By Searching

Crawford County  
Commission on Aging  
& Senior Center



## Our Mission

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

[director@crawfordcoa.org](mailto:director@crawfordcoa.org)

Fax: (989) 348-8342

Phone: (989) 348-7123

4388 West M-72 Hwy

Grayling, MI 49738

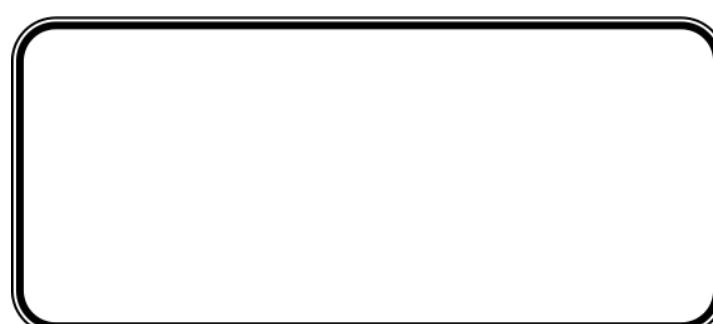
[www.crawfordcoa.org](http://www.crawfordcoa.org)

Smartphone Scan to our Website

Commission on Aging  
of Crawford County

Full of golden opportunities

Crawford County Commission on Aging



## **Comedy for a Cause - April 9<sup>th</sup>, 2026, 5:00 pm - 7:00 pm**

Get ready for a night of laughs for a great cause! The Crawford County Commission on Aging is thrilled to host a Comedy Show, featuring Michigan's Funnyman, Joel Tacey, on Thursday, April 9th, from 5:00–7:00 pm at the COA. This is a new show from last year, and is intended for mature audiences only (no children, please). Enjoy an evening filled with great food, raffles, a 50/50 drawing, and plenty of laughter that's sure to lift your spirits. Tickets are on sale now! Tickets are \$20.00 per person for those in Crawford County, and are a cost of \$25.00 for those out of the county.

Best of all, every dollar raised supports the COA's Meals on Wheels program, helping ensure local seniors receive nutritious meals and a friendly connection. Please bring your friends, enjoy a fun night out, and feel good knowing your participation makes a real difference in our community.

## **Crawford County Commission on Aging Receives Two Award Nominations at the 2026 Chamber Awards Gala**

We are truly honored to share that the Crawford County Commission on Aging received two nominations for the 2026 Grayling Regional Chamber of Commerce Awards Gala! Our agency was nominated for "Organization of the Year" in recognition of the dedication and hard work our staff shows every day in caring for the elderly in our community. In particular, our efforts during the March 2025 Ice Storm were highlighted as an example of extraordinary commitment. In addition, our incredible volunteer team was nominated for the "You Made It Happen" Award for their tireless work supporting our Meals on Wheels program. Last year, they delivered over 40,000 meals, providing not only nutrition but also vital connection and socialization to our most vulnerable neighbors. These volunteers braved some of the harshest conditions the county has seen in years, generously donating their time, vehicles, and energy to ensure no client went without. Their dedication makes a real difference in the lives of Crawford County's elderly population, and we are proud to celebrate them. We extend our deepest thanks to those who nominated us, and to everyone who votes and supports our staff and volunteers. Your support is what makes all of this possible.

## **The Versiti Blood Bus Returns March 11<sup>th</sup>, 1:00 pm - 3:00 pm**

The Versiti Team is back in action at the Commission on Aging. The Commission on Aging has partnered with Versiti and Airway Automation to bring you the Blood Bus. The Blood Bus is a convenient, easy way to donate blood. Donating blood is a critical, lifesaving act that helps patients in need, such as those undergoing cancer treatment, organ transplants, or recovering from traumatic injuries and surgeries. Did you know that a single donation of blood can save up to three or four lives? This is your chance to make a difference right here in your community. To sign up for an appointment, visit [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11628686](https://donateblood.versiti.org/donor/schedules/drive_schedule/11628686). Walk-ins are welcome on a case-by-case basis. For more information on Versiti, requirements for blood donation, or questions, visit Versiti's website at <https://versiti.org/resources>.

## **St. Patrick's Day Special Dinner March 19<sup>th</sup>, 2026, 4:00 pm - 6:00 pm**

Don't miss our annual St. Patrick's Day dinner, a festive tradition that's the perfect way to celebrate March! Savor corned beef and cabbage, red potatoes, a fresh dinner roll, and a pistachio parfait for dessert.

The cost for dinner is a suggested donation of \$4.00 for those who are over 60, with a cost of \$8.00 for guests under 60. Plus, you could be the lucky winner of this month's door prize: a LouLu backpack and wallet set, generously donated by the Haag family. Gather with friends, enjoy great food, and make this St. Patrick's Day one to remember!

## **Tax Aid Continues in March**

You will need to make an appointment by calling 989-348-7123. We will need your name and address. We will send you instructions on what to bring. You must have a Social Security card for each person listed on your tax form, and a picture ID (or driver's license) for adults. If filing jointly, both persons must attend the appointment. Things to bring include:

- Social Security Cards For You, Your Spouse And Dependents
- Birthdates For Spouse And Dependents
- Copy Of Last Years 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, Provider's ID Number or SS Number
- Charitable donations up to \$300 if you do not itemize.
- A Copy of Your Property Tax Bills For Last Year: Summer And Winter Taxes
- Renters may also apply for a Homestead Property Tax Credit.
- Your Heating Costs From November 1, 2025 Thru October 31, 2025. ( Renters May Qualify Even If Heat Is Included In Rent)

For direct deposits, we will need your bank routing and account number. You can also bring a blank check. We do not do Schedule A or Schedule C. Tax Day for 2026 is April 15<sup>th</sup>, this is the deadline to submit your taxes and to pay any money on taxes owed for the 2025 tax year. Don't delay!

## Coming Attractions: Save the Dates

### Region 9 Area Agency on Aging Webinars for Spring 2026

#### Caregiver Webinar

Adult Day Centers 101: What They are and How they Help  
February 13, 2026 from 1:00pm-2:00pm

#### Caregiver Webinar

Medicare Health Care Benefit: Hospice Vs. Palliative: When do you Qualify:  
March 13, 2026, from 1:00pm-2:00pm

#### Matter of Balance (Virtual)

February 9, 2026-April 6, 2026 from 10:00am-12:00pm

#### Powerful Tools for Caregivers (Virtual)

February 9, 2026-March 16, 2026 from 1-2:30

#### Powerful Tools for Caregivers (Virtual)

**April 6, 2026- May 11, 2026 from 10-11:30**

#### Caregiver Wellness Workshop (Virtual)

April 7, 2026 - April 28, 2026 from 1:00pm-2:30

#### Caregiver Empowerment and Wellness Conference (Alcona County)

April 23, 2026, from 9:30am-3:00pm

#### Dementia Caregiver Series (Virtual)

June 17, June 24, and July 1, 2026 from 1:00pm-3:00pm

To register, call 989-889-4667, or email [healthyaging@nemsca.org](mailto:healthyaging@nemsca.org)

### Veteran's Coffee Hour Date

Date: Thursday, March 12th  
Time: 10:00-11:00 AM  
The meeting is held at the American Legion Post #106  
More Info: (989) 344-3861

### Cardio Drumming: Drumming for Fun Starts April 7<sup>th</sup>, 2:30 pm

Drumming for Fun puts a fresh spin on our popular Cardio Drumming class. Led by Nancy Lemmen and Sherry Hag, this class is open to anyone who wants to grab a drumstick, move a little, and have a lot of fun. Expect the same upbeat, energizing vibe you loved. Come when you can, drum along, and enjoy the music and movement at your own pace.

### Arthritis Foundation Aquatic Program Tuesdays & Thursdays, Starts April 7<sup>th</sup>, 10:00 am

The Arthritis Foundation Aquatic Program (Water Aerobics) is a low-impact, group fitness class designed to help ease joint pain, reduce stiffness, and boost energy levels in a supportive, welcoming environment. This 12-week program meets twice a week on Tuesdays and Thursdays, from 10:00 am - 11:00 am, beginning April 7 and running through June 26.

This class is especially good for individuals affected by arthritis, the class focuses on improving mobility, strength, and balance through gentle, water-based exercises such as walking, stretching, and light resistance movements.

This is an evidence-based disease management program, which means participants are asked to commit to regular attendance and complete brief surveys throughout the session. To successfully complete the program, participants must attend at least 19 of the 24 classes. Interested in signing up? Please call the Crawford County Commission on Aging at 989-348-7123 for more information or to register.

### Geri Fit - Coming May 2026 Sign Ups Start in March

Geri-Fit, led by Toby Neal and Jan Williamson, is a safe and effective strength training program designed for older adults to improve muscle strength, balance, and overall fitness. Classes are held on Wednesdays and Fridays from 3:00-4:00 p.m. This class requires that you attend 19 out of 24 classes. The program emphasizes fall prevention, improved mobility, and increased confidence through guided, age-appropriate exercises. For the best results, participants are strongly encouraged to complete Matter of Balance before joining Geri-Fit. Priority for sign-ups will be given to first-time participants, as well as those who attend Matter of Balance (See page 7 for more information). To register, call 989-348-7123.

### Secretary of State Mobile Office

Get all of your yearly renewals done in one quick, easy, and convenient place. The Secretary of State Mobile Office will be at the Crawford County Commission on Aging from 10:30 am - 3:00 pm on April 20<sup>th</sup>. Call the Secretary of State for your county for specific pricing information. Pricing is subject to change based on guidelines from the Michigan Secretary of State. For all other questions or to book your appointment with the mobile office, call the COA at 989-348-7123. Walk-ins are welcome by availability only.

### Special Dinner Schedule

**March 19th**

St. Patrick's Day

**April 16th**

Spring Serenade

**May 14th**

Mother's Day

**June 18th**

Father's Day

**July 16th**

Hawaiian Luau

**August 20th**

Backyard BBQ

**September 17th**

Thursday Night Lights

**October 22nd**

Halloween

**November 19th**

Thanksgiving

**December 17th**

Christmas

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



# General Giving



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

## Make Your Mark: Leave a Legacy

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

### Bequest

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

### Retirement Plan Beneficiary

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

### Life Insurance Beneficiary

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

### Charitable Trusts

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

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

Thank you for your consideration.

## Sponsors

### Silver Sneakers

Led by Rich Ferrigan of Grayling Fitness Center

### Foot Clinic

by Linda Russel

### Hearing Clinic Offered

by Advantage Audiology

### Birthday Lunch Flowers

donated by Family Fare

### Legal Aid Offered

by Jason R. Thompson Law Office PLC

### Grayling Pharmacy Bingo

by The Grayling Pharmacy

### Fit for the Aging

by Sami Szydzik of Stronger Fitness

### Housing Counseling

by Laurie Jamison

## General Donations

David & Kathleen Boisseyan

McBride Family Foundation

Lee Hamilton

Nancy Lemmen

Kirsten Lietz

Dennis & Mickie Meyers

Ruth Miller

Connie Novack

Cindy Ososki

## March Birthdays

Joyce Cousins 3/5

Judy Dill 3/8

Ann Doty 3/21

Pamela Purdy 3/21

Nancy Kiessel 3/23

Martha Barnum 3/29

Birthday Lunch is on Thursday, March 26th, 11:30 am - 12:30 pm

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

## Memorials

Monetary gifts to the Crawford County

Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax-deductible gift in their name will enable us to continue to provide and initiate programs that promote the well-being and independence of all older adults of Crawford County.

You can also buy a memorial plaque to be displayed in our Exercise Lobby. If you are interested in donating in memory of someone, call 989-348-7123 for more information.

## Hometown Heroes

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

Running Tally of Support: 91 Days, \$27,990.00. Thank You!

Become a Hometown Hero by donating a day's worth of meals for local Meals on Wheels recipients! March 6<sup>th</sup> was donated by Keith Radwanski & Erin Fanning in memory of Ashley Wilske. March 11<sup>th</sup> was donated by Frank & Suzie Moore in memory of their neighbor Donna Cheney.

## Memorial Donations

Farrell Thomas in memory of Linda (Brooks) Thomas.

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

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

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

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

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

\*\*\*All Gifts are Tax Deductible\*\*\*

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

## Todd's Maintenance Minute It's Maintenance, Made Simple



When the clocks spring forward on March 8 at 2:00 a.m., it's a sure sign that spring is right around the corner. As spring approaches, so do the chores that fill our weekends. From yard work to housework, this Maintenance Minute will help you get ready for the season ahead. Do you have a sprinkler system installed on your property? March, although early, is a great time to get on the schedule for a company to come out and perform preventative maintenance. This can help identify any damage done during the winter months, allowing you to get ahead before any leaks start.

When was the last time you checked your lawnmower's health? Spring is the ideal time for routine maintenance, including changing the oil and oil filter, cleaning the mower deck, sharpening the blades, and checking tire pressure. If you're not comfortable tackling these tasks yourself, many lawn mower brands offer service centers that can handle seasonal maintenance for you. Getting ahead on seasonal maintenance now helps everything run more smoothly when spring arrives. A few small steps today can make a big difference in the weeks ahead.



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

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

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

#### Program Benefits:

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

This project has been made possible through a grant awarded to NEMCSA Region 9 AAA by the Michigan Department of Health and Human Services.

1-800-803-7174 989-358-4611

## Spring into New Activities in March

### Game Day

#### Every Friday

**10:00 am - 11:30 am**

03/06 - Trivia

with Brian McLaughlin

03/13 - Ticket to Ride

with Carlie Wilson

03/20 - Uno

with Lynn Cheney

3/27 - Yahtzee

with Sarah Pollock

### Book Club

#### 4th Wednesday, 10:00 am

March's book will be *Things We Never Say* by Caitlin Weaver.

Synopsis: Three PTA mothers bond over shared secrets, but Anna hides the most dangerous truth of all. When a buried school scandal surfaces, she must decide whether revealing it will cost them everything.

### The Golden Stage Theater Workshop

#### Continues in March, 3:00 pm

Learn all about the performing arts, and practical skills you can use in life and in the theater. Taught by Stacey Rosin, this class is sure to bring you out of your shell.

### Cooking with Confidence

#### **March 3rd, 1:00 pm - 3:00 pm:**

Skip the Chinese buffet line and blanch, velvet, and stir fry your way through creating a Chicken & Vegetables in brown sauce dish that may rival your favorite restaurant.

#### **March 10th, 1:00 pm - 3:00 pm:**

Pair fresh vegetables and salty cheese together with their classic dressing for a Greek-style salad, and marinate and grill some Mediterranean-style chicken breast for a light meal that is unbelievably flavorful.

#### Horizon Bank Fraud Presentation

#### **March 17<sup>th</sup>, 12:30 pm**

Learn skills for preventing fraud in your day-to-day life with this engaging and insightful presentation provided by Horizon Bank of Grayling.

## Volunteers

Mark Anderson

Meredeth Anderson

Ann Berglund

Nancy Billingham

Kelly Canter

Ben & Pam Carr

Debbie Carrigan

Carolyn Cochran

Jane Croze

Carolyn Diponio

Diana Doremire

Kathy Drefts

Tom Fauntleroy

Dave Felker

Richard Ferrigan

Linda Fieldhauer

Janet Gilbert

Sherry Haag

Sharron Hagerman

Philip Hagle

Donn Handy

Susan Hensler

Annette Hritz

Francis Hummel

Liedewey Hunter

Cindy & Jim Johnson

Dale Johnson

John Kay

Glenn & Lorelei King

Nancy Lemmen

Cathy Lester

Dave & Mary LoPresto

Ann Lucido

Dave Markle

Sandy Marshall

Brian McBride

Dan & Karen McCarthy

Max Meisner

Mike Miller

Tim & Olie Miller

Brian Miller

Marlyn Neuberger

Bev Organek

Suzanne Ostahowski

Mark Ostahowski

Ron Pagereski

Lois Platt

Anthony Pringle

Jackson Pollock

Al Reynolds

Chuck & Robin Rodgers

Stacey Rosin

Karen & David Ross

Jon Shazri

Cheryl Starr

Randy & Tanya Stephens

Ann & Dave Stephenson

Brad Summers

Farrell Thomas

Ellen Thompson

Ken Thurston

Scott Ulery

Becky Walrath

Carol Wilder

Curtis Williams

Ernie & Ruthann Windolph

Laura Wood

## Art Spotlight: Events that Inspire

### **Music For Life: March 12<sup>th</sup> & 26<sup>th</sup>, 3:00 pm - 4:00 pm**

Lift your spirits and find your voice at Music for Life, where music brings people together. Sing along, or listen, to beloved classics, discover new favorites. Join us for laughter, connection, and the simple joy of making music together.

### **The Golden Stage Theater Workshop Continues on Wednesdays in March, 3:00 pm - 4:00 pm**

Learn all about the performing arts, and practical skills you can use in life and in the theater. Taught by Stacey Rosin, this class is sure to bring you out of your shell.



Spring has almost sprung, and that means the time-change is coming. Daylight Saving Time takes place on Sunday, March 8<sup>th</sup>, at 2:00 am. Get ahead of the time change by setting your clocks ahead by one hour the night before. In addition, use that time to check the batteries in your clocks and smoke alarms. Batteries in smoke alarms should be changed at least once a year, and what better way to get into the habit than by changing them with the time change.



## Getting Real About Spring Cleaning

Spring cleaning typically involves various types of deep cleaning and organizing. Washing bedding, cleaning appliances and rearranging the inside of your refrigerator are a few popular tasks. Start checking items off your spring cleaning to-do list by addressing areas that need the most attention first.

## March is Pet Poison Awareness Month

The month of March is designated as Pet Poison Awareness Month. It was established to help raise awareness and prevent illness and injuries for pets. Realistically, we need to focus on poison prevention all year long as veterinary professionals treat cats and dogs year-round for this type of emergency. While there is not one set of exact symptoms to indicate a pet has been poisoned, there are some general symptoms to look for, including:

- Drooling, vomiting, loss of appetite, diarrhea
- Lethargy, weakness
- Pale or yellowish gums
- Excessive thirst or urination
- Nervousness, hyperactivity, muscle tremors, seizures, coma

Work poison prevention into your spring-cleaning ritual to make sure your four-legged friends aren't at risk of any kind of accidental ingestion. They will repay the favor with kisses and wags and all the slow blinks we can handle.

## Do Dogs Sense Time?

How they sense time

- Scent: Your scent fades over time, signaling your prolonged absence.
- Routines & Cues: They track daily patterns like mail delivery, light changes, and meal times to predict your return.
- Biological Rhythms: Their internal clocks are linked to their own hunger and sleep cycles.

How they react to different durations

- Short Absences (e.g., 30 mins): May result in less intense greetings.
- Longer Absences (e.g., 2+ hours): Dogs show more enthusiastic greetings, indicating they perceive a significant difference from short trips.
- Varying Reactions: Dogs with stronger bonds show bigger differences in behavior between short and long absences,

**Donate to the Crawford County Commission on Aging's Pet Program today!**

**No senior should have to choose between food and their pet.**



## Commodities Program Guidelines 2026

The Commodity Supplemental Food Program (CSFP) is a USDA-funded program providing monthly, nutritious food packages to low-income individuals at least 60 years old to improve their health. Packages contain items like canned goods, milk, and protein to fill nutritional gaps. To qualify, you must meet CSFP guidelines:

- Household of 1: \$1,957
- Household of 2: \$2,644
- Household of 3: \$3,332

Or meet CSFP categorical eligibility by receiving one of the below:

- Supplemental Nutrition Assistance Program (SNAP)
- Security Income (SSI)
- Low-Income Subsidy Program
- Medicare Savings Program

Contact Tammy Findlay @ 989-348-7123 today to see if you qualify!

## New to Medicare

 Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, March 18th at 9:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance.

## The Scoop on A Matter of Balance

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by our trained coaches. Focus of the program includes:

Participants learn to reduce the fear of falling by:

- Learning to view falls as controllable.
- Setting goals for increasing activity levels.
- Making small changes to reduce fall risks at home.
- Exercise to increase strength and balance.

The classes include group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few self/home assessment homework assignments.

During class we will:

- Learn about the importance of exercise in preventing falls .
- Practice exercises to improve strength, coordination, and balance.
- Participants will conduct a home safety evaluation of their own home.
- Learn to get up and down safely.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

- Target audience: This class is helpful for all adults who may have started to restrict their activity levels due to a concern about falling or may have fallen in the past, and live independently in the community.
- Health outcomes:
  - Improved techniques to prevent falls
  - Improved knowledge of what may cause falls
  - Increased activity/exercise level
- Delivered by: Jan Williamson and Mark Ostahowski

The series takes place on Mondays and Thursdays starting April 13<sup>th</sup>. This class is a series and is not a drop-in class.

Monday April 13, 2026 9:30-11:30

Thursday April 16, 2026 9:30-11:30

Monday April 20, 2026 9:30-11:30

Thursday April 23, 2026 9:30-11:30

Monday April 27, 2026 9:30-11:30

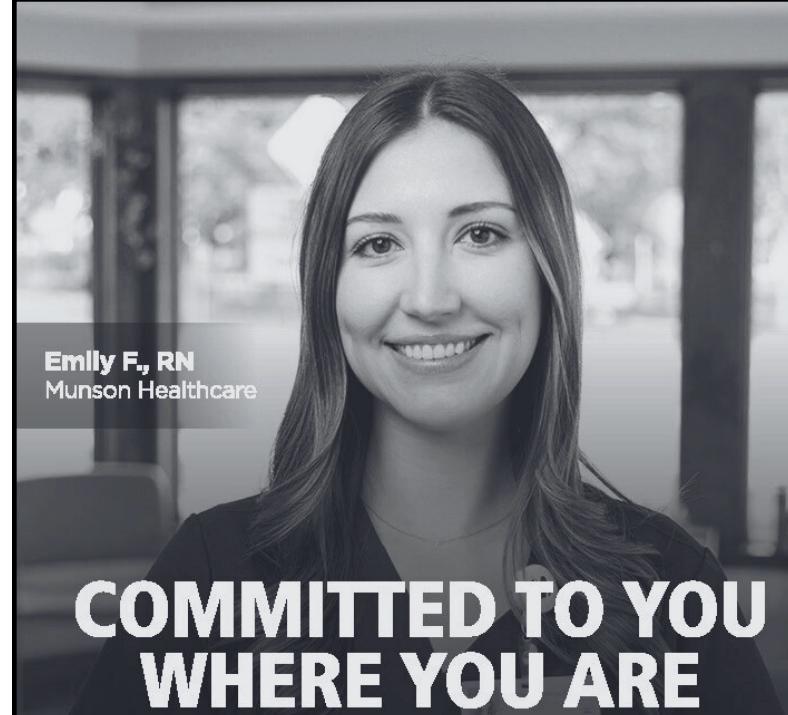
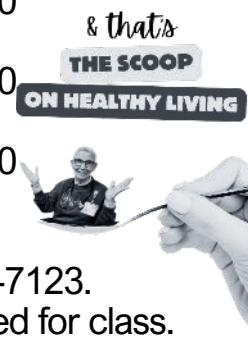
Thursday April 30, 2026 9:30-11:30

Monday May 4, 2026 9:30-11:30

Thursday May 7, 2026 9:30-11:30

Please register by calling 989-348-7123.

At least 5 people must be registered for class.



At Munson, we meet you where you are. From emergencies and elective surgeries to recovery and routine care, we're here and near. To see you well. With full-spectrum care that supports big wins. Small victories. And meaningful milestones. So you can do what you love best in the place you call home.

Learn more at:  
[munsonhealthcare.org/commitment](http://munsonhealthcare.org/commitment)



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

### Tai Chi for Better SLEEP- Tuesday & Thursday AM

March 3, 2026 – April 30, 2026 9:00 - 10:30 am ET Zoom

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

March 3, 2026 12:00PM – 1:00PM Zoom

### Keep Moving To Prevent and Manage Type 2 Diabetes

March 3, 2026 2:00PM – 3:00PM zoom webinar

### Preserving MI Harvest- Back to Basics: Canning with Confidence

March 5, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

### Who Gets Grandma's Yellow Pie Plate? - Passing on Personal Possessions

March 5, 2026 12:00PM – 1:00PM Zoom

### Diabetes Self-Management Workshop - Virtual

March 5, 2026 – April 16, 2026 1:30 - 3:30 PM EST. Online via Zoom

### Brief Practices in Mindfulness

March 6, 2026 1:00PM – 2:30PM zoom webinar

### Type 2 Diabetes Basics

March 10, 2026 2:00PM – 3:00PM zoom webinar

### Michigan Birding 101: Spring 2026

March 19, 2026 7:00PM – 8:00PM Zoom

### Thriving on a Fixed Income! (Webinar) - March 23, 2026

March 23, 2026 4:00AM – 5:00AM Zoom Webinar

### Retirement Myths and Facts (Webinar) - March 24, 2026

March 24, 2026 12:00PM – 1:00PM Zoom – Virtual

### Tips to Build and Protect Your Credit

March 25, 2026 12:00PM – 1:00PM Zoom

### Preserving MI Harvest- Back to Basics: Drying Made Simple

March 26, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

### Michigan Birding 101: Spring 2026

March 26, 2026 7:00PM – 8:00PM Zoom

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

## Trip to DOW Gardens

**May 5<sup>th</sup>, 8:30 am - 1:00 pm**

The Commission on Aging is kicking off a summer of trips with an outing to the DOW Gardens on May 5<sup>th</sup>. Tickets for this outing are \$28.00 per person for those who live in Crawford County, and \$33.00 per person for those who live outside of Crawford County. Ticket cost covers transportation, admission to the gardens, and lunch. DOW Gardens is 110 acres, and this trip will include lots of walking. Please wear good walking shoes. For more information or to purchase tickets, call 989-348-7123. There are only 12 seats available for this particular trip, so reserve your tickets before they are gone.

# March 2026 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	<b>3</b> 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Roll, Banana	<b>4</b> 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Herb Seasoned Pork Loin, Mashed Sweet Potatoes, Dilled Cauliflower, Roll, Cinnamon Apples	<b>5</b> 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black bean Fiesta, Applesauce	<b>6</b> 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Four Berries Blend
				 In memory of Ashley Wilske, donated by Keith Radwanski & Erin Fanning
<b>9</b> 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	<b>10</b> 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear	<b>11</b> 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	<b>12</b> 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	<b>13</b> 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes
				 In memory of Donna Cheney, donated by Frank & Suzie Moore
<b>16</b> 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>17</b> 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Roll, Apple	<b>18</b> 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes	<b>19</b> 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/Gravy, Brussels Sprouts, Apple 4:00p-6:00p St. Patrick's Day Special Dinner Corned Beef and Cabbage, Red Potatoes, a Dinner Roll, and a Pistachio Parfait	<b>20</b> 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Roll, and Kiwi
<b>23</b> 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana	<b>24</b> 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe and Honeydew	<b>25</b> 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>26</b> 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Honey Mustard Chicken Thighs, Herbes De Provence Potatoes, Peas and Onions, Pear	<b>27</b> 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetables, Vegetable Egg Roll, Kiwi
<b>30</b> 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Roll, Pear	<b>31</b> 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Orange			
<b>Light Bites - Dine in Only</b> Chicken Taco, Cuban Black Bean Soup, Fresh Pear	<b>Light Bites - Dine in Only</b> Turkey Sub, Minestrone Soup, Grapes	<b>Light Bites - Dine in Only</b> Ham & Cheese Sub, Cabbage & White Bean Soup, Fresh Pear	<b>Light Bites - Dine in Only</b> Vegetable Beef Soup, Garden Salad, Roll	<b>Light Bites - Dine in Only</b> Italian Meatball Sub, Tomato Florentine Soup, Mandarin Oranges

## March 2026 ~ Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30a Tax Aid (Appointments Only) 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>3</b> 8:30a Tax Aid (Appointments Only) 9a Friends of a Feather Quilting 9a Zumba Gold 10a Zumba Gold 12:30p Euchre (Events Room) 1:00p Cooking with Confidence	<b>4</b> 8:30-4:30p AuSable Quilt Guild 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling 3:00p-4:00p The Golden Stage Theater Class	<b>5</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 3p Grayling Pharmacy Bingo	<b>6</b> 10a-11:30a Game Day: Trivia with Brian McLaughlin 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>9</b> 8:30a Tax Aid (Appointments Only) 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>10</b> 8:30a Tax Aid (Appointments Only) 9a Zumba Gold 10a Zumba Gold <b>10a Grief Support Group</b> 12:30p Euchre 1:00p Cancer Support Group 1:00p Cooking with Confidence	<b>11</b> 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling 1:00p-3:00p Blood Bus 3:00p-4:00p The Golden Stage Theater Class	<b>12</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo <b>3p Music for Life</b>	<b>13</b> 10a-11:30a Game Day: Ticket to Ride with Carlie Wilson 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>16</b> 8:30a Tax Aid (Appointments Only) 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>17</b> 8:30a Tax Aid (Appointments Only) 9a Zumba Gold 10a Zumba Gold 12:30p Euchre <b>12:30p Fraud Presentation with Horizon Bank</b> 4:30p Board Meeting	<b>18</b> 8:30a Blood Pressure Checks <b>9a New to Medicare</b> <b>11a Alzheimer's Support @ the Brook</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling 3:00p-4:00p The Golden Stage Theater Class	<b>19</b> 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo <b>4p-6p St Patrick's Day Special Dinner</b> 1p-3p Legal Advice	<b>20</b> 10a-11:30a Game Day: Uno with Lynn Cheney 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>23</b> 8:30a Tax Aid (Appointments Only) 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>24</b> 8:30a Tax Aid (Appointments Only) 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	<b>25</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Book Club</b> 12:30p Mahjong 12:30p Write Your Own Story 1:00-3:00p Wii Bowling 1:00p-3:00p <b>Commodities</b> 3:00p-4:00p The Golden Stage Theater Class	<b>26</b> 9a Zumba Gold 10a Zumba Gold <b>11:30a Birthday Lunch</b> 1p Penny Bingo <b>3p Music for Life</b>	<b>27</b> 10a-11:30a Game Day: Yahtzee! with Sarah Pollock 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>30</b> 8:30a Tax Aid (Appointments Only) 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>31</b> 8:30a Tax Aid (Appointments Only) 9a Zumba Gold 10a Zumba Gold 12:30p Euchre			

# March Crossword

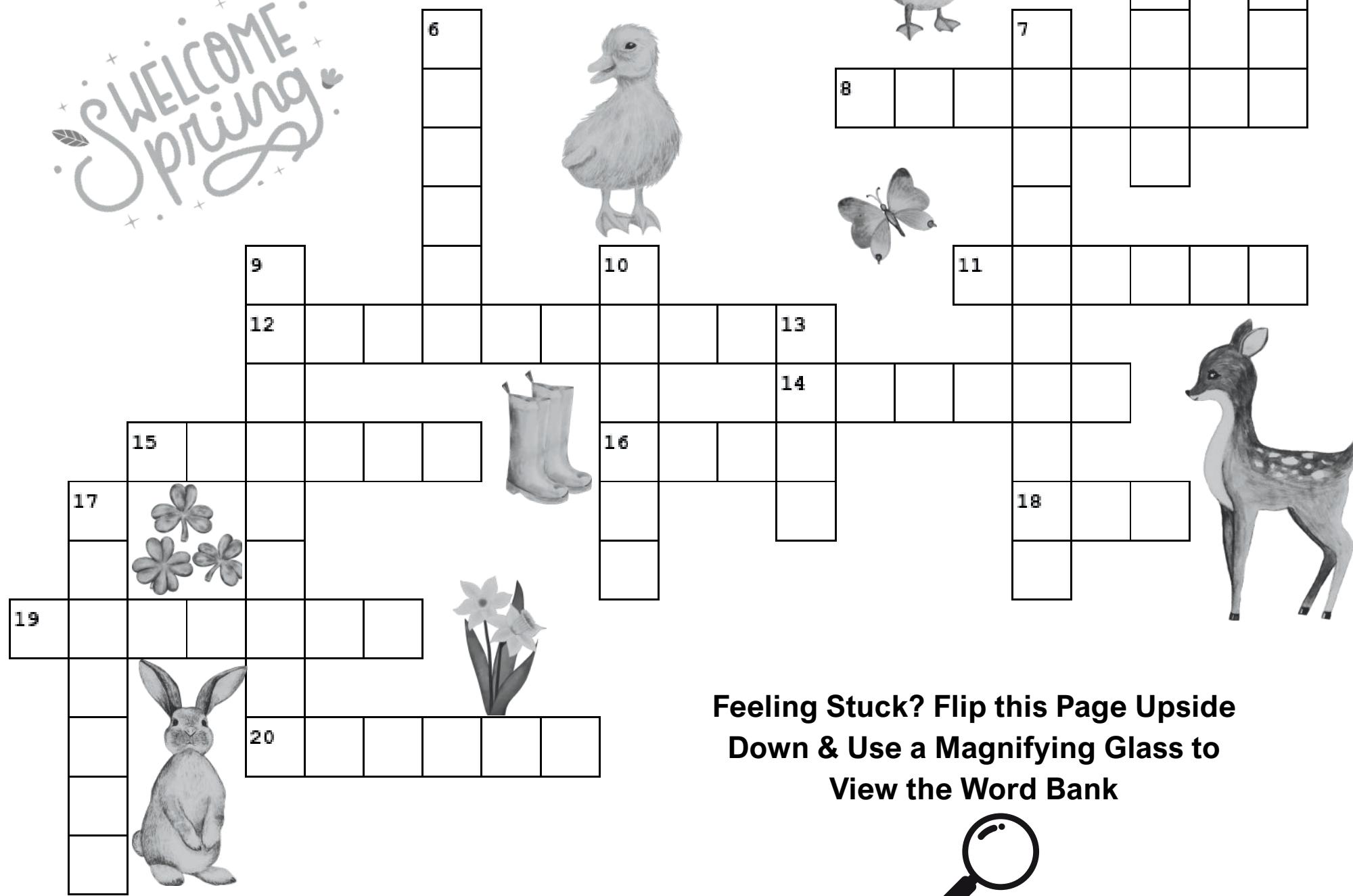
## ACROSS

- Gently warm or not harsh
- Celtic name for spring equinox
- Becoming fresh with new plants or leaves
- Latin for "equal," root of equinox
- Fertilized by the transfer of pollen
- Old English for equinox
- Related to flowers or their scent
- When ice or frozen ground melts
- Latin for "night"
- Just starting to develop
- Process of developing or increasing

## DOWN

- Full of life, color, or energy
- Beginning to open or flourish
- Bright yellow spring flower
- Relating to spring
- Cool and pleasantly reviving
- Beginning to grow from the ground
- Having a natural, soil-like scent or quality
- Lightly covered with morning moisture
- March 20 or 21

WELCOME  
Spring



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



Vibrant, Blooming, Growth, Daffodil, Ostara, Verbal, Refreshing, Greening, Sprouting, Earthy, Aequus, Pollinated, Dewy, Emulit, Thaw, Equinox, Nox, Budding, Growth.

## **Nancy Lemmen, The Woman Who Saw Potential (Continued)**

She also served as an adjunct faculty member at Kirtland Community College for 12 years and has worked part-time at the Kirtland Library for more than a decade. "There was a time when I really wanted to become a librarian," Lemmen shared with a smile. While those titles tell part of the story, they do not fully capture her impact.

Nancy did not simply deliver curriculum. She formed people. She coached speech students, directed plays, guided journalism programs, and understood that language shapes identity. Words matter. Tone matters. The way you address someone matters. Above all, she believed her students mattered.

That belief did not retire when she did. Nancy has served as the Zumba Gold leader for the Commission on Aging for four and a half years. What began as a modest exercise class grew so popular that it eventually had to split into two sessions because the room could not hold everyone. The success was not just about choreography or fitness. It was about connection. Participants found not only movement but community. Recently, she helped revive cardio drumming classes through grant funding, and another eight week session is scheduled for this spring because of continued interest. Exercise balls, drumsticks, rhythm, and laughter have become another way to bring people together in a healthy and engaging environment.

Her involvement extends well beyond exercise programming. Nancy volunteers several days each month at the CCCC Help Center and Food Pantry. Lemmen started volunteering there because of the passion her close friend, Tina Foster had for it. "I really started volunteering at the food pantry in memory of my friend," Nancy shared. She serves as secretary for the Crawford AuSable Excellence in Education Foundation, helping support scholarships for graduating seniors and grants for pre-K through 12th grade programs. She contributes writing and historical preservation work for AuSable Artisan Village (AAV), also attributing her work there to Tina. "She was very active there, too," Nancy explained.

Lemmen has served as secretary for the Michigan Association of Retired School Personnel for more than twenty years. She is also active in the League of Women Voters, where she supports informed civic participation and encourages thoughtful engagement in the democratic process.



That commitment to participation reflects something fundamental about who she is. Nancy has always believed your voice matters, and that it should be used responsibly. After decades of teaching speech and writing, she understands that language can either diminish people or dignify them. When we talked about this, I mentioned how recovery spaces have shifted from phrases like "substance abuse" to "substance use disorder," moving away from words that carry judgment. Nancy immediately nodded toward the same principle and offered another example that has stuck with me: replacing "committed suicide" with "died by suicide." The changes can sound subtle, but they signal something bigger, a deeper commitment to dignity and humanity. Nancy has practiced that instinct for years, choosing words with care and encouraging others to do the same. Her life outside of formal volunteer roles is equally active. She clogs with Just for Kicks, practices yoga, participates in TRX classes, and line dances. She gardens, bikes, reads, and travels with her husband Mark throughout Michigan, across the United States, and internationally. They attend the Stratford Festival nearly every year and follow sports closely, particularly Big Ten women's volleyball and major tennis tournaments. Staying active and curious is not a phase for Nancy;

it is a lifestyle. What strikes me most, however, is not the list of activities or titles. It is the thread that runs through all of it. When I think back to that hallway conversation decades ago, I do not remember every word that was said. I remember how she made me feel. I felt seen. I felt capable.

I felt responsible for my own growth. I was challenged to become what she knew I could be.

That same instinct shows up in everything she does. It shows up in a classroom, in a Zumba class, in a scholarship foundation report, in a volunteer meeting, and in civic engagement.

It shows up in the way she encourages others to participate rather than stand on the sidelines. It shows up in the way she believes people can rise to something better. When we talk about impactful women in our community, it is easy to focus on titles or awards. Yet the women who truly shape a town like Grayling often do it quietly and consistently. They call something higher out of the people around them. They create spaces for connection and growth. They believe in potential long before others see it in themselves.

Nancy Lemmen Hansen is one of those women.

Thirty five years ago she stopped me in a hallway and insisted I could be more. She was right. And Grayling is better because she has spent nearly five decades doing exactly that for so many others.



# Assistance to Help You Maintain Your Independence

## Commission on Aging Services, Classes, and Resources

### Health Services

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

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

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

### Incontinence Supplies

Supplies are available for a donation of \$5.00

### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

### Nutrition Services

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

### Commodities Food Distribution:

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

### Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30—9:30 am.

Lunches: Mon-Fri from 11:30--12:30pm.

Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

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

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

### Senior Project Fresh:

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

### Resources

#### Information / Assistance:

**(989) 348-7123**

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

#### Legal Assistance:

by Jason R. Thompson, Law Office PLC

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

#### Housing Counseling

Get housing advice from Laurie Jamison from Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.

Call 989-348-7123 for an appointment.

#### State Health Insurance Program (SHIP)

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

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

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

### Telephone Reassurance/Senior Companion:

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

### In-Home Services

For those who need a little assistance maintaining their independence.

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

### Classes

**AARP Driver Refresher Course:** Offered once each year.

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

### Geri Fit:

Learn helpful skills to improve balance and strength.

### Fitness Programs

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

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

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

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

to add events to calendar email: peyton@blarneystonebroadcasting.com



### Cost of Programs

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

## How We Served You in January 2025

### Congregate Meals

755

### In-Home Services

HDM – 3,100

Respite – 43.75

Homemaker – 206.25

Bathing – 27.25

### Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

Crawford County Commission On

Aging & Senior Center

(989) 348-7123

Telephone Reassurance Service is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123

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P: 989-448-2500

Grayling Office

306 State Street

P: 989-745-6667

## Interested in Advertising in The Senior Gazette?

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**Thank You For Supporting the Crawford County Senior Gazette!**

March Gazette, Page 13

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

**Some of the Women Behind the Word Search Puzzle by Cathy Lester**

- Aida: An Ethiopian princess held captive in Egypt
- Anne: Anne Frank, known for her diaries during the Holocaust
- Antoinette: Queen Antoinette, the last Queen before the French Revolution
- Blackwell: Elizabeth Blackwell became the first woman to receive a medical degree in the United States
- Cassatt: Mary Cassatt was a female printmaker
- Catherine: Catherine the Great, modernized now-Russia
- Dickenson: Emily Dickenson, prolific poet.
- Dorothy: Dorothy Day
- Eleanor: Eleanor Roosevelt, longest-serving First Lady of the United States
- Elizabeth: The Queen of England
- Hatshepsut:
- Hildegard: The "Sibyl of the Rhine."
- Maharani: A Hindu princess ranking above a rani
- Sappho: Known for her lyric poetry, written to be sung
- Zenobia: Was the queen of the Roman colony of Palmyra

❖ Aida  
 ❖ Alto  
 ❖ Amazon  
 ❖ Anne  
 ❖ Antoinette  
 ❖ Birthright  
 ❖ Blackwell  
 ❖ Brave  
 ❖ Cassatt  
 ❖ Catherine

❖ Cleopatra  
 ❖ Dickenson  
 ❖ Diva  
 ❖ Divorce  
 ❖ Dorothy  
 ❖ Eleanor  
 ❖ Elizabeth  
 ❖ Empress  
 ❖ Engagement  
 ❖ Equal

❖ Feminism  
 ❖ Hatshepsut  
 ❖ Heiress  
 ❖ Hildegard  
 ❖ Josephine  
 ❖ Ladies  
 ❖ Lassie  
 ❖ Maharani  
 ❖ Marriage  
 ❖ Mary

❖ Matriarchy  
 ❖ Motherhood  
 ❖ Painters  
 ❖ Poets  
 ❖ Polyandry  
 ❖ Princess  
 ❖ Queen  
 ❖ Rights  
 ❖ Roosevelt  
 ❖ Saint

❖ Sappho  
 ❖ Soprano  
 ❖ Strong  
 ❖ Suffrage  
 ❖ Trailblazer  
 ❖ Virgin  
 ❖ Voting  
 ❖ Wife  
 ❖ Writers  
 ❖ Zenobia



THE KITCHEN CORNER

## Welcome to The Kitchen Corner

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

### Simple Kale Salad Recipe

I think most people don't like Kale, and that's fine, but I also believe that often when we don't like something it's that we don't like the way we had it prepared and it's worth a second taste another way.

The benefits of eating it are too good not to, so, let's try and try again! The key to eating raw Kale is to massage it with fat for 2-3 minutes. This tenderizes and mellows the bitterness and sharp edges for a more lettuce-like experience. Try massaging olive oil, mayo, avocado, or any other oil or fat into your kale for different taste and texture experiences.

Simple Kale Salad -from  
Downshiftology.com

1 bunch Kale (Don't use the baby leaves, get the kind on the stems)  
1 lemon- juiced-about 3tbl  
2 garlic cloves- minced  
3tbl Olive oil  
1/4c. fresh shaved or grated parmesan  
Kosher salt & Black pepper- to taste

In a small skillet, heat the olive oil and add the minced garlic. Sauté the garlic over medium heat for about 30 seconds. Set the garlic infused oil aside to cool. Prepare the kale by removing the leaves from the stems and roughly chopping or tearing the leaves into bite-sized pieces

Place the kale in a large bowl. Add the cooled oil and garlic, lemon juice, salt, and pepper. Then gently massage the kale for 2-3 minutes with your hands, or until the leaves start to wilt. Top the kale salad off with freshly shaved parmesan and serve.

### Nutrition Education: Don't Just Wear Your Greens, Eat Them!

There are over 1000 species of plants that have edible leaves that have been part of the human diet since prehistoric times but what we consider "greens" today are plants with leaves that we eat as vegetables and come mainly from 3 plant families, Brassicaceae (cruciferous plants like kale), Asteraceae(lettuces), and Amaranthaceae (spinach & chard).

Because of their high antioxidant content, greens may be one of the best cancer-preventing foods. Studies have shown that eating 2 to 3 servings (1 cup = 1 serving) of green leafy vegetables per week may lower the risk of stomach, breast and skin cancer. These same antioxidants have also been proven to decrease the risk of heart disease.

With low-calorie and carbohydrate content, and low glycemic index, greens are an ideal food to help achieve and maintain a healthy body weight. Adding more green vegetables to a balanced diet increases the intake of dietary fiber which regulates the digestive system and is essential in bowel health and weight management.

Get your greens by adding them raw, sauteed or steamed to smoothies, soups, wraps, sandwiches, stir fries, omelets or whatever else you please throughout your week.

For more detailed information visit [usda.gov](http://usda.gov).



### Salad Greens by the Numbers

Nutrients in 1 cup	Arugula	Kale	Romaine	Spinach	Swiss chard	Watercress
Vitamin A (IU)	237	1,598	4,094	2,813	2,202	1,085
Folate (mcg)	10	23	64	58	5	3
Vitamin C (mg)	1.5	19	2	8	11	14
Vitamin K (mcg)	11	113	48	144	299	85
Calcium (mg)	16	24	16	30	18	41
Magnesium (mg)	5	8	7	24	29	7
Potassium (mg)	37	79	116	167	136	112
Fiber (g)	0.2	0.6	1	0.7	0.6	0.2

Source: Harvard Health Publishing, Harvard Medical School

Color key:

1st highest ranking for this nutrient

2nd highest ranking for this nutrient



## **Senior Gazette Staff**

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

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## **Medical Equipment Spotlight: Walkers**

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

The Crawford County Commission on Aging has walkers with or without wheels available along with other medical equipment for older adults 60 and over.

Please call Kathy at (989) 348-7123 to see if we have what you might need



## **Support Groups & Resources:**

### **Alcoholics Anonymous**

St. Francis Episcopal Church, Grayling  
All are Closed Discussions  
Monday/Wednesday/Thursday/Friday:  
12:00 pm - 1:00 pm  
Tuesday/Friday/Sunday: 8:00 pm - 9:00 pm

### **Alzheimer's Support Group**

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

### **Choices Group**

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

### **Healthy Relationships Group**

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

### **Long COVID - Support Group**

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

### **Narcotics Anonymous**

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

### **Grief Share Ministry Grayling Baptist Church**

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

### **Hope Begins Here**

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