

# Crawford County Senior Gazette May 2020



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## Featured Article

Ernie Dawson

### "A Life Without Regrets"

If you've ever received a bouquet of flowers, worn an orchid corsage, carried a wedding bouquet of roses, or expressed sympathy for the loss of a friend with an arrangement of carnations, chances are pretty good that Ernie Dawson had a hand in it.

Ernie, who will celebrate his 80th birthday in September was born and raised in Croswell, MI, a small town just north of Port Huron, and just west of Lexington. When he graduated from Cros-Lex High school, the thought of owning a flower shop had never crossed his mind. He attended what was, at the time, Port Huron Jr College, and then earned his degree in education from Central Michigan University. After that, he obtained his master's degree in Education from MSU. He was employed for eleven years in the Bullet Creek school district in Midland county, where he taught Grade 5 for three years, was the elementary school principal for six years, and the middle school principal for 2 years. And he began pursuing his PhD.

Vacation time often found him, along with his long-time partner Bob Cole, relaxing at their place on the Manistee River, which is now Ernie's year-round home. It was in 1976, when Josie, of Flowers by Josie, died, that everything changed for Ernie Dawson. "Of course, I knew Josie," he said. "She was such a nice person. When she passed, her husband approached me one day and said he thought I should buy the flower shop. I did and have not regretted it one time."

"Of course," he continued, "I never finished my doctorate. But that's ok. I

love living here and have loved owning Josie's. It's been 46 years now." In 1990, Ernie bought out his partner, Bob, who passed away two years ago in Florida.

One of Ernie's passions is travel, and he's done a lot of it. From Alaska and Hawaii and "many, many" other states, to a summer in Europe, trips to the Dominican Republic, Costa Rica, Mexico, London, and several cruises, he has known some rich life experiences. "When we went to the Dominican, we stayed three weeks with missionary friends. The wife was a nurse, and we were able to really live with the people. The lady worked with the Haitians and we'd go with her. I got to hold and rock AIDS babies and comfort them," he said. "In one village, there was an old guy who very much wanted his grandson to be held by an American. So, I took the baby, who was, of course, naked, and the first thing that little guy did was urinate all over me! That grandpa laughed and laughed. He thought it was the funniest thing. That trip was an experience that changed my life."

"People remember when you make a difference for them," he went on to say, recalling a teacher who did that for him. "When I was in Jr. College I worked as a carry-out (remember those?) at the local IGA store. I bagged groceries and took them out to people's cars. One day I received mail from my second-grade teacher. Mind you, my second-grade teacher. In it was a check for \$25 and a note that said, 'I know you're struggling, and I wanted to help.' Wow. This was in the 1960s. \$25 was a lot of money then! I've never forgotten that and have tried to live that way. How can we not 'do unto others as we'd have them do unto us' when



Quarantine Food Boxes  
See pg 4



Caregiver Newsletter  
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Zoom Games  
See pg 16

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

## HOURS OF OPERATION

Monday & Friday  
8:30am to 4pm

Tuesday  
8:30am to 6pm

Wednesday  
& Thursday  
8:30am-7pm

308 Lawndale St  
Grayling, MI 49738

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

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

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

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

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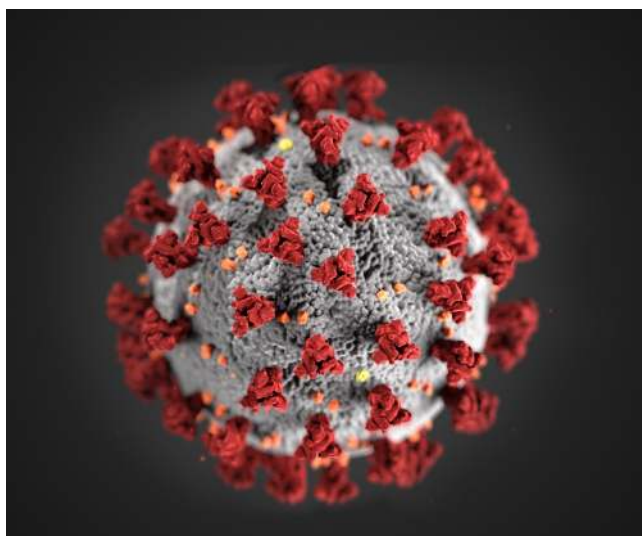
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## **COVID-19 Response**

The Crawford County Commission on Aging has been closely monitoring the COVID-19 respiratory disease since its arrival in Michigan on March 10th. Based on the Governor's Executive Order 2020-9 and recommendations from the Michigan Department of Health and Human Services, the Commission on Aging decided on March 17th to take the following proactive measures in response to the COVID-19 pandemic, to ensure the health and safety of agency clients, caregivers, staff, volunteers, and community members:

- The Crawford County Commission on Aging & Senior Center will be closed to the general public effective Wednesday, March 18th until further notice.
- Staff at the Commission on Aging will continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.
- All activities, events, classes and trips have been suspended until further notice.
- Congregate Meals will continue to be offered Monday thru Friday on a curbside take-out basis from 11:30am – 12:30pm. Meals can be picked up at that time for both lunch and dinner as well as meals for the weekend. Please call the COA at (989) 348-7123 between 9-11:30am to order your meal for take-out.
- Meals on Wheels will continue to be delivered on an alternative schedule. Telephone reassurance calls will continue to be made to clients at home for safety checks.
- In-Home Services will continue to be offered with priority given to our clients in greatest need.

As indicated by our President and the Governor of Michigan, the return of programs and services to its normal level remains unknown as the situation continues to change daily. Further communication will be made through the COA via phone calls, emails, the COA website and Facebook posts.

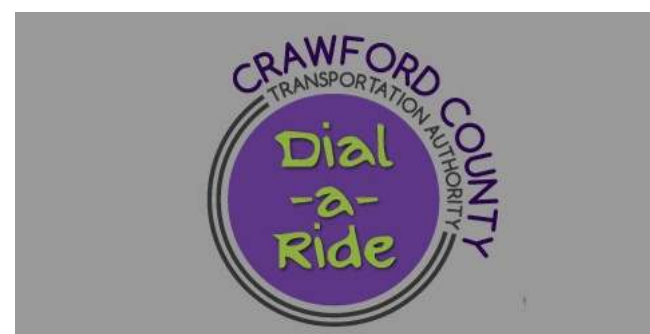


## **Congregate Meals Available for Curbside Pickup**

Congregate Meals are still available! **Orders for lunch and dinner can be called in between 9 and 11:30am and picked up between 11:30am and 12:30pm.** Upon arrival at the Senior Center individuals should remain in their car and call the office at (989) 348-7123 to have their meal(s) brought out to their vehicle.

Weekend meals are available to congregate meal participants if they get a hot meal during the week. You may receive up to 4 frozen meals for the weekend.

Donations are still being accepted but the correct change will be required as we are unable to make change at this time.



## **Grocery and Prescription Delivery Available**

Dial-A-Ride is now offering prescription and grocery deliveries. There is no cost involved. **Prescription pickup locations include Family Fare, Walgreens, and The Medicine Shoppe.** Either the store or the individual requesting the service can call to arrange this with the CCTA.

**Grocery deliveries are available from Family Fare.** Individuals must order their groceries online and Family Fare will contact CCTA when they are ready to be delivered.

Dial-A-Ride has asked that individuals limit their trips to necessary trips only. Dial-A-Ride will be operating from 9am-4pm Monday through Friday until further notice. For more information call Dispatch at (989) 348-5409.









- |                      |                    |
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## Community Support Keeps Services to Older Adults Going

We would like to thank all of those who have donated during this difficult time. Our staff and volunteers continue to serve the older adults of Crawford County.

All of our staff and volunteers have been taking every precaution. Since the epidemic has reached Michigan we have spent \$466 to provide PPE above and beyond our normal usage to keep our staff, volunteers, and older adults safe.

In addition, we have spent \$6,191 to provide emergency meals for Meals on Wheels clients and \$3,317 for Meals on Wheels to clients who need deliveries specifically because of COVID-19.

Older adults are most at-risk and we are doing everything we can to make it possible for those in our community to stay safe by providing meals and resources. If you'd like to help us continue to provide these services you can make a donation online at [www.crawfordcoa.org/make-a-donation](http://www.crawfordcoa.org/make-a-donation), call (989) 348-7123, or mailing a check made out to Crawford County Commission on Aging to 308 Lawndale St., Grayling, MI 49738.

### Thank You to our COVID-19 Donors:

- Charlotte Bloomquist
- Elizabeth Chase
- Tom & Janet Gaffke
- Cristy Garner
- Thomas Jarosz
- Sandra & Ken Michalik
- William Moffatt
- Sandra Moore
- Rosemary Oakey
- Claire Rettenmund
- Peter & Pat Schmid
- Mark & Valerie Sloan
- Persis Sopariwala
- Michael & Bonnie Stephan
- ARAUCO
- Consumers Energy
- Family & Cosmetic Dentistry Dr. Davey
- Fraternal Order of Police AuSable Lodge #189
- Grayling High School Robotics Team #6121
- McBride Family Foundation
- Munson Hospital Grayling (Made by Community Members)
- Otsego Family Vision Tim & Anna Kleinebreil



## Quarantine Boxes Still Available

There are "Quarantine Boxes" of food available for adults over 60 years of age who are not currently on any food assistance programs (Home Delivered Meals, SNAP, TEFAP, or Commodities).

One box is filled with recipes and 33 food items that provide for 22 well-balanced, nutritious meals. If you are interested in receiving a box visit [www.nemcsa.org/news-events/food-boxes-available-for-seniors](http://www.nemcsa.org/news-events/food-boxes-available-for-seniors) to fill out the questionnaire or call Tammy at (989) 348-7123 for help.

If you'd like to donate to help provide these boxes to seniors visit the Food Bank Council of Michigan website: [www.fbcmich.org/virtualfooddrive](http://www.fbcmich.org/virtualfooddrive).



## Karaoke & Dessert

It is time to warm up your voice, grab your best pals, and come on down to the Crawford County Commission on Aging & Senior Center for Karaoke night!

Diane Chamberlin will be our host on Thursday, June 18th at 5:30pm and bring over 160 thousand songs for you to choose from. Sing solo, or bring your best backup and show off those singing skills. Dessert will also be served!

This event costs \$5 per person and can be paid for the night of at the Commission on Aging. Join us before Karaoke for dinner at 4:30pm. Suggested donation for those ages 60+ is \$3.50 and costs \$5.75 for those under 60. Everyone is welcome!

## May Birthdays

Shirley Bordeaux 5/3  
 Beverly Wilcox 5/3  
 Dollie Adolph 5/4  
 Joyce Sorenson 5/18  
 Larry Roggow 5/23  
 Bill Brooks 5/29

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



## Ernie Dawson

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

we've been shown that kind of generosity?"

Ernie still loves to travel, and he credits his good health to eating healthy, laughing a lot, and exercising. "I like to hike and kayak, and love camping. In fact, for my 80th birthday celebration, I'm going with a group of friends camping in Munising. In July a group of us are going to go camping at Copper Harbor and kayak around (not all the way around, but in the waters around) Grand Island. I'm looking forward to those trips."



Ernie doesn't talk of retiring. "My father worked until he was 93. He was a janitor and still working every day. One day he told me he was tired and didn't feel very well. So, he took a little time off... and died two weeks later. You know, that's not a bad way."

Aside from travel and keeping the store, Ernie collects antiques and enjoys strolling through old cemeteries. "They're fascinating," he said. And a man as well-educated, well-traveled, and well-loved as Ernie Dawson would know.



## Medicare Coverage for COVID-19

Medicare covers COVID-19 related needs including the following:

- Lab Test for COVID 19 – No out of pocket expense
- Medically Necessary Hospitalization for COVID 19 – No out of pocket expense
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D). If you have a Medicare Advantage Plan, you have access to these same benefits.

During this time, Medicare will also cover a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

You may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit. Medicare pays for "virtual check-ins"—brief, virtual services with your physician or certain practitioners where the communication isn't related to a medical visit

Medicare also pays for you to communicate with your doctors using online patient portals without going to the doctor's office. Like the virtual check-ins, you must initiate these individual communications

Coronavirus.gov is the source for the latest information about COVID-19 prevention, symptoms, and answers to common questions. CDC.gov/coronavirus has the latest public health and safety information from CDC USA.gov has the latest information about what the U.S. Government is doing in response to COVID-19.



## Stress Less with Mindfulness Class Available Over the Phone

If you do not have internet this class is for you!

Stress Less with Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Six sessions cover the following topics:

- Introduction and Begin with a Breath
- Mindful Eating
- Mindful Walking and Thought Surfing
- Be Kind to Your Mind
- Laughter is Good Medicine

Classes will be held over the phone from 1-2pm on the following dates: May 12, May 14, May 19, May 21, and May 26.

Each registered participant will receive a printed packet with all class materials by mail. Those who have internet access are asked to participate in one of the online classes as this class was designed specifically for those who do not.

Register by April 30th at 5pm by calling (989) 344-3264 x 1. Leave your name and phone number on the machine clearly, and the instructor will contact you to complete registration.



## PATH Chronic Pain Workshop Online via Zoom

MSU Extension is offering a 6-week, self-management **online** workshop designed for people living with chronic pain called PATH Chronic Pain. Chronic Pain PATH is helpful for anyone who is managing long-term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing. Family members, friends, and caregivers are also encouraged to attend the workshop.

Chronic Pain PATH is a **FREE** workshop designed to educate and empower individuals in management of chronic pain and maintain active and fulfilling lives. Come join us starting **June 4<sup>th</sup> from 1 – 3:30pm** and continuing thereafter every **Thursday** for 6-weeks via **Zoom**. You can register online at the following link: <https://events.anr.msu.edu/onlinecppjune4/>

For more information regarding the class or to register please contact Nicole Wethington (989) 344-3264.

An advertisement for the Senior Gazette. On the left, a man in a light blue shirt is sitting in a chair, reading a newspaper. On the right, there is a sign that says "Senior Gazette ADVERTISE WITH US Call 348-7123". The sign is mounted on a wall, and a person is visible on a ladder next to it, appearing to be working on the sign. Below the sign, there is a red banner with the text "Reaching Seniors and Beyond!" in white.





## What you Need to Know about the Stimulus Package

The Coronavirus pandemic has had an effect on all of us and we are here for you. Congregate Meals are still available on a curbside pick-up basis, Meals on Wheels are still being delivered, and we are still making regular Telephone Reassurance calls. We also want to keep you up-to-date on things that may impact you including the largest stimulus package in America's history.

On March 27, 2020 President Trump signed a \$2 trillion stimulus package meant to help Americans affected by the business closures and layoffs as a result of the Coronavirus pandemic. Along with unemployment and sick leave benefits, the most anticipated part of this bill is the one-time, **direct payments amounting to up to \$1,200 per individual or 2,400 for a married couple.**

Every adult has the potential to get the direct payment stimulus money that is technically a 2020 tax credit. There are a few reasons that individuals may get less than the total amount:

- Adjusted Gross Income is more than \$75,000 per person
- Someone has claimed you as a dependent on their taxes
- If you do not have a Social Security Number
- Kids are only eligible for \$500.

The vast majority of people do not need to take any action in order to receive their stimulus funds. For people who have already filed their 2019 tax returns, the IRS will use this information to calculate the payment amount. For those who have not yet filed their return for 2019, the IRS will use information from their 2018 tax filing to calculate the payment.

Some of those who typically do not file tax returns will need to submit a simple tax return to receive the stimulus payment. IRS.gov/coronavirus will soon provide information

instructing people in these groups on how to file a 2019 tax return with simple, but necessary, information. However, the IRS has also announced that **Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive a stimulus payment.** The economic impact payment will be deposited directly into the same banking account reflected on the return filed or where Social Security payments are deposited.

The economic impact payment will be deposited directly into the same banking account reflected on the return filed. If the IRS doesn't have your banking account the Treasury plans to develop a web-based portal for individuals to provide their banking information to the IRS online, so that individuals can receive payments immediately as opposed to checks in the mail.

Just as scammers have taken advantage of the virus itself to get people's personal information, **there already are scammers out to use the stimulus package and payments to get social security numbers, bank account information, and more.** If you're concerned about a call or message that sounds like a scam remember that the government will never call or text you for your personal information. Beware of any of the following:

- Any requests for payment
- Any request for personal or financial information
- Any offers to help you apply for the stimulus package
- Any grant offers related to the stimulus payment
- Any attachments or links from anyone offering the above

See Michigan Attorney General Dana Nessel's Consumer Alert for more information ([https://www.michigan.gov/ag/0,4534,7-359-81903\\_20942-523146--,00.html](https://www.michigan.gov/ag/0,4534,7-359-81903_20942-523146--,00.html)).



## Smart Gardening Online Vegetable Gardening Class

MSU Extension now has a completely online, self-paced, introductory course on Smart Gardening with Vegetables. Learn how you can contribute to the Smart Gardening principles of creating healthy soils and plants, while enjoying the health benefits of growing and eating fresh produce.

Six lessons will cover gardening from start to finish:

- Site Selection & Creating Healthy Soil
- Planning & Selecting Vegetables
- Seeds & Transplants
- Raised Beds & Container Gardening
- Integrated Pest Management
- Other Gardening Activities & Composting

Participants have 90 days to complete the course at their own pace. Resources are free to download.

To register or for more info visit <https://bit.ly/SGveggies>. For those who register by May 15th the course is only \$15. After May 15th the course costs \$30.

## Guardians Needed

Crawford County Probate Court is seeking individuals interested in serving as public guardians/conservators.

The court appoints guardians and conservators to manage the affairs of those who are unable to do so because of a disability or incapacity.

Responsibilities can include things like ensuring adequate housing, medical care, and other basic needs; paying bills and managing finances; coordinating with staff at nursing homes or other living arrangements, etc.

Public guardians are independent contractors, and are paid a monthly rate per appointment. Please contact Julie Miller, Court Administrator, for more information. (989) 344-3882, [jmiller@crawfordco.org](mailto:jmiller@crawfordco.org).

**\$10.00**

Senior Discount on Septic Tank Cleaning

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

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

**\$10.00**

Senior Discount on Septic Tank Cleaning

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Coupon cannot be used with any other offer or discount.

1941 **79 years** 2020

**\$10.00**

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**MUNSON HEALTHCARE**  
Grayling Community Health Center

Rehabilitation Services  
1250 E. Michigan Ave., Suite C  
Grayling, MI 49738  
(989) 348-0314  
[munsonhealthcare.org/graylinghospital](http://munsonhealthcare.org/graylinghospital)



# 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

### 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, 6pm  
Gentle Yoga, Tuesdays, 1pm

**Zumba**  
Zumba Gold Tuesdays, 10am

### Table Games

**Bridge**  
Mondays, 1pm

**Euchre & Beg. Euchre**  
Tuesdays, 1pm

**Mahjong**  
Wednesdays, 1pm

**Mexican Train Dominos**  
Fridays, 10am (starts Apr 17)

**Pinochle**  
Fridays, 10am

**Pokeno**  
Thursdays, 10am

**Scrabblers**  
Thursdays, 10am

## 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](http://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

## Caregiver Newsletter Available

Region 9 Area Agency on Aging has created a quarterly caregiver newsletter. Each caregiver newsletter provides caregivers with resources, information and helpful tips to keeps local caregivers informed. Digital copies of the Caregiver newsletter every four months.



The Caregiver Newsletter is for any family caregiver I tried to keep the topics helpful for all. However, some other editions have one or two articles/topics specific to certain chronic conditions such as diabetes, Parkinson's Disease, Cancer, and dementia included. To subscribe to the newsletter contact (989) 358-4616 or email [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org).

Winners of the St. Patrick's Day Dinner were Jon Schultz who won Dead Bear Brewing Co. gift card and Donna Farren who won the 50/50 in the amount of \$49.50.

**The Brook, it's home.**

**BrookRetirement.com**

Independent, Assisted & Memory Care Living

[brookretirement.com](http://brookretirement.com) • 989-745-6500

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Portland • Rogers City • Roscommon • West Branch

# May 2020 - Meal Calendar

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|   |  |  |  | <b>1</b><br>11:30-12:30 Lunch<br>Pork Roast,<br>Baked Potato,<br>Green Beans, Pear                        |
| <b>4</b><br>11:30-12:30 Lunch<br>Cabbage Rolls,<br>Parsley Potatoes,<br>Peas & Carrots,<br>Orange                         | <b>5</b><br>11:30-12:30 Lunch<br>Stuffed Peppers,<br>Broccoli, Grapes<br>4:30-5:30p Dinner<br>Pork Chop Supreme,<br>Redskin Potatoes,<br>Brussels Sprouts, Kiwi                    | <b>6</b><br>11:30a-12:30p Lunch<br>Salisbury Steak,<br>Mashed Potatoes w/<br>Gravy, Brussels Sprouts,<br>Grapes<br>4:30-5:30pm Dinner<br>Beef Enchilada,<br>Brown Rice, Corn, Pear                     | <b>7</b><br>11:30a-12:30p Lunch<br>Chicken Cordon Bleu,<br>Mashed Potatoes,<br>Green Beans, Orange<br>4:30-5:30pm Dinner<br>Sweet & Sour Meatballs,<br>Brown Rice, Peas &<br>Carrots, Kiwi | <b>8</b><br>11:30-12:30 Lunch<br>Parmesan Cod,<br>Snap Peas, Prince<br>Charles Vegetables,<br>Banana      |
| <b>11</b><br>11:30-12:30 Lunch<br>Potato Crunch<br>Pollock, Redskin<br>Potatoes, California<br>Blend Vegetables,<br>Apple | <b>12</b><br>11:30-12:30 Lunch<br>Meatloaf, Mashed<br>Potatoes, Brussels<br>Sprouts, Orange<br>4:30-5:30p Dinner<br>Mediterranean Chicken,<br>Sweet Potato,<br>Green Beans, Grapes | <b>13</b><br>11:30a-12:30p Lunch<br>Breaded Chicken Breast,<br>Italian Blend Vegetables,<br>Asparagus, Kiwi<br>4:30-5:30pm Dinner<br>Lasagna, Mixed<br>Vegetables, Apple,<br>Breadstick                | <b>14</b><br>11:30a-12:30p Lunch<br>Crispy Lemon Chicken,<br>Mashed Potatoes, Peas,<br>Orange<br>4:30-5:30pm Dinner<br>Smothered Pork Chop,<br>Broccoli & Cauliflower,<br>Carrots, Banana  | <b>15</b><br>11:30-12:30 Lunch<br>Pot Roast, Boiled<br>Potatoes, Green<br>Beans, Apple                    |
| <b>18</b><br>11:30-12:30 Lunch<br>Beef Pot Roast,<br>Redskin Potatoes,<br>Mixed Vegetables,<br>Kiwi                       | <b>19</b><br>11:30-12:30 Lunch<br>Swiss Steak, Mashed<br>Potatoes, Corn, Grapes<br>4:30-5:30p B-Day Dinner<br>Chicken Fettuccine<br>Alfredo, Sugar Snap<br>Peas, Broccoli, Banana  | <b>20</b><br>11:30a-12:30p Lunch<br>Roast Turkey, Mashed<br>Potatoes w/ Gravy, Peas<br>& Onions, Pear<br>4:30-5:30pm Dinner<br>Western Omelet,<br>Redskin Potatoes,<br>Broccoli & Cauliflower,<br>Kiwi | <b>21</b><br>11:30a-12:30p Lunch<br>Beef Pot Pie, Mashed<br>Potatoes, Brussels<br>Sprouts, Orange<br>4:30-5:30pm Dinner<br>Ravioli Squares,<br>Italian Blend Vegetables,<br>Corn, Grapes   | <b>22</b><br>11:30-12:30 Lunch<br>Pepper Steak,<br>Brown Rice,<br>Stir Fry Vegetable,<br>Asparagus, Apple |
| <b>25</b><br><br><b>CLOSED<br/>FOR<br/>MEMORIAL<br/>DAY</b>   | <b>26</b><br>11:30a-12:30p Lunch<br>Pork with Kraut, Green<br>Beans, Banana<br>4:30-5:30pm Dinner<br>Breaded Fish Sandwich,<br>Asparagus, Pear                                     | <b>27</b><br>11:30a-12:30p Lunch<br>Breaded Chicken Fillet,<br>Redskin Potatoes,<br>Brussels Sprouts,<br>Orange<br>4:30-5:30pm Dinner<br>Meatloaf, Mashed<br>Potatoes w/ Gravy,<br>Broccoli, Kiwi      | <b>28</b><br>11:30a-12:30p Lunch<br>Hamburger, Green<br>Beans, Corn, Banana<br>4:30-5:30pm Dinner<br>Shepard's Pie, Carrots,<br>Grapes   | <b>29</b><br>11:30-12:30 Lunch<br>Chicken Cacciatore,<br>Brown Rice, Peas &<br>Carrots, Apple             |



# Powerful Tools FOR Caregivers

## Online Caregiver Class

Region 9 Area Agency on Aging is offering a free online workshop series for family caregivers unable to leave the home due to the Coronavirus. Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will benefit from this class whether they are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. The class includes tools to help balance daily living, reduce stress, communicate feelings better, improve self-confidence, communicate feelings better, and locate helpful resources.

This interactive online class will be Mondays 1:00-2:30pm from May 4th through June 15th. Class size is limited and registration is required. To register for the workshop call (989) 358-4616 or email [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org).



## Beginner Euchre Group Everyone is Welcome!

In addition to our regular weekly Euchre group, we will now be hosting a beginner Euchre group. Join us at the Crawford County Commission on Aging & Senior Center on **Tuesdays at 1pm** at the Senior Center when we reopen.

This group is open to beginners, people who may need a refresher or are interested in learning more about the game. The group will be led by an experienced Euchre player who will help coach you through strategies and teach you the "how to" of the game. Come refresh your skills before joining our regular Euchre group. This is a friendly group looking to expand and welcome new players to join! If you have any questions please contact the Commission on Aging at (989) 348-7123.



## Avoiding Illness for Older Adults

Certain people are at higher risk of becoming seriously ill with COVID-19 including older adults and people with serious chronic medical conditions such as heart disease, diabetes, lung disease, and people with compromised immune systems.

People at high risk for COVID-19 should pay attention for symptoms including fever, cough, and shortness of breath. **If you feel you are developing symptoms, or have other symptoms that are severe or concerning, contact your medical provider.**

Actions you can take to prevent the spread of COVID-19 include

- Wash your hands frequently with soap and warm water for at least 20 seconds. If soap and warm water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose, and mouth
- Avoid close contact (within approx. 6 feet) of people who are sick
- Cover your mouth and nose with a tissue when coughing
- Routinely clean frequently-touched surfaces (tables, doorknobs, light switches, phones, faucets, etc.)
- Stay home as much as possible—limit non-essential travel
- Consider ways of getting food brought to

your house by family or community networks

- Avoid crowds—especially in well-ventilated spaces
- Avoid touching high-touch surfaces in public spaces (handrails, elevator buttons, etc.)

Be sure that you have a plan for if you get sick:

- Work with your healthcare provider on any issues related to your health
- Stay in touch with others by phone or email
- Ask for help from your friends, family, neighbors, or community health workers
- Determine who can provide you with care
- If you are experiencing life-threatening symptoms call 9-1-1

Stock up on supplies and medications:

- Consider using a mail-order pharmacy to get routine prescriptions
- Have extra over-the-counter medicines and medical supplies on hand
- Have enough cleaning supplies and food to last 14-30 days.



## Caregiver Empowerment & Wellness Conference Rescheduled

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, July 31st** 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 Caregiver Survival, Community Resources, Stress Less with Mindfulness, Adaptive Equipment, and Caring for Someone with Dementia. For more information or to register contact Brooke Mainville at (989) 358-4616.



## 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*

3<sup>rd</sup> 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 3<sup>rd</sup> 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 once each year.

#### **Cooking for One**

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

#### **Matter of Balance Program**

This program offers practical strategies to reduce falls. Offered 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 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.

#### **Wellness Initiative for Senior Education**

WISE is 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.

### 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 March 2020!**

#### **At the Senior Center**

- We served **690** Congregate Meals
- Activities/Events Attendance **460**
- Average # of Daily Visitors **34**

#### **In-Home Services**

- Delivered **3,783** home delivered meals.
- Provided **106.75** hours of respite care.
- We provided **479.75** hours of homemaker services.
- We provided **83.75** 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](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com), or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)





# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## Medicare, a Simple Explanation

Social Security and Medicare are both programs that are household names, but do you know the true difference? Both programs help safeguard millions of Americans as well as improve the quality of life for their family and friends. While Social Security offers retirement, disability, and survivors benefits, Medicare provides health insurance.

Medicare is our country's health insurance program for people age 65 or older and younger people receiving Social Security disability

benefits. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care.

When you first enroll in Medicare and during certain times of the year, you can choose how you get your Medicare coverage. There are 2 main ways to get Medicare:

**Original Medicare** includes Medicare Part A (Hospital Insurance) and Part B (Medical

Insurance). If you want drug coverage, you can join a separate Part D plan. To help pay your out-of-pocket costs in Original Medicare (like your deductible and 20% coinsurance), you can also shop for and buy supplemental coverage. Examples include coverage from a Medicare Supplement Insurance (Medigap) policy, or from a former employer or union.

**Medicare Advantage (also known as Part C)** is an "all in one" alternative to Original Medicare. These "bundled" plans include Part A, Part B, and usually Part D. Part C plans may have lower out-of-pocket costs than Original Medicare. They also may offer extra benefits that Original Medicare doesn't cover — like vision, hearing, dental, and more.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income.

Some programs may pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at [www.socialsecurity.gov/benefits/medicare](http://www.socialsecurity.gov/benefits/medicare).



## Eat Healthy Be Active Online Class

Eat Healthy Be Active is a nutrition and physical activity program for adults. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. Participants receive a certificate of completion.

The class meets once each day for a week via Zoom. The class lasts one hour and will meet at the same time each day. There are classes available every week until May 22nd.

Visit <https://events.anr.msu.edu/npavirtual> to find a class time and register. For information, contact Crystal White at [whitecr3@msu.edu](mailto:whitecr3@msu.edu).

## Stay in the Know!



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

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail.

Signing up is easy; just send an email to

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

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.

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

What's Your **SUPERPOWER?**



### Drivers

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)



### Becoming a Meals on Wheels Driver is

the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags.

### 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.*



## Food Truck

May 7th at 11am until food is gone.

at the **Grayling Baptist Church**  
705 Madsen St.  
Social Distancing Will Be Enforced



# Random Word Search Puzzle

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

No doubles this time!

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

1. adrenin
2. anadyr
3. apothegm
4. axletree
5. balladized
6. blatancy
7. botulism
8. bummallo
9. contentness
10. copperah
11. creditor
12. demersal
13. directive
14. dissector
15. dissident
16. ectoproct
17. embossment
18. fibreglass
19. fromental
20. galatian
21. godlier
22. hucklebone
23. koranic
24. laywoman
25. mandarin
26. mezuzah
27. monica
28. nonupright
29. outstripping
30. pendanted
31. pranava
32. profiteer
33. redowa
34. regrowing
35. skirmisher
36. slimiest
37. stylobate
38. subabbot
39. susceptance
40. tanistry
41. tarija
42. transmission
43. turbary
44. unescaped
45. unloyal
46. vaporize
47. victimize
48. waldenburg
49. witlessness
50. wittier

## Cook's Corner Tollhouse Cookie Cake

16 Servings



### INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup margarine, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1-2 cups Semi-Sweet Chocolate Chips

### DIRECTIONS

- 1) Mix flour, baking soda and salt in small bowl.
- 2) Cream together butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy.
- 3) Add eggs, one at a time, beating well after each addition.
- 4) Gradually beat in flour mixture.
- 5) Stir in chocolate chips
- 6) Grease 15 x 10-inch jelly-roll pan.
- 7) Spread into prepared pan.
- 8) Bake for 20 to 25 minutes or until golden brown.
- 9) Cool in pan on wire rack.

Submitted by Janet Gross

To submit your recipe for the Cook's Corner please email [svanduser@crawfordcoa.org](mailto:svanduser@crawfordcoa.org) or drop off at the Reception desk!

Grayling **Save a Lot**

Purchase of

**1/2 Gal. White Milk 99¢**

Skim, 1%, 2% or Whole

Limit 2 Please with coupon *Valid May 1st, 2020 thru May 31st, 2020*

2333 S. I-75 Business Loop 989-348-6690  
 Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

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STORE HOURS: Mon-Fri 7:30-6 / Sat 8-5:30 / Sun 10-3  
 Phone: 989-348-2931

**Fix it and save a buck!**  
 Conveniently located next door!

**REPAIR SHOP HOURS:**  
 Mon-Fri 8-5:30 / Sat 8-5 / Sun 10-3  
 Phone: 989-348-1003





As we are social distancing, spending more time at home, and about to go stir-crazy, here are some ideas to keep both your mind and body active. Use this time to explore new things, read that book that has been sitting on your nightstand for the last month, or catch up on chores around the house. Refer to the list below for ideas to help you stay active, stay healthy, and stay happy!

**Stretching:** Spend time stretching whether that be for 5 minutes, 10 minutes, or even 20 minutes. This will help to decrease muscle stiffness, help manage stress, and improve overall function.

**Walking:** This is one of the greatest exercises and anyone can do it! Enjoy some fresh air by walking around your neighborhood or walking around your house. If you have a pet bring them along too!

**Crafts:** Bring out the color pencils, markers, and crayons and enjoy an afternoon of adult coloring. This reduces stress, helps the brain enter a meditative state, and improves motor skills.

**Bake/Cook:** Have you been dying to try a new recipe and have not had the time? Here is the time to try it out! Enjoy a day of being creative and exploring new flavors. Did you know a little creativity each day can lead towards happiness and satisfaction?

**Call a Friend:** Check in on your friends and family during this time. This is a good way to brighten someone's day and keep him or her company during isolation.

**Read a Book:** Reading helps to relax you, prevent depression, and is a workout for the brain. Pick up a book that has been collecting dust on your shelf and dive in!

**Clean:** Bring out the vacuum and start cleaning! Tidying up has been shown to improve your mood and helps you get in daily exercise.

Try some of these ideas to help engage your brain and body and combat the feelings associated with isolation.



## Mexican Train Dominos

**Keep your Train Moving to Victory!**

Come and join us at the Crawford County Commission on Aging & Senior Center to play Mexican Train Dominos. Be the first player to lay down all your dominos! No experience is necessary. The group will start meeting **June 5th at 10am** at the Senior Center and **every Friday** thereafter. For more information, please call the Senior Center at (989) 348-7123.



## Walk in the Woods Starts in June Walk your Way to Fitness!

Did you know a brisk walk can improve your mood, help you manage chronic conditions, and improve balance? Walking is low impact and can help maintain or improve your overall health. Walking doesn't require any equipment or fancy training, it strengthens your heart and boosts energy levels!

The Crawford County Commission on Aging & Senior Center invites you to join us **every Wednesday starting on June 3rd at 1 pm** to explore the beautiful trails around Crawford County. We will meet at different trailheads every Wednesday and walk as a group throughout the woods. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.

It is time to bring out your shoes with arch support, a firm heel and thick flexible soles, breathable clothes, and your finest water bottle to walk your way to fitness! Although walking sticks are not provided, they are highly encouraged as they improve balance and stability and will aid you throughout the various trails we travel. We will begin each



## Public Hearing Announcement

The NEMCSA - Region 9 Area Agency on Aging (AAA) will conduct a virtual public hearing on its proposed Annual Implementation Plan for Fiscal Year 2021. The plan outlines the use of funds for services under the Older Americans Act, for the counties of Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon.

The virtual, online hearing is scheduled for Monday, May 18, 2020 at 1:00 pm. To register call or email Connie at: 989-358-4661 or mcquarriec@nemcsa.org.

A summary of the plan will be available upon request, 15 days prior by calling (989) 358-4661 or online at [www.nemcsa.org](http://www.nemcsa.org).

Written testimony will be accepted through June 12, 2020.

walk with a stretch to enhance performance and end each walk with a cool down stretch.

Come join the fun, experience the great outdoors. Don't forget to bring lots of water to stay hydrated during our trail adventures. If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get into the state parks. We will try to carpool depending on your location to decrease the cost. If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging (989) 348-7123. **You can join at any time!**

### Check out our Walking Schedule!

- June 3** – Wakeley Lake
- June 10** – Mason Tract
- June 17** – Wellington Farms
- June 24** – Marl Lake



# USDA Nutrition Label Updates

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits.

- Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today (The serving size is not a recommendation of how much to eat). The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package (one package of food may contain more than one serving).
- Calories are now in larger and bolder font to make the information easier to find and use. 2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at [www.choosemyplate.gov/resources/MyPlatePlan](http://www.choosemyplate.gov/resources/MyPlatePlan).
- Daily Values have been updated. The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| % Daily Value*                |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| Vitamin D 2mcg                | 10%                  |
| Calcium 260mg                 | 20%                  |
| Iron 8mg                      | 45%                  |
| Potassium 235mg               | 6%                   |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

higher or lower on the new Nutrition Facts label.

- The footnote at the bottom of the label has been updated to better explain %DV. As a general guide 5% DV or less of a nutrient per serving is considered low and anything above 20% DV per serving is considered high.

- Calories from fat has been removed because research shows the type of fat consumed is more important than the amount.
- Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.
- Added sugars have been added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.
- Vitamin D and potassium are now required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

Calcium and iron will continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)

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## COVID-19 Hotlines Available

**State Agencies:** Experts answering COVID-19 related questions

**Michigan Department of Health and Human Services (MDHHS)**

1-888-535-6136

8am – 5pm daily

**Michigan Health Department**

1-800-386-5959

Voicemail box—you should receive a response within 1-2 business days.

**District Health Department #10**

989-688-8614

## Community Resources

**211:** Calling available 24/7.

Text & chat available 8am-5pm M-F.

## Counseling / Mental Health Resources

### MDHHS Warmline

**1-888-733-7753**

Seven days a week from 10am to 2am

Get connected to a certified peer support specialist

### Northern Lakes Community Mental Health

**989-348-8522**

Warmline: 800-492-5742

24 Hour Crisis Line: 833-295-0616

Access to Service: 800-492-5742

Customer Services: 1-800-337-8598

Visit [www.mystrength.com](http://www.mystrength.com)

use code "NLCMHcommunity"

204 Meadows Drive, Grayling, MI 49738

### GRACE Center

**989-348-2544**

6459 West M-72 Highway,

Grayling, MI 49738

### Catholic Human Services

**989-732-6761**

2384 South I75 Business Loop,

Grayling, MI 49738

### Munson Behavioral Health Center

**989-344-5857**

Located at the Grayling Community Health

Center—1250 E. Michigan Ave.,

Grayling, MI 49738

## Health Care Providers:

Call regarding signs & symptoms

### Munson Healthcare

231-935-0951

Press 5 to speak to a nurse between

7am—7pm daily. Recording available 24/7

### McLaren Northern Michigan

Get an opportunity to speak with a team member.

231-487-5550

9am-5pm daily

### Mid-Michigan Health

1-800-445-7356

### Viking Wellness Center

**989-344-3540**

Ages 10-21

Located inside Grayling High School - Room C309

1135 North Old 27, Grayling, MI 49738

### River House, Inc.

**989-348-3169**

24 Hour Crisis Line: 1-888-554-3169

Domestic and Sexual Abuse Support

### Marne Olli, MA, LLPC -

### Counseling Services, LLC

**989-350-0183**

440 West Main Street, Ste B,

Gaylord, MI 49735

### Monarch Center Counseling

**989-225-1269**

Middle and high school aged students preferred

4736 North Flint Road,

Roscommon, MI 48653

### Great Northern Counseling

**989-930-4610**

Appointments can be made online at:

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

814 S. Otsego Avenue, Suite E,

Gaylord, MI 49735



## Reserved Hours at Family Fare Stores

Effective immediately, SpartanNash and our family of retail stores are setting aside time twice per week for store guests most at risk of contracting coronavirus (COVID-19), including older adults, pregnant women and immunocompromised individuals.

Reserved hours will be every **Tuesday and Thursday from 7 a.m. to 9 a.m.**

As we continue to navigate the coronavirus pandemic, we remain committed to the well-being and safety of our family of associates, customers and communities, as well as supporting health officials and government leaders to contain the virus. We are enacting these reserved hours to help protect our most vulnerable store guests, and we are asking our other customers to observe these hours for those most at risk in our local communities.

Learn more: <http://bit.ly/sn-reserved-hours>

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## Stroke Awareness: Know the Symptoms and BE FAST



- B** Balance: Sudden loss of balance
- E** Eyes: Vision loss in one or both eyes
- F** Face: Look for uneven smile
- A** Arms: Weakness in one or both arms
- S** Speech: Listen for slurred speech
- T** Time: Call **911** now

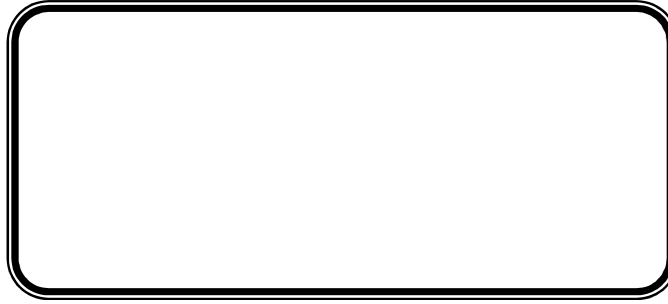
Minutes matter. If you see any of these signs of stroke, call **911** immediately. Learn more at [munsonhealthcare.org/stroke](http://munsonhealthcare.org/stroke).





Smartphone Scan  
to our Website

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



## Senior Project Fresh Farmers Market Nutrition Program Call to Schedule your Appointment!

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. You must be a Crawford County resident and be age 60 or over with income below \$1,967 per month for a single household and \$2,658 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments by telephone. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

## Senior Center Activities by Zoom!

The Crawford County Commission on Aging & Senior Center wants to know if you would be interested in joining us **online** to play games.

The events would take place online using **Zoom**, a **FREE** easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate in the activities.

The games we have in mind include **Bingo, Yahtzee, Trivia, Would You Rather,** and **Boggle**. These games can be played from the comfort of your own home while still interacting with friends and having fun!

Based on interest, we would organize time slots to play our games together and a link would be sent to your email inviting you to join our Zoom group. You do not need the physical board games to play. The most you will need to participate is a piece of paper, pencil, and dice. Join the fun, see your friends, and enjoy some bragging rights... if you're lucky!

If you have questions or are interested in participating, please email Kaitlyn at [kgrieb@crawfordcoa.org](mailto:kgrieb@crawfordcoa.org) with what activity you would like to play!

