

Crawford County Senior Gazette May 2021

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Featured Article

Greg Nelson

"Growing and Giving Back"

Greg Nelson stood by the fence on the corner of MaryAnn and Madsen Streets. His longish gray hair extended well below the Detroit Tigers cap on his head, threatening to tell his age, but his eyes sparkled with youth and excitement about the project that has become his central focus, the Grayling Community Garden.

Born in Grayling in 1954, Greg went through all of his school years here, then headed west after graduating. He worked for four or five years in the oil exploration industry, he said, lived in Denver for a time, got married, and had three children.

"We had a midwife for the birth of my daughters, and it was a great experience. Becky had a real easy time with childbirth, and that was a good thing, because my son was



born at home, in Washington. It was a bit of a surprise. We had planned for a midwife, but as it happened, I delivered him! What an experience that was. Becky went to take a shower and all of a sudden she was

hollering for me to come help her because he was already crowning. It was scary too, because when he came out, he was all blue. I thought he was dead and called an ambulance. They were great, and in the end, it was all good. I have to say that was a highlight of my life. I'm even listed on the birth

certificate as 'attending'."

It was also while living in Washington State that he discovered his calling...his passion.

"I got a job working at a country club out there. I learned all about irrigation installation and maintenance, but more, I gained a real understanding of quality. You look around at golf courses and country clubs...they're beautiful. And

Continued on Page 5



Find us by
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County Commission
on Aging & Senior
Center**

HOURS OF OPERATION

**Monday - Friday
8:30am to 4:30pm**

**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

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to our Website



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The Senior Gazette

308 Lawndale St.
Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging. The publication is distributed free to Crawford County residents by direct mail and at local businesses.

"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

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Communication Corner... Notes from the Director

Within a few short weeks of announcing that the Crawford County Commission on Aging & Senior Center would reopen May 3rd, the Coronavirus began to spread within our County to its highest level of the pandemic. This unfortunately means that at this time we cannot reopen as planned. We will continue to monitor the data and reopen as soon as we can.

Current guidance points us to the MI Safe Start Dashboard for Crawford County. We will most likely not be able to open until the County moves down into Risk Level B. You can review the dashboard and the chart to see the recommendations we are following for each risk level by going to our website and clicking on the links provided there. We are committed to taking all proactive measures in response to the COVID-19 pandemic, to ensure the health and safety of agency clients, caregivers, staff, volunteers, and community members.

- Staff at the Commission on Aging continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.
- 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 and In-Home Services will continue to be delivered as needed.

The return of programs and services to its normal level remains unstable as the virus is not predictable. If we can reopen before the next Senior Gazette is published, communication will be made through the COA via phone calls, emails, the COA website and Facebook posts.

-Alice Snyder, Director

Food Assistance

The next CSFP Food Distribution will be Wednesday, May 5th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

The next TEFAP Food Distribution will be Monday, May 10th at the American Legion Hall. Call (989) 358-4700 for information.

There will be a free food distribution Saturday, May 15th at 11am at Mount Hope Lutheran Church.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday to anyone living in Crawford County.

10-Digit Dialing Will Soon Be Required

Telephone users in four Michigan area codes are required to include an area code in every phone call - known as 10-digit dialing - as part of the rollout of a new way to reach the National Suicide Prevention Lifeline. These area codes include 989, 906, 810, and 616.

Callers in our area need to dial with 10 digits (area code plus telephone number) on April 24, 2021, the start date for what's called a permissive dialing period designed to get customers used to the new requirement of including an area code when dialing, even for local calls. Callers who forget and dial only 7 digits will still be connected during the permissive dialing period. Once the permissive dialing period is over in October you will get a recording that your call cannot be completed as dialed. If you get this recording, you must hang up and dial again using the ten-digit dialing – area code and the 7-digit telephone number.

These changes to dialing may also need to be made on other devices or services. Consider checking the following:

- life safety systems or medical monitoring devices
- mobile or other wireless phone contact lists
- call forwarding settings
- voicemail services and other similar functions
- fax machines
- Internet dial-up numbers
- fire or burglar alarm and security systems or gates
- speed dialers, and
- PBXs

Be sure to check your website, personal and business stationery, advertising materials, personal and business checks, contact information, personal or pet ID tags and other such items to ensure the area code is included.

General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

General Donations Made By:

Jesse Potts

Elizabeth Chace

Bill Nuckolls

Alan Etson

Abby & Mel Moore

Volunteers and Contributions received after April 16th will be acknowledged in the next edition of the Senior Gazette.

Memorial Gifts

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 which promote the well-being and independence of all older adults of Crawford County. You can also buy a Plaque to be displayed in the Dining Room.

Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider use in your estate planning or have your attorney add an addendum to your will. Your bequest to the Crawford COA will benefit many seniors and help us continue vitally needed several for years to come.

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you're interested in becoming a sponsor give us a call at (989) 348-7123.

Our Sponsors

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Memorial Donations Made By:

Scott Foster,
Dorothy Peacor,
Nancy Lemmen, &
Mark Hansen

*In Memory of
Tina Foster*

Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- No-Rinse Shower Caps
- Chux (Chucks) Pads
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call the COA for details

Volunteers

Volunteers give of their time and we could not do what we do without them. Our volunteers save us thousands of dollars of each year in staffing costs.

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.

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 ☐ Cash ☐ Check Amount Enclosed \$ _____

Please make check payable to "COA" at 308 Lawndale St. 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.



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Tom Jarosz	Sandra Woods
Myra Johnson	



Building Relocation Update Major Donors Needed

If you are wanting to be a part of this project or would like an opportunity to name a portion of the new facility in honor or memory of someone, now is the time. Naming rights will be given to each of the 4 donors for the area of their donation.

- \$350,000 Gift for Gymnasium
- \$ 35,000 Gift for Porte-Cochère
- \$ 15,000 Gift for Outdoor Patio Dining Area

Dollar figures are negotiable, so don't hesitate to contact us so we can have a conversation. These "asks" are meant to spark the beginning of a conversation. Payment of gifts also do not have to be readily available. The COA can be flexible on the timeframe of payment. We can also put you in touch with a financial advisor or legal counsel to help in structuring the gift as there may be tax advantages.

For more information, questions or to discuss a donation, please contact Director, Alice Snyder at (989) 348-7123 or director@crawfordcoa.org

-Alice Snyder, Director

Grayling Community Garden

The Grayling Community Garden is excited to be able to offer plots again this year. The deadline to register for a plot this season is May 8th; at that time plots will be assigned and further details will be received. Plots are available for any interested Crawford County resident.

The Community Garden property, located at the corner of Madsen and Mary Ann Streets, has been made available courtesy of the Carl W. Borchers Post Veterans of Foreign Wars (VFW) #3736. Plots will vary in size depending on the number of gardeners but all are available free of charge.

The Community Garden offers an assortment of tools for individuals to use on the property, an underground sprinkler system for irrigation, and the option to have your plot fertilized with an organic fish emulsion.

Planting won't begin until late May/early June; in the meantime a Meet and Greet is being planned. A variety of seeds will be available and volunteers will be there to answer questions about gardening.

The Grayling Community Garden is also seeking volunteers to help maintain plots which will grow food for the community. Food from this plot will go to individuals and families via the Crawford County Christian Help Center Food Pantry, Riverhouse Shelter, Crawford AuSable School Pantries and the Commission on Aging.

To sign up for a plot or to volunteer go to <https://www.crawfordcoa.org/special-programs/grayling-community-garden-registration> or to help with the community plot, contact the Grayling Community Garden at 989-348-7123. You can also LIKE the "Grayling Community Garden" Facebook page for more updates.

May Birthdays

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

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

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Greg Nelson (Cont.)

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

it's because they know how to take care of their landscapes, and they get it right. Eventually I became the landscape supervisor, which meant that I got to plan all the flowers, put in the orders for them, and really learn about them," he said. "In time, I started doing irrigation jobs for some private customers, and then they started asking for landscape designs and installations. So, I started drawing up plans for people, and doing the work. I did a lot of really big jobs, and kind of specialized in water features. I loved putting in koi ponds and fountains and little waterfalls."

He moved back to Grayling and used his expertise in irrigation systems in the construction of Garland Resort's Swampfire course in Lewiston. "I absolutely love that course. It's so beautiful."

Greg went back and forth between Grayling and Washington for a while, tended bar for ten years here in Grayling, had leukemia twice including two stem-cell transplants at the Fred Hutchinson Cancer Center in Seattle, saw his marriage fall apart, and overcame an alcohol addiction. It was after kicking alcohol that he finally settled back in Grayling.

"I am the live-in caretaker for my 90-year-old mom," he said. "Three years ago, the Commission on Aging put an ad in the paper for someone to be the volunteer garden coordinator. Well, I couldn't let that pass me by, so I applied and here I am."

The Grayling Community Garden (GCG) is a complex of 70 plots, each measuring about 4' x 10'. The plots are available for free use for anyone who wants to grow their own vegetables or flowers.

"Sadly, very few people take advantage of this. Fresh food is the best food, and here is a

place where people can come and grow what they like. We won't let you fail, either, because I don't work that way. When I do something, I DO it!"

The GCG has a full irrigation system (No buckets of water to carry or hoses to drag) and is cared for by volunteers who work at weeding and cultivating.

Plots that aren't claimed by individual



gardeners are not allowed to lay fallow, however. Greg uses them all to grow food for the Christian Help Center to distribute to people who need it. "We've donated about 2,000 pounds of vegetables to them," he said. "I'm glad to donate the vegetables, and I love growing them, but I'd love to see more people take advantage of this opportunity...this garden. It's so good for kids to learn where food comes from, and how to grow it

themselves. Gardening is good for the body and the soul."

"This year we're going to try no-till gardening. It's healthier for the soil, and that's good for whatever is growing in it."

The property where the CGC grows is privately owned and loaned to the Commission on Aging through the VFW. The fence around it was built by the Boy Scouts. Fertilizer comes from Dr. Jackson's Beefalo farm. Help with upkeep comes from the Schwano Center and other groups. It's a Community Garden in every way.

"You know, you look back at your life and you can follow the trails to where you are. My experience in irrigation and landscaping, and my love of doing it, put me in a place where I can help some people," Greg said.

When Greg isn't tending the Community Garden, he tends one at home. He has also helped with the flowers downtown. In the winter he works for the city, snow-blowing the sidewalks. He heats his home with wood, so there is wood to cut as well.

"I love to read. I have a deal with the Library where they let me take out extra because I go through about a book a day. I used to golf, but not much anymore. And I love bocce ball! My family has a cottage on the lake and we play a lot of bocce ball out there."

"I'm a happy person. I've made some mistakes, but I've gotten through. I gave up alcohol ten years ago. It's all good now."

For more information about the Grayling Community Garden and how you can get involved either as a volunteer or to claim a plot to grow your own vegetables, contact the Crawford County Commission on Aging.





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May 2021 ~ Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	4 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Apple Cobbler 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	5 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	6 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	7 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
10 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	11 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear, Berry Cobbler 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	12 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	13 11:30a-12:30p Lunch Shepard's Pie, Carrots, Grapes 4:30-5:30pm Dinner Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes	14 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
17 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	18 11:30a-1pm Mother's Day Luncheon Roast Beef, Au Gratin Potatoes, Midori Blend Vegetables, Cranberry Orange Relish, Iced Lemon Pound Cake 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	19 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Pork w/ Kraut, Green Beans, Applesauce, Dessert	20 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	21 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
24 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	25 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes, Cherry Cobbler 4:30-5:30p Dinner Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana	26 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Dessert 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	27 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	28 11:30-12:30 Lunch Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi
31 CLOSED FOR MEMORIAL DAY	<div> <div> VOLUNTEERS show us your SUPERPOWER </div> <div>  <p>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!</p> <p><small>(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current car insurance)</small></p> <p>Contact Alice Snyder at (989) 348-7123 to sign up or to learn more about Meals on Wheels.</p>  </div> </div>			

May 2021 ~ Activity Calendar
May 5 – 9:30-10:30am – Senior Commodities @ St. Mary's Catholic Church May 10 – 1-2:30pm – TEFAP Quarterly Food Distribution May 12 – 10am – Older Michiganians Day Livestream Event May 18 – 11:30am-1pm – Curbside Mother's Day Luncheon May 19 – 12-1pm – Introduction to Zoom Workshop May 26 – 10-11am – New to Medicare Seminar



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If you are in need of a car cane the Commission on Aging has some available along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.

Grief Support Groups Available

Now, more than ever, we need each other. In grief and loss, our world shifts and is forever changed. This can be incredibly unsettling. If you are feeling lost, you are not alone. Even though we are separated by distance, we can still come together in support. Munson Healthcare Hospice is offering virtual or phone support groups. As always, each group will be facilitated by one of their caring bereavement team staff.

- Tuesday mornings, 11:00am-12:30pm via Phone with Erin Gray
- 1st and 3rd Mondays, 2:00-3:30pm via Video/Phone with Erin Gray
- Thursday mornings, 11:00am-12:30pm via Video/Phone with Lonnie Wilkerson
- Friday mornings, 11:00am-12:15pm via Video/Phone with Karen Henderlong

If you are interested in a class or group email HospiceBereavement@mhc.net or call 800-252-2065.



Upcoming Classes

Our Community Partners are offering free online classes. To register or to learn more about the classes visit the links below.


- **Powerful Tools for Caregivers**
Wednesdays, May 5-June 11
<https://tinyurl.com/PTC-May21>
- **Spring Food Preservation**
Thursdays, May 6-June 24
<https://tinyurl.com/food-pres-may-21>
- **Stress Less with Mindfulness**
Daily, May 10-May 14
<https://tinyurl.com/stress-less-may-10>
- **Retirement Myths & Facts**
May 10th, 12:00-1:00pm
<https://tinyurl.com/retirement-may-21>
- **Protect Your Identity, Avoid Scams**
May 13th, 1:00-2:00pm
<https://tinyurl.com/scam-prev-may21>
- **Stress Less with Mindfulness**
Tuesdays, May 18-June 15
<https://tinyurl.com/stress-less-may-18>

Find & Compare Medicare Providers Near You

Whether you're looking for a new doctor or information on your current clinician, it's easy to compare doctors and clinicians to get the information that's important to you. At Medicare.gov you can:

- Identify doctors and clinicians who accept Medicare-approved payment amounts (so you pay less out-of-pocket).
- Get more information about your doctor like contact information, practice locations, specialty, hospital affiliation, and more.

You can also search and compare other services — like hospitals, nursing homes, and home health services — all in one place at Medicare.gov. Just visit <https://www.medicare.gov/care-compare/>.




OLDER MICHIGANIANS DAY

Senior Action Week & Older Michiganians Day

Join the Area Agencies on Aging Association and community partners May 10-14, 2021 in a week of advocacy! Learn about our top five advocacy priorities and why they are so important to older adults in Michigan. Help us rally to protect vital services that allow seniors to age with dignity and independence.

- Monday: Rebalance community-based long-term services & supports (LTSS) funding
- Tuesday: Increase access to non-Medicaid home & community-based services
- Wednesday: Bridging the digital divide for older adults
- Thursday: Support & strengthen the direct care workforce
- Friday: Establishment of a kinship caregiver navigator program

Wednesday, May 12th at 10am there will also be a livestream event featuring legislators on important issues that impact Michigan's most vulnerable population. Join the livestream at <https://tinyurl.com/OMD-livestream-2021> or join via phone by calling 1-646-558-8656 and entering the following Meeting ID: 968 8569 1099 and Passcode: 616294.



The Lifeline Program

The Lifeline Program is a federally funded program that helps lower the cost of your monthly phone or internet bill.

Consumers qualify for Lifeline based on their participation in certain federal benefits programs such as Medicaid, Supplemental Nutrition Assistance Program ("SNAP" or Food Stamps), Federal Public Housing, or the Veterans Pension and Survivor's Benefit Consumers. They may also qualify if their household income is at or below 135% of the federal poverty guidelines which is \$1,448 for a single person and \$1960 for a couple. Applicants only need to qualify via one of the programs listed above or through their income to prove their eligibility. The Lifeline discount is limited to one per economic household.

If you are interested in applying for this program, please contact Tammy Findlay, COA Advocacy/Resource Coordinator at 989-348-7123.

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, 11:00am-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

Contact the COA office to set up an appt.

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, \$6.00 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. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

Information and Assistance

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

Legal Assistance

by Jason R. Thompson, Law Office PLC

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered 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.

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.

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.

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.



Commission on Aging
& Senior Center

How We Served You in Mar 2021!

At the Senior Center

- We served **518** Congregate Meals

In-Home Services

- Delivered **2,643** home delivered meals.
- Provided **119.75** hours of respite care.
- We provided **375.5** hours of homemaker services.
- We provided **66.5** hours of bathing assistance services.

Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

What Are Social Security Representative Payees?

Millions of people get monthly Social Security benefits or Supplemental Security Income payments. Some need help managing their money. When we receive information that indicates you need help, we'll assign a representative payee to manage your benefits for you. We try to select someone who knows you and wants to help you. A representative payee receives your monthly benefit payment on your behalf and must use the money to pay for your current needs, including:

- Housing and utilities.
- Food.
- Medical and dental expenses.
- Personal care items.
- Clothing.
- Rehabilitation expenses (if you're disabled).

If you need help managing your benefits, tell a Social Security representative that there is someone you want to be your representative payee. They should be someone you trust

and see often, and who clearly understands your needs. Social service agencies, nursing homes, or other organizations are also qualified to be your representative payee. Ask them to contact us.

You can write to us within 60 days of being assigned a representative payee if you don't agree that you need one or if you want a different representative payee. We also offer an option, called Advance

Designation, which

allows you to choose a representative payee in advance. In the event you can no longer make your own financial decisions, you and your family will have peace of mind knowing you already chose someone you trust to manage your benefits.

You can submit your advance designation request when you apply for benefits or after you are already receiving benefits. You may do so through your personal my Social Security account at www.ssa.gov/myaccount, by telephone, or in person.

You can find more information at <http://www.ssa.gov/payee>.



Survey Scam

AG Nessel Warns Michiganders of Fraudulent COVID Vaccine Surveys

For Michiganders who have received or plan to get the COVID-19 vaccine, Michigan Attorney General Dana Nessel is warning them to avoid current vaccine survey scams offering a reward in exchange for personal information. In the messages, people are prompted to participate in a fraudulent post-vaccine survey with the promise of cash or a prize upon completion. The bogus surveys are reportedly asking victims to pay for shipping and handling in order to receive a prize that is never delivered.

"Scammers continue to find ways to steal personal information and although many who have received the COVID vaccine have a sense of pride, it is crucial that people avoid sharing their vaccination cards for this exact reason," said Nessel. If you do receive a suspicious email or text, remember to never click on any unsolicited links or attachments, and also remember that no legitimate surveys will ever ask for your credit card or bank account number to pay for a 'free' reward."

The Intellectual Property Rights Center provided the following information and tips to avoid being victimized in their alert:

- No post-vaccine surveys are being conducted by Pfizer, Moderna or Johnson & Johnson.
- Any emails or text messages that purport to be sent on behalf of these companies seeking personal financial information are illegitimate and fraudulent as these companies would never request an advanced payment for shipping or other expenses.
- DO NOT open any messages or click on any links or attachments.
- NEVER give out bank account, credit card, or personal information.

Michiganders can also:

- Report smishing – fraudulent – text messages to 7726 (SPAM) for investigation.
- Filter unwanted text messages through your wireless provider or with a call-blocking app.

As always, your connection to consumer protection is just a click or phone call away. A library of consumer alerts and additional resources are available 24/7 by clicking here. Consumer complaints can be filed online at the Attorney General's website, or by calling 877-765-8388.



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 and includes articles/topics on a variety of certain chronic conditions such as diabetes, Parkinson's Disease, Cancer, and dementia.

View the latest newsletter at <https://tinyurl.com/NEMCSA-SP21-newletter>. To subscribe to the newsletter contact (989) 358-4616 or email mainvilleb@nemcsa.org.



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Wednesday, May 19th at noon.**

Learn how to join meetings online via your computer, tablet, smart phone, or other device. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

To join the meeting visit <https://msu.zoom.us/j/95354614775>. Or join via conference call by calling (312) 626-6799 and entering the passcode 330171. For more information call (989) 348-7123.

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We may resume when the Senior Center reopens for activities.

T T O P C O N V E R G E N C E P O F P F Z S H
W R E P A P E T S A W N S W X B C C U K F E E
P V U R T Q R W E C E O G A G E O H T R R S X
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2. addington
3. avoidance
4. barcan
5. bedrabble
6. biaxiality
7. brownsville
8. calamitous
9. cautioner
10. chick
11. chirogymnast
12. clangorously
13. convergence
14. copilot
15. diarrhoea
16. freightliner
17. furies
18. godroon
19. grimalkin
20. herry
21. insolubilized
22. kingsnake
23. lithography
24. monclova
25. naked
26. nonaudible
27. oligochaeta
28. panjabi
29. pantagraph
30. peytral
31. postlarval
32. preoccupied
33. prepossess
34. propel
35. raddled
36. represent
37. romanise
38. supervexation
39. sustain
40. tetzel
41. trussed
42. tschernosem
43. tutankhamen
44. unprocured
45. unprovincial
46. unwig
47. vendee
48. wacky
49. wastepaper
50. webbier



Mother's Day Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Mother's Day Luncheon on **Tuesday, May 18th from 11:30-1pm**. On the menu will be Roast Beef, Au Gratin Potatoes, Midori Blend Vegetables, Cranberry Orange Relish, and Iced Lemon Pound Cake.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.

Caregiver Webinar Series

Caregiving for a loved one comes with unique challenges that can lead to increased stress. NEMCSA Region 9 Area Agency on Aging is hosting a free Caregiver Webinar Series via Zoom, on the second Friday of each month from 1-2pm. See below for session dates and topics:

- May 14th: Caring for the Caregiver
- June 11th: Understanding and Responding to Dementia
- July 9th: Dealing with Difficult Emotions
- August 13th: Assistive Devices
- September 10th: Preparing for the Future

This month's session, Caring for the Caregiver, is designed to help caregivers to recognize the signs of burnout and learn how to combat it.

This session is open to healthcare professionals, older adults, and caregivers of all types, whether caring for someone with dementia or a chronic illness to attend.

To register visit <https://tinyurl.com/cargiver-webinar-2021>. For more information or to register, contact Brooke at mainvilleb@nemcsa.org or 989-358-4616.

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- Dr. Barbara Craig
- Dr. Heather Minkel

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Mindfulness Outdoors

By Nicole Persing-Wethington, from Michigan State University Extension

Spring brings a wonderful opportunity to practice mindfulness outdoors. The senses are powerful mindfulness tools and can be used to bring us back to the present moment. Try these activities to practice:

- **Mindful Gardening:** gardening has wonderful benefits on its own. Adding mindfulness offers new possibilities. Bring awareness to gardening tasks. Focusing on the moment and the sensations. Feeling the dirt between your fingers, the rake in your hand, and noticing the muscles as you kneel. Focusing on each plant, each seed, each tool. When gardens are in bloom, they offer a plethora of sensory opportunities to notice. Try a moment of mindful appreciation of the scene.
- **Mindful Walks:** We often think of walking for cardiovascular activity or a way to get from point A to point B. Mindful walking is walking with awareness. It does not have to be fast, and there is no destination. It is about the process of

walking. We have 58 muscles in the leg alone, that is a lot of opportunity to notice. Try noticing how your feet feel as they touch the ground, the environment, and how it feels to breathe with each step.

- **Mindful Moments of Stillness:** Mindfulness does not have to include a long practice. Try sitting in a moment of stillness. This could be one minute or an hour, though most of us will start closer to the one minute. Allowing yourself to clear your mind and notice your experience in the moment. Your body and the space it inhabits. Notice the warmth of the sun, the cool breeze, any observable sensation. These moments have been shown to reduce physiological symptoms of stress.

To learn more about mindfulness, try Stress Less with Mindfulness from Michigan State University Extension: <https://www.canr.msu.edu/mindfulnessforbetterliving/index>.

Emergency Broadband Benefit

The Emergency Broadband Benefit is an FCC program to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms.

About the Emergency Broadband Benefit

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Emergency Broadband Benefit Program?

A household is eligible if one member of the household meets at least one of the criteria below:

- Qualifies for the Lifeline program
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020 and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating providers' existing low-income or COVID-19 program.

When Can I Sign Up for the Benefit?

The program has been authorized by the FCC, but the start date has not yet been established. Please contact Tammy Findlay, Advocacy/Resource Coordinator at 989-348-7123 for further information.



Dessert Tuesdays

We will be giving away FREE servings of cobbler with your Congregate meals every Tuesday in May! Look as these yummy options! Cobbler is a dessert consisting of a fruit or savory filling poured into a large baking dish and covered with a batter, biscuit, or dumpling (in the United Kingdom) before being baked.

- **May 4th—Apple Cobbler**
- **May 11th—Berry Cobbler**
- **May 25th—Cherry Cobbler**

Simply call the Senior Center at (989) 348-7123 between the hours of 9 –11:30am to order your meal for take-out. Then pick up curbside from 11:30 – 12:30pm and enjoy dessert with your meal!

Lunch is a suggested donation of \$3.50 for those 60+ or a cost of \$6 for those under 60.



New to Medicare Seminar

Are you turning age 65 in 2021? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, May 26th at 10am** for a presentation that will help demystify the issues surrounding Medicare.

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

For more information or to get the Zoom link email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123.

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Program Provides Free Fruits and Vegetables

Crawford County residents ages 18+ can earn \$100 in vouchers to purchase fresh/frozen/canned fruits and vegetables by participating in one free, five-session, virtual, nutrition education course. In order to qualify for the \$100 you must attend ALL classes and return a post-session survey. See below for upcoming available classes and times:

- May 10-Jun 14, Self-Paced My Way to Wellness
- Jun 7-Jul 12, Mondays, 9am Eat Healthy, Be Active
- Jun 17-Jul 22, Thursday, 11am Cooking for One
- Jul 13-Aug 10, Tuesdays, 1pm Eat Healthy, Be Active
- Aug 5-Sept 9, Thursdays, 10am Cooking for One
- August 16-Sept 20, Self-Paced My Way to Wellness

To register contact Kathy Jacobsen at (231) 437-3481 or kjacobsen@mhc.net.

DTE Home Energy Consultations Available

Find out where your home uses the most energy and identify things that you can do in every room to save energy, plus receive FREE energy saving products (up to \$425 value) installed at no cost to you.

An energy specialist will visit your home and provide a basic overview of ways to save energy and a Home Energy Profile report with information about how you can save even more. Free energy-saving products available for installation may include:

- Programmable thermostat
- Kitchen and bathroom faucet aerators
- Energy efficient showerheads
- Hot water pipe wrap

You qualify for a Home Energy Consultation if you are a current DTE residential customer in active status who lives in a single-family home, duplex, or condominium (excludes multi-unit or apartment buildings with three or more units) and your home has not already received a consultation. To schedule a free consultation call 866-796-0512 or dteenergy.com/hec.

Coronavirus Resources

COVID-19 Hotline

Call 888-535-6136

COVID-19 Testing Sites in Grayling

COVID-19 testing is available through healthcare providers and laboratories, but may be limited or only available for pre-screen patients meeting certain criteria. Most hospitals, urgent care centers, retail clinics, and other providers are offering the tests, but it is important to check with specific providers to understand their testing protocols and qualifications.

- Grayling Community Health Center
Building D - Walk In Clinic
989-348-0550
1250 E Michigan Ave, Grayling, MI
- Walgreens Pharmacy
989-344-0374
2045 S I 75 BL, Grayling, MI
- Kirtland Community College
866-247-6440
4800 W 4 Mile Rd, Grayling, MI

COVID-19 Vaccine Sites in Grayling

None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19. COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. People are considered fully protected two weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine.

- District Health Department #10
501 Norway, Grayling, MI
Vaccine-Moderna
Sign up on line @ <https://www.dhd10.org/covid-19-vaccine>
- Walgreens Pharmacy
989-344-0374
2045 S I 75 BL, Grayling, MI
Vaccine-Moderna
- Medicine Shoppe
989-348-2000
500 North James Street, Grayling, MI
Vaccine-Moderna

Please contact Tammy Findlay Advocacy/Resource Coordinator for Crawford County Commission on Aging at 989-348-7123 for assistance with signing up for the COVID-19 vaccine.

Crawford Roscommon Suicide Prevention Coalition Increasing Awareness

May is Mental Health Awareness Month and The Crawford Roscommon Suicide Prevention Coalition provides awareness, support, and education to prevent suicide, and assists those who have been personally impacted.

The Crawford Roscommon Suicide Prevention Coalition offers meetings on the 3rd Tuesday of every month from 9-10am. For more information contact Carol Miller at 989-422-5122.

Strategies for coping with the psychological health effects of COVID-19 can help older adults maintain a clear state of mind:

- Establish structure and routine in daily life
- Seek out regular moments of pleasure, meaning, and mastery
- Maintain social connectedness and sense of belonging
- Incorporate ways to experience relaxation and calm
- Engage the mind
- Engage the body
- Maintain a healthy diet
- Sleep well
- Limit exposure to traditional and social media coverage of COVID-19 and related developments
- Get professional help to manage stress or changes in mood, if needed

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support, and help they need. If you or someone you know is experiencing a crisis please call The National Suicide Prevention Lifeline 24/7 at 1-800-273-8255 or text 741-741.

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