

Crawford County *Senior Gazette* May 2026



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Moms, The Unsung Heroes of Society Written by Carlie Wilson

Growing up, we are often raised to see our fathers as the grounding forces of the family. They are traditionally cast as the breadwinners, the ones who work long hours, who steady us in moments of crisis, who carry the visible weight of responsibility. From an early age, we are taught to recognize the importance of a father's role. But what about mom?



What about the one whose work rarely comes with a title, a paycheck, or even a pause? The one who operates in the background, and yet somehow holds everything together? A mother is more than a parent; the word itself is more than just a title. It is truly a lifeline. Our moms serve as the axis around which our worlds quietly revolve.

It's a role defined not by a single responsibility, but by a thousand small, unseen ones. It's the mental checklist that never quite turns off: the appointments remembered, the worries carried, the needs anticipated before they're ever spoken aloud. It's the late nights spent waiting up, the early mornings that begin before anyone else stirs, the quiet sacrifices that go unnoticed because they are made so often.

Mothers are the architects of our daily lives in ways we rarely stop to consider. They build routines out of chaos, turn houses into homes, and offer a kind, steady presence that asks for very little in return. Their work is not measured in hours or wages, but in the countless moments that shape who we become. Sometimes, what they give us shows up years later, in the smallest habits and the simplest lessons.

Continued on Page 11

Hours of Operation

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



Find Us By Searching

Crawford County
Commission on Aging
& Senior Center



Our Mission

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



director@crawfordcoa.org
Fax: (989) 348-8342
Phone: (989) 348-7123
Grayling, MI 49738
4388 West M-72 Hwy

Smartphone Scan
to our Website



Walk in the Woods May 2026

May 6th, 10:00 am: Wakeley Lake*

Wakeley Lake Nature Preserve is located off of M-72 E. A Huron-Manistee National Forests vehicle pass is needed for parking, which can be purchased via a fee pipe at the trailhead.

May 13th, 10:00 am Hanson Hills*

Hanson Hills Recreation Area is located at 7601 Old Lake Rd, Grayling, Michigan 49738. Please meet at the Rotary Pavilion, located across from the Ski Lodge, for the walk.

May 20th, 10:00 am: Goose Creek Trail

The Goose Creek Trail Camp in Grayling, MI, is located off Co Road 612 and Manistee River Road (near Pine Bend Rd) in Frederic, MI 49733. A Michigan State Park Pass is required to visit Goose Creek.

May 27th, 10:00 am: Camp AuSable*

Camp AuSable is located at 2590 Camp Au Sable Rd. Grayling, MI 49738. Please meet in the parking lot outside of the big store for this walk

An * designates that the group plans to meet for lunch following the walk. State park & federal park passes may be required, see location information for details.



Region 9 Area Agency on Aging Person-Centered Options Counseling

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

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

Program Benefits:

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

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

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

A Letter from the Director.

I apologize for the opening act of the Comedy for a Cause performance. Last year Joel Tacey performed a very funny and family friendly comedy magic show that was well received. We thought it would be a great idea to invite him back. Joel told me that he had a bright new comedian, that would come with him and be his opening act at no extra charge. I agreed without vetting his opening act. For that I apologize and say I was equally outraged and also mortified by his performance. I take full responsibility for this occurrence and promise to never let anything like this ever happen again.

Sincerely,

Brian McLaughlin

Shred Day 2026 June 13th, 9:00 am - 12:00 pm

Is your garage overflowing? Old electronics piling up? It's time to clear the clutter and make a difference! Join us for Shred Day 2026—your one-stop event to safely and responsibly dispose of those hard-to-get-rid-of items while helping keep our community clean and green. Document shredding will take place from 10:00 a.m. to noon at the Crawford County Building (200 W. Michigan Ave), with suggested donations of \$10 for a 13-gallon bag/box and \$15 for a 40-gallon bag/box.

This event also offers safe disposal of household hazardous waste, including paints, stains, pesticides, pool chemicals, and cleaners. Plus, for a suggested \$10 donation, you can recycle old TVs along with a wide range of e-waste such as computers, monitors, printers, small appliances, gaming consoles, cell phones, DVD players, cables, and more. Tires are also welcome, with preference being for off-rim tires. Shred Day 2026 is sponsored by North Central Area Credit Union; all donations support the Crawford County Commission on Aging. Special thanks to EGLE, the Northeast Michigan Council of Governments and Crawford County for helping make this event possible. Do you have questions about the event? Call or text 248-961-3056.



Crawford County Commission on Aging Board Meeting

This month's Board Meeting is on May 19th, starting at 4:30 pm. All board meetings are open to the public, and meeting notes are available on our website following the meeting.

Tech Tuesdays

Tech Tuesdays with Patty Lemmons have returned. Need tech help? Schedule an appointment with Patty. Patty is available every Tuesday from 1:30 pm - 4:00 pm. To book an appointment, call the Commission on Aging at 989-348-7123.

May Birthdays

Charlotte Ippolito 5/9
Ethel Minnick 5/4
Cathy Morrow 5/2
Martie Reichelderfer 5/23
Larry Roggow 5/23
Joyce Sorenson 5/18

Birthday Lunch is on Thursday,
May 28th, 11:30 am - 12:30 pm

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

Mother's Day Special Dinner is May 14th 4:00 pm - 6:00 pm

Come celebrate Mother's Day at the Crawford County Commission on Aging! We will be serving Honey & Thyme Chicken Breast with Apricot Bacon Jam, Roasted Redskin Potatoes, Capri Blend Vegetables, Multi-Grain Dinner Roll, and Strawberry Shortcake.

Senior Gazette Staff

Editor — Brian McLaughlin
Contributing Writers

Carlie Wilson, Kate Moshier,
Tammy Findlay, Todd Lako, Sarah
Pollock, and Jan Williamson.

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

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

Commission on Aging Board Members

Karl Schreiner, Chair
Shannon Sorenson, Vice-Chair
Sandy Woods, Secretary
Sandra Moore, Commissioner
Mark Ostahowski, Member
Jason Thompson, Member
Cheryl Wolkens, Member

Staff

Brian McLaughlin, Director
Todd Lako, Facility Maintenance
Tammy Findlay, Advocacy &
Resource Coordinator
Carlie Wilson, Senior Center
Manager
Lynn Cheney, Office Manager
Receptionists: Helen Nolan & Patty
Lemmons
Kate Moshier, Nutrition Manager
Cooks: Megan Hagle, Dalton Keir
Sarah Pollock, In-Home Services
Manager
Jan Williamson, RN
Kathy Meisner, Program Assistant
Homemakers:
Danette and Susan

Mackinac Island Lilac Festival Trip

The Commission on Aging is going to the Lilac Festival on Mackinac Island on Wednesday, June 10th. There are only 12 seats available for the trip. We will be attending the festival, touring the island, and having lunch at Island Pizza. Tickets are \$80.00 for those in the county and \$85.00 for those who are out of the county. Your ticket covers your seat on the bus, your ferry ticket, festival activities, and the cost of lunch. This event does require a bit of hiking. If you want more information about the trip or would like to reserve your seats on the bus, please call the COA at 989-348-7123.

Detroit Tigers Trip Tickets on Sale

June 1st

Get ready for a day of big-league fun as the Crawford County Commission on Aging sets out for a trip to Comerica Park.

Game Day: July 29th, 1:10 PM

Departure: 8:00 AM from the Crawford County Commission on Aging (arrive by 7:30 AM).

Your \$125 ticket includes:

- A reserved stadium seat.
- A delicious meal provided by the COA on the way to the game.
- A classic ballpark meal during the game.
- Round-trip transportation on a comfortable motorcoach.

Only 50 seats are available for this trip. Reserve your spot today before they're gone! If you need an ADA seat, please mention this when purchasing your ticket. We will have limited ADA Stadium Seats available at the game.

Special Dinner Schedule

May 14th

Mother's Day

June 18th

Father's Day

July 16th

Hawaiian Luau

August 20th

Backyard BBQ

September 17th

Thursday Night Lights

October 22nd

Halloween

November 19th

Thanksgiving

December 17th

Christmas

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

Support Groups & Resources:

Alcoholics Anonymous

St. Francis Episcopal Church
Monday/Friday: 12:00 pm - 1:00 pm
Tuesday/Friday/Sunday:
7:00 pm - 8:00 pm

St. John's Lutheran Church

Thursday 7:00 pm - 8:00 pm

Sunday 12:00 pm - 1:00 pm

Alzheimer's Support Group

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

Info call: COA Senior Center
(989) 348-7123

Choices Group

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

Healthy Relationships Group

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

Long COVID - Support Group

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

Narcotics Anonymous

Wednesdays, 8:30 pm - 9:30 pm
Saturdays, 4:00 pm - 5:00 pm
St. Francis Episcopal Church,
Grayling

Grief Share Ministry

Grayling Baptist Church

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

Hope Begins Here

308 Lawndale St

(989) 745-6090

Drop-in Mental Health Assistance Center. Offers a haven for people with mental health disorders.

\$10.00

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Septic Tank
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Grayling, MI 49738



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Septic Tank
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\$10.00

Coupon cannot be
used with any other
offer or discount.

1941 **81 years** 2022

Expires 10/31/26

\$10.00

Veteran's Coffee

Hour Date

Date: Thursday, May 14th

Time: 10:00-11:00 AM

The meeting is held at the
American Legion Post #106
More Info: (989) 344-3861



General Giving

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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes. By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure everyone receives a meal, in-home services, and the advocacy needed to support the needs of older adults in our community.

Thank you for your consideration.

Sponsors

Silver Sneakers

Led by Rich Ferrigan of Grayling Fitness Center

Foot Clinic

by Linda Russel

Hearing

by Advantage Audiology

Birthday Lunch Flowers

donated by Family Fare

Legal Aid Offered

by Jason R. Thompson Law Office PLC

Grayling Pharmacy Bingo

by The Grayling Pharmacy

Fit for the Aging

by Sami Szydzik of Stronger Fitness

General Donations

Mary Alexander

Justin Andre

Karen Arquette

Judy Belanski

Diane Branch

Darlene Cloud

Community

Foundation for

Northeast Michigan

Denholm Family

Chiropractic

Anna Fradl

J Frances

Gits & Shiggles

Shawn Kayga

Bill Leeson

Kirsten Lietz

Dennis & Mickie Meyers

Mike & JoAnn Muston

Helen Nolan

North Central Area

Credit Union

Katie Olson

Rotary Club

Jon Schultz

Randall & Tanya

Stephens

Delbert Sullivan

Christine Weber

Ron & Margaret Yon

Memorials

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax-deductible gift in their name will enable us to continue to provide and initiate programs that promote the well-being and independence of all older adults of Crawford County. You can also buy a memorial plaque to be displayed in our Exercise Lobby. If you are interested in donating in memory of someone, call 989-348-7123 for more information.

Hometown Heroes

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

Running Tally of Support: 100 Days, \$30,690. Thank You!

Become a Hometown Hero by donating a day's worth of meals for local Meals on Wheels recipients!

The Hometown Heroes for May 8th are Keith Radwanski and Erin Fanning. This day is dedicated in memory of Helen Wyszomierski.

Memorial Donations

Farrell Thomas, in memory of Linda (Brooks) Thomas; Dave and Cheryl Millikin, in memory of Amber lone Meech.

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-Mail Address _____

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

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

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

All Gifts are Tax Deductible

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

April Showers Brought May Activities

Geri-Fit

New Date, Now Starts May 13th, 3:00 pm

Geri-Fit is an evidence-based, 45-minute chair-based strength training program designed for older adults (age 60+) to increase strength, balance, and range of motion. It is a progressive resistance workout using dumbbells and a stretch band that focuses on rebuilding lost muscle without any aerobic activity, such as dancing or floor work. The class will meet on Wednesdays and Fridays, and is taught by Jan Williamson and Toby Neal. This is a grant-funded class, where participants are asked to attend 80% of all listed classes. There are still seats available. Please call 989-348-7123 for more information.

Book Club

May 6th & May 20th, 10:00 am

Our Book Club is back this May with two engaging discussions you won't want to miss. Whether you're a longtime reader or just looking to join a welcoming group, this is a great opportunity to connect over compelling stories. On Wednesday, May 6, 2026, the group will dive into *White Oak Lodge* by Katie Winters. This heartfelt novel follows a woman seeking a fresh start as she returns to a quiet lakeside lodge filled with memories, mystery, and the possibility of new beginnings. As she reconnects with the past, she uncovers secrets that challenge her understanding of family, love, and home. Then, on Wednesday, May 20, 2026, readers will discuss *Don't Let Her Go* by Willow Rose. This gripping psychological thriller centers on a missing girl and the unraveling of a small town's secrets. As the investigation deepens, unexpected twists and hidden truths keep readers guessing until the very end. Join us for one or both sessions and be part of lively conversations, thoughtful insights, and a shared love of reading.

AT&T Tech Presentation

May 13th, 1:00 pm

Join us for the AT&T Tech Presentation and explore both new and familiar technology in a way that actually makes sense. This informative session will help you get the most out of your cellphone and your current phone plan—without the confusion. Whether you want to better understand your device, save money, or simply feel more confident using your phone, this is a great opportunity to learn something useful and practical.

Horizon Bank Fraud Presentation

May 19th, 12:30 pm

Horizon Bank is back on May 19th at 12:30 pm with another Fraud Prevention Presentation you won't want to miss. Scammers are getting more creative and convincing every day. This session will break down the latest fraud schemes, reveal the tricks criminals use to gain trust, and show you exactly how to protect yourself before it's too late. Stay informed, stay alert, and learn how to spot the warning signs before you get into trouble.

Volunteers

- | | |
|----------------------|---------------------------|
| Merideth Anderson | Mike Miller |
| Mark Anderson | Tim & Olie Miller |
| Ann Berglund | Brian Miller |
| Nancy Billingham | Tobias Neal |
| Mary-Beth Brady | Marlyn Neuberger |
| Betty Jo Bresmon | Lynn Oldfield |
| Debbie Carrigan | Bev Organek |
| Carolyn Cochran | Mark & Suzanne Ostahowski |
| Isabella Cooper | Ron Pagerski |
| Jane Croze | Lois Platt |
| Carolyn Diponio | Jackson Pollock |
| Diana Doremire | Anthony Pringle |
| Kathy Dreffs | Deb & Tom Rawlings |
| Tom Fauntleroy | Al Reynolds |
| Rich Ferrigan | Chuck & Robin Rodgers |
| Linda Fielhauer | Jon & Gail Schultz |
| Bob Gerring | Jon Shazri |
| Sherry Haag | Sally Slicker |
| Donn Handy | Janis Smith |
| Susan Hensler | Cheryl Starr |
| Cheryl Hopp | Randy & Tanya Stephens |
| Annette Hritz | Barb & Brad Summers |
| Francis Hummel | Samantha Szydzik |
| Liedewey Hunter | Farrell Thomas |
| Cindy & Jim Johnson | Ellen Thompson |
| John Kay | Ken Thurston |
| Ron & Eileen Kemerer | Scott Ulery |
| Glenn King | Carol Wilder |
| Nancy Lemmen | Jan & Michael Williamson |
| Karen & Todd Leslie | |
| Cathy Lester | |
| Dave & Mary LoPresto | |
| Michael Lutz | |
| Judy Marchlewicz | |
| Dave Markle | |
| Sandy Marshall | |
| Dan & Karen McCarthy | |
| Max Meisner | |

Thank you!



VOLUNTEERS WANTED

Give Back. Stay Active. Connect.

For more information: visit www.nemcsa.org or call

1.877.222.9043



CLASSROOM GRANDPARENT PROGRAM (FGP)

Provide compassion, support, and one-on-one attention to students, helping them build confidence and develop a love for learning.

SENIOR COMPANION PROGRAM (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization

For adults 55+ in Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon Counties

- *20 hours per week.
- *Non-taxable stipend of \$4.00/hr.
- *Mileage reimbursement
- *Supplemental/excess insurance during service
- *Annual recognition event.

income eligibility requirements apply*

1.877.222.9043



Ty Karns
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COMMITTED TO KINDNESS

The little things often make all the difference. It's why you feel the care we're known for from the moment you arrive. At Munson, we know healing happens when excellence is served with warmth, compassion, and sincerity. Because our care isn't just clinical—it's personal.

Learn more at:
munsonhealthcare.org/commitment





The COA is looking for fur babies in need of vet care, vaccines, dog food, cat food and cat litter. We received a grant from Meals on Wheels America and Pet Smart Charities to support the needs of your pet. Please phone Tammy Findlay @ 989-348-7123, for more information.



Spring Cleaning Includes Removing Allergens

Spring is an ideal time to remove dust and allergens that accumulate over winter.

- Dust ceiling fans, vents, and baseboards to improve air quality.
- Wash bedding, curtains, and rugs to remove allergens.
- Clean out refrigerators and pantries, discarding expired food.



Have You Heard of Our Pet Program?

The Crawford County Commission on Aging has received a generous grant from Meals on Wheels America Pet Program and PetSmart Charities, allowing us to better support older adults in caring for their beloved pets. This program is available to Crawford County residents age 60 and older who meet income guidelines, and helps provide essentials such as dog food, cat food, kitty litter, and even veterinary care. By easing the financial burden of pet ownership, we're helping ensure that no one has to choose between their own needs and the companionship of their pet. For more information or to see if you qualify, please call Tammy Findlay at 989-348-7123.

New to Medicare

Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, May 13th, at 10:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance.

Introducing the OWL: A New Way to Connect

A new Virtual Senior Center is launching to help local older adults stay connected, engaged, and supported, no matter where they are. The initiative is designed to reduce loneliness, improve mental health, and remove transportation and mobility barriers that often prevent seniors from participating in our programs. By offering activities online, the Crawford County Commission on Aging can now reach individuals who may have previously been unable to attend the Senior Center due to health challenges or limited transportation.

To help residents get comfortable with the new format, the Commission on Aging will host weekly Senior Center Tours every Monday from 10:30 to 11:30 a.m, starting May 4th. Tours will be available both in person and virtually. These tours are designed to introduce participants to programs, build trust, and make the experience feel welcoming rather than intimidating. The tours will also be paired with a "Coffee and Conversation" program, a relaxed hybrid gathering where seniors can enjoy coffee, games, books, and friendly conversation while connecting with others, whether they join from home or at the center.

Commodities Program Guidelines 2026

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

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

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

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

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

Shred Day 2026

Do you have documents that need shredding? Electronics that need recycling? Old tires gathering dust? Join us for a one-stop recycling event to safely dispose of those hard-to-get-rid-of items. Let's keep our community clean and green!

When: Saturday, June 13th, 2026

Time: 9AM-12PM

Where: Crawford County Building Parking Lot (200 W. Michigan Ave, Grayling, MI.)

See page 2.

Pet Safety and Wellness Tips

- **Vehicle Safety:** Do not allow pets to ride with their heads out of car windows or in the back of open trucks, as debris can cause injuries.
- **Heat Safety:** As temperatures rise, provide ample shade and fresh water for pets left outdoors to prevent dehydration and heatstroke.
- **Vaccines and Prevention:** Ensure your pet's vaccinations are up to date and they are on a monthly preventative regimen for fleas, ticks, and heartworms.
- **Spaying/Neutering:** Spring is mating season, which can lead to increased roaming and behavioral changes; spaying or neutering reduces these risks and prevents unwanted litters.

Upcoming Online Classes from Michigan State Extension Office May 2026

Mindfulness Pebbles: Basics

May 4, 2026 8:30AM – 9:30AM Online

Brief Practices in Mindfulness

May 4, 10-11:30am, May 4, 2026 10:00AM – 11:30AM Online

Wits Workout - Star Gazing May 4, 2026 1:00PM – 1:30PM Online

Living Well with Diabetes—Diabetes Simplified

May 5, 2026 12:00PM – 1:00PM Online

Tips to Build and Protect Your Credit (Webinar) – May 5, 2026

May 5, 2026 12:00PM – 1:00PM Virtual - Zoom

Spring Into Mental Well-Being Part 4: Mindful Laughter

May 5, 2026 1:00PM – 2:00PM zoom webinar

Walk with Ease (Self-directed Enhanced) MAY 2026

May 6, 2026 – June 10, 2026

Make a Spending Plan Work for You! (Webinar)

May 6, 2026 12:00PM – 1:00PM Zoom

Mindfulness Pebbles: Breath

May 6, 2026 12:00PM – 1:00PM Online

Preserving MI Harvest-Preserving Toppings: Jam, Jelly, Syrup, Sauces

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

Be Kind to Your Mind, May 11, 8:30-9:30am ET

May 11, 2026 8:30AM – 9:30AM Online

Mindfulness Pebbles: Body Awareness

May 11, 2026 10:00AM – 11:00AM Online

Wits Workout - The Best Medicine

May 11, 2026 1:00PM – 1:30PM Online

Living Well with Diabetes--Type 2 Diabetes Basics

May 12, 2026 12:00PM – 1:00PM Online

Retirement Myths and Facts (Webinar) - May 12, 2026

May 12, 2026 12:00PM – 1:00PM Virtual - Zoom

Every Penny Counts: Savings Strategies (Webinar) - May 12, 2026

May 12, 2026 3:00PM – 4:00PM Virtual via Zoom

Mindfulness Pebbles: Thoughts

May 13, 2026 10:00AM – 11:00AM Online

Mindfulness for Better SLEEP, May 13-June 24, 12-1:30pm ET

May 13, 2026 12:00PM – 1:30PM Online

Wits Workout - Songbirds

May 18, 2026 1:00PM – 1:30PM Online

The Informed Renter - May 19, 2026

May 19, 2026 10:00AM – 11:00AM Online via Zoom

Living Well with Diabetes--Smart Food Choices

May 19, 2026 12:00PM – 1:00PM Online

Mindfulness Pebbles: Practice

May 20, 2026 10:00AM – 11:00AM Online

Living Well with Diabetes--Keep Moving to Prevent Health Problems

May 26, 2026 12:00PM – 1:00PM Online

Preserving MI Harvest-Strawberries- More Than Just Jam

May 28, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Chronic Pain Self-Management Workshop

May 28, 2026 – July 2, 2026

To register for any event visit:

<https://www.canr.msu.edu/rlr/> and click on the Events tab

The Scoop with Jan: Colorectal Cancer Awareness

Colorectal cancer remains one of the most common cancers. The American Cancer Society estimates that 154,270 people in the U.S. will be diagnosed with colon and rectal cancer in 2025, and 52,900 will die from the disease. The number of people who have died from colorectal cancer has steadily decreased since the mid-1980s due to increased screening and changing lifestyles. About one in four colorectal cancer patients has a family history of colorectal cancer.

A family history of colorectal cancer means any of the following are true:

- At least one immediate family member (parent, brother, sister, child) was diagnosed under the age of 60.
- Multiple second-degree relatives (grandparents, aunts, uncles, etc.) were diagnosed with colorectal cancer or advanced polyps (risk increases if diagnosed before the age of 45).

So how do you know if you're AT RISK for colorectal cancer?

People at average risk have:

- No symptoms.
- No family history of colorectal cancer.
- No personal history of cancer.
- No personal history of ulcerative colitis, inflammatory bowel disease, or Crohn's disease.

People who are at higher risk may need to begin screening before age 45 because they:

- Are having symptoms.
- Have a family history of colorectal cancer or polyps.
- Have had cancer in the past.
- Have ulcerative colitis, inflammatory bowel disease, or Crohn's disease.

So what are the symptoms of colorectal cancer?

There may be no symptoms!

- Early-stage colon cancer and rectal cancer often show no symptoms. Polyps or colorectal cancer tumors may be present without any signs, which is why it's important to get screened.
- A change in bowel habits: Changing bowel habits include diarrhea, constipation, narrowing of the stools, and/or feeling like your bowels are not completely empty, even after having a bowel movement.
- Persistent abdominal discomfort: Abdominal discomfort can cause feelings such as pain, nausea, cramping, bloating, and/or feeling unusually full, even when you haven't eaten much.
- Rectal bleeding: You might notice blood in the toilet, in your stool, or when you wipe with toilet paper.
- Weakness and/or fatigue: Feeling tired, weak, and/or short of breath can be signs of anemia. Anemia can develop from bleeding somewhere inside your body where you can't see it, such as from a cancerous tumor.
- Unexplained weight loss: Cancer sometimes causes weight loss. You should always seek medical attention if you are losing weight without a reason.

How do I get screened or checked for colorectal cancer?

- There are a number of options for screening for colorectal cancer. You and your doctor can choose which one is best for you. Options might include:

Colonoscopy

• A colonoscopy is considered the gold standard in colorectal cancer screening. It allows doctors to identify and remove polyps (growths that can turn into cancer) in the same procedure.

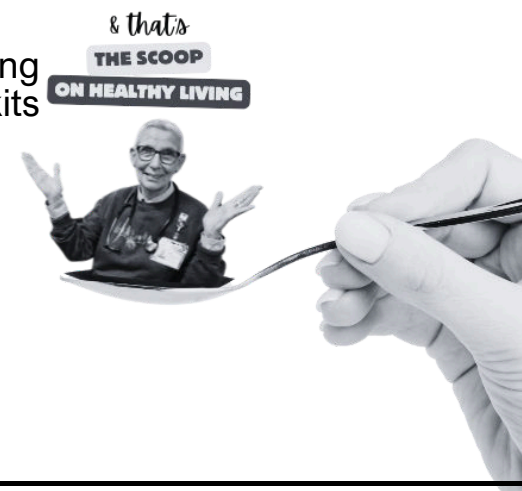
At-home screening

• While colonoscopy is the most effective screening exam for colorectal cancer, there are screening kits you can do it from the comfort of your home.

Other screening methods

- Colonoscopy and at-home tests are not the only options.

There are several other methods used to screen for colorectal cancer; you should ask your Dr. for his/her recommendations for you.



May 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
4 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stew with Biscuits, Brussels Sprouts, Fresh Pear	5 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Brown Rice, Sweet & Sour Meatballs, Stir Fry Vegetables, Pineapple Chunk	6 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Vegetable Egg Roll, Mandarin Oranges	7 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes	8 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange  May 8 th is donated by Keith Radwanski and Erin Fanning. May 8 th is donated in memory of Helen Wyszomierski.
11 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	12 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana, Roll	13 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Orange	14 11:30a-12:30p Lunch Chicken Enchiladas, Corn & Black Bean Fiesta, Applesauce 4:00p-6:00p Mother's Day Special Dinner Honey & Thyme Chicken Breast with Apricot Bacon Jam, Roasted Redskin Potatoes, Capri Blend Vegetables, Multi-Grain Dinner Roll, Strawberry Shortcake	15 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe, Green Beans, Carrots, Four Berries Blend
18 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	19 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	20 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes	21 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear	22 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes
25 <h1 style="text-align: center;">Closed – Memorial Day</h1>	26 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetables, Orange	27 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	28 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Meatloaf, Mashed Potatoes with Beef Gravy, Brussels Sprouts, Apple	29 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Roll, Apple
Light Bites – Dine in Only Chicken Taco, Cuban Black Bean Soup, Fresh Pear	Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes	Light Bites – Dine in Only Ham & Cheese Sub, Cabbage & White Bean Soup, Fresh Pear	Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Roll	Light Bites – Dine in Only Italian Meatball Sub, Tomato Florentine Soup, Mandarin Oranges

May 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
4 9:30a Matter of Balance 10a Silver Sneakers 10:30a Virtual Senior Center Tour & Coffee Hour 1p Chess Club 2p Diamond Art	5 8a DOW Gardens Trip (pre-registered/paid) 9a Friends of a Feather Quilting Group 9a Zumba Gold 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 12:30p Euchre 1:30p Tech Support (Appt only) 2:30p Cardio Drumming	6 8:30a Blood Pressure Checks 9a AuSable Quilt Guild 10a Book Club 10a Walk in the Woods @ Wakeley Lake 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	7 9a Zumba Gold 9:30a Matter of Balance 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 1p Penny Bingo 3p Grayling Pharmacy Bingo	8 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
11 10a Silver Sneakers 10:30a Virtual Senior Center Tour & Coffee Hour 1p Chess Club 2p Diamond Art	12 9a Zumba Gold 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 10a Grief Support Group 12:30p Euchre 1p Cancer Support Group 1:30p Tech Support (Appt only) 2:30p Cardio Drumming	13 Older Michiganiaian's Day 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Hanson Hills 10a New to Medicare 12:30p Mahjong 12:30p Wii Bowling 1p AT&T Tech Presentation 3p Geri-Fit	14 9a Zumba Gold 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 1p Penny Bingo 4p Mother's Day Special Dinner	15 10a Painting Class (1 st group) with Lynn Oldfield \$15.00 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 1p Painting Class (2 nd group) with Lynn Oldfield \$15.00 3p Geri-Fit 3p Music for Life
18 9a Footcare 10:30a Virtual Senior Center Tour & Coffee Hour 10a Silver Sneakers 1p Chess Club 2p Diamond Art	19 9a Zumba Gold 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 12:30p Euchre 12:30p Fraud Presentation 1:30p Tech Support (Appt only) 2:30p Cardio Drumming 4:30p Board Meeting	20 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Goose Creek 10a Book Club 11a Alzheimer's Support @ the Brook 12:30p Mahjong 12:30p Wii Bowling 3p Geri-Fit	21 9a Zumba Gold 10a Zumba Gold 10a Arthritis Foundation Water Aerobics Class 1p Penny Bingo 1p Legal Advice 3p Music For Life	22 10a Memorial Day Presentation 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3p Geri-Fit
25 Closed – Memorial Day	26 9a Zumba Gold 10a Zumba Gold 12:30p Euchre 1:30p Tech Support (Appt only) 2:30p Cardio Drumming	27 8:30a Blood Pressure Checks 10a Walk in the Woods @ Camp AuSable 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling 1p Commodities 3p Geri-Fit	28 9a Zumba Gold 10a Zumba Gold 11:30a Birthday Lunch 1p Penny Bingo	29 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3p Geri-Fit
				Calendar Last Updated: 4/24/2026

May Crossword

Across

1. A soothing song sung to help a child sleep
6. Loyal and steadfast love, especially toward family
8. The ability to understand and share another's feeling
10. What a parent often makes without expecting recognition
13. A treasured item passed down through generations
16. A skill many mothers master out of necessity
17. What Mother's Day seeks to express, though often overdue
19. Customs often maintained and passed on by mothers
20. Strength shown in overcoming adversity, often quietly

Down

2. The ongoing challenge of managing responsibilities and self
3. Describes the kind of love mothers are known for giving
4. To care for and encourage growth, a defining maternal trait
5. The biological process preceding motherhood
7. One who provides daily support, often without pause
9. Traditional flower associated with honoring mothers
11. Advice and direction given through life's challenges
12. Deep awareness of others' struggles paired with kindness
14. Female head of a family, often honored on the second Sunday in May
15. What a mother leaves behind in values and memories
18. Instinctively guarding loved ones from harm

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



Lullaby, Balance, Unconditional Nurture, Gestation, Devotion, Caretaker, Empathy, Carnation, Sacrifice, Guidance, Compassion, Heirloom, Maternal, Legacy, Multitasking, Appreciation, Protective, Traditions, Resilience



Mothers: The Unsung Heroes of Society (Continued)

Shelly Cohee, a participant at the Commission on Aging, shared that her mother taught her one of the most important habits to get into: “She was extremely neat. She taught me to be neat, not to be sloppy, and I’ve always appreciated that about her.”

Other times, it’s the values they quietly instill, lessons that guide how we move through the world. Zumba Gold participant, Gail Swope, put it this way: “My mother always taught me that no one is better than you, whether you are rich or poor, you are all the same, and to treat people the way you want to be treated.”

From the very beginning, mothers want nothing more than for their children to feel loved, heard, and seen. Most of all, moms want us to find our own path to happiness and success. As Anna Fradl reflected on her own experience raising five children, “A mother should never tell their kids what they should do in life. Always let them make their own decisions.”

Moms are the ones who hold us when we are sick, who step in to settle arguments, who show up, again and again, without hesitation and without recognition. And sometimes, they are the ones who give us perspective when we need it most. Dona Kocher shared, “My daughter was in high school, senior year, and there was a whole lot of drama going on. She was really upset, and I said to her, Sarah, don’t worry about it. In three months, it won’t even matter. One day, that summer, she came to me and said, ‘Mom, it’s been two months, and it doesn’t matter anymore.’” It is exactly this kind of advice that shapes us into the people we become, and even helps us shape the people we raise.

Yet, so much of what mothers do is expected rather than celebrated. Their work is woven so tightly into the fabric of everyday life that it becomes easy to overlook. There are no promotions for patience, no salaries for sacrifice, no public recognition for the countless ways they hold families—and, in many ways, society itself—together. Still, their presence is unforgettable. It stays with us long after the moment has passed, and sometimes, long after they are gone.

Jill Grey shared, “My mother was a hugger, and she swore a lot. Oh, and my father? He would never swear. If my father were home, my mother wouldn’t swear. But my mother was affectionate and loving; she was a touchy-feely person. Unfortunately, she came down with cancer when she was 47, and she died and was buried two weeks before my first child, her first grandchild, was born. I am now 82, and I still miss her.” Sometimes, it’s the laughter they leave behind. Kathy Nofzinger recalled, “I need to tell you about my mom being at a VFW dance one time. At halftime, people were speaking, and this one guy kept going on and on. Well, my mom, who had had a couple of glass of wine, finally said, ‘SIT DOWN!’ The whole room erupted in cheers, and clapped. The guy finally sat down and was quiet.” Or the quiet lessons about life and responsibility. Judy Marchlewicz shared, “My mom always taught us, kids, to value money and to work hard for it. She always laughed to go with it.”

Sometimes, it’s the little sayings that stick with us forever. Mary Herman remembered, “After we would finish visiting with someone, and that person had talked a whole bunch, my mom would always say, ‘Well, they didn’t learn very much, did they?’”

In between all of it, the lessons, the laughter, the sacrifices, there are the moments of simple togetherness that become lifelong memories. As Kathleen Armstrong shared, “One of the best memories I have of my mother is when I was growing up, I had a paper route. I delivered *The Lansing State Journal*, and my mom used to help me with my paper route. One of the things we always did, at the end of the paper route, was stop at the drug store and have ice cream sundaes.”

Each story is different. Each memory is personal. But together, they tell the same truth: mothers shape us in ways that stay with us for a lifetime. It’s also important to recognize that “mother” is not a role defined solely by biology. For many, that steady

presence comes from a grandmother, an aunt, a friend’s parent, or another relative who steps in and shows up without question. Sometimes, it is a father who takes on that role, carrying both the visible and invisible responsibilities with quiet strength. What makes a mother is not a title, but the act of caring, guiding, and loving in a way that shapes a life.

This Mother’s Day, take a moment to recognize the mothers in your life—not just for the big things, but for the quiet, constant presence they provide every single day. Because while their work may often go unseen, its impact is immeasurable, and it never truly leaves us.



Above are photos from some of our Mother’s Day Special Dinners from over the years. We hope you will come out to join us for this year’s dinner on May 14th.

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

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

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

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

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30—9:30 am.
Lunches: Mon-Fri from 11:30--12:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

Home Delivered Meals: (*Meals on Wheels*)

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

Senior Project Fresh:

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

Resources

Information / Assistance:

(989) 348-7123

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

Legal Assistance:

by Jason R. Thompson, Law Office PLC

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

Counseling

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

Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

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

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

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course: Offered once each year.

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

Geri Fit:

Learn helpful skills to improve balance and strength.

Fitness Programs

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

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

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

Cost of Programs

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

How We Served You

in March 2026

Congregate Meals – 731

In-Home Services

HDM – 2,622

Respite – 48.75

Homemaker – 133.25

Bathing – 29.75

Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

Crawford County Commission On

Aging & Senior Center

(989) 348-7123

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

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

Listen online: Community Calendar for the COA Calendar of Events
aired daily by: Blarney Stone Broadcasting Stations
q100michigan.com upnorthsportsradio.com
to add events to calendar email: peyton@blarneystonebroadcasting.com



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Help Us Keep the Senior Gazette a Free Publication

The Senior Gazette is provided free of charge so that older adults in our community can stay informed about programs, events, resources, and opportunities. Many readers may not realize that the advertisements throughout the Gazette help offset the cost of printing and distribution, allowing us to continue offering this publication at no cost. As printing and postage continue to rise, we invite those who enjoy and benefit from the Senior Gazette to consider making a donation to support it. Contributions of any size help ensure that this publication can remain free and accessible to everyone in our community. To donate, call 989-348-7123, or mail a check to the Commission on Aging, 4388 W.M-72 Highway, Grayling, Mi 49738.



Welcome to *The Kitchen Corner*

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

May Nutrition Education: Nova Levels

The evils of processed foods are something we hear increasingly more about, but processing can mean something as minimal as washing and slicing an apple, so how can that be bad? Processing is a natural and essential part of getting food into an edible form for humans, we don't go around chasing and biting cows, right? Ultra-processed is what we call foods that have been processed to the point where the result contains very little of the actual food it started as, and it can present a challenge of deciding where the line is between processed and ultra-processed. The Nova level system is a classification system that organizes food into 4 different levels dependent on their level of processing. Food is not inherently good or bad; your body just needs everything in balance to be healthy. Stay mostly within levels 1-3 and keep level 4 foods to 10% of your total diet, or calories per week. To be clear, this information is for classifying and identifying levels of processing, not overall nutrition. Please read your nutrition labels and be mindful about eating a balanced diet, regardless of the level of processing.

Nova Level 1	Nova Level 2	Nova Level 3	Nova Level 4
The food is in its natural or most minimally processed state.	Food produced from Nova Level 1 processed by pressing, refining, grinding, milling, or drying.	Foods made by combining foods from levels 1 & 2 by any cooking, fermentation, or preservation techniques.	Ultra-processed foods. Industrially formulated ready-to-eat foods made mostly from food additives, with little if any intact level 1 food.
Think: Raw ground beef, a head of lettuce, lentils.	Think: Olive or other culinary oils, sugar, salt, butter.	Think: Bread, canned vegetables, cheese, frozen fruit, refined flours.	Think: Most commercially prepared sodas, candy, cookies, and snack foods.

Source: https://thehealthsciencesacademy.org/wp-content/uploads/2025/05/CEM_Understanding-the-Nova-Food-Classification.pdf

May Monthly Recipe: Taco Truck Green Sauce

In honor of Cinco De Mayo, because any excuse for celebrating and eating Mexican food is a good one, here is an excellent taco sauce. If you don't want it spicy let your peppers cool between steps 1 & 2, cut them open and take out most, or all the seeds and pith (white part) depending on your spice tolerance. This is more than flavorful regardless of heat level so no one is missing out.

Ingredients:

- 4 Whole Jalapenos
- 1 Small Clove of Garlic
- ½ Cup of Vegetable Oil
- 1 Teaspoon of Salt
- ¼ Cup of White Onion (Optional)
- ¼ Teaspoon of MSG (Optional)

Instructions:

1. Boil Jalapenos: Bring a medium pot of water to a boil. Carefully add whole jalapenos and simmer until jalapenos are very tender (about 10 to 15 minutes). Once the jalapenos are cooked, remove them from the water and carefully (they will be hot) cut the stems off and discard the stems.
2. Blend: Blend together cooked jalapenos, raw garlic, raw onion (optional), vegetable oil, salt, and MSG (optional) until the sauce is smooth and creamy. You may need to add additional vegetable oil if it is not emulsifying well.
3. To serve: Eat with chips or drizzle on your favorite taco.



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

Defining Rain Terms Found in the Word Search Puzzle by Cathy Lester

Chrysanthemum: Native to Asia and Europe, known for its showy autumn flowers. They are commonly used as vibrant fall garden decorations, in teas, and as medicinal herbs for managing conditions like headaches.

Cicero: Roman statesman who wrote that if you have a garden and a library, you have everything you need.

Demeter: Greek goddess of growing things. Her Roman name was Ceres, which gave us the word "cereal."

Fiacre: Irish saint, patron saint of gardening and herbal medicine, who established a hermitage with a famous garden.

Gardenia: A genus of tropical, evergreen shrubs or small trees in the Rubiaceae (madder) family, known for their glossy, dark green leaves and highly fragrant, waxy white or yellow flowers.

Mondamin: American Indian legend of the origin of corn. A tall young man dressed in gold and green helped a poor family, died, was buried, and in the spring arose as corn.

☼ Asparagus	☼ Cucumber	☼ Hoe	☼ Pepper	☼ Strawberries
☼ Bean	☼ Daffodil	☼ Herbs	☼ Potato	☼ Sunlight
☼ Beet	☼ Dahlia	☼ Iris	☼ Radish	☼ Thyme
☼ Broccoli	☼ Diasy	☼ Lettuce	☼ Raspberries	☼ Tomato
☼ Cabbage	☼ Demeter	☼ Lily	☼ Rose	☼ Trellis
☼ Carnation	☼ Earthworms	☼ Mondamin	☼ Shovel	☼ Trowel
☼ Carrot	☼ Fertilizer	☼ Onion	☼ Snapdragon	☼ Tulip
☼ Chrysanthemum	☼ Fiacre	☼ Oregano	☼ Spade	☼ Violet
☼ Cicero	☼ Gardenia	☼ Pansy	☼ Sprinkler	☼ Zinnia
☼ Corn	☼ Geranium	☼ Pea	☼ Squash	☼ Zucchini

Older Michiganian's Day

Older Michiganians Day is an annual day of advocacy for the Area Agencies on Aging when hundreds of advocates gather on the Capitol lawn to speak up on issues that are important to older adults.

Each year, a platform is created on the most pressing issues, which we share broadly across the state.

Senior Action Week is May 11-15. This advocacy event will spotlight critical areas impacting older adults in Michigan. For more information on Senior Action Week, you can visit: <https://4ami.org/event/older-michiganians-day-senior-action-week>.

The Special Older Michiganian's Day Livestream Event is on Wednesday, May 13th, from 10:00 a.m. to 12:00 p.m. To join the livestream, visit: [https://us06web.zoom.us/j/89219867733?](https://us06web.zoom.us/j/89219867733?pwd=xIG8aEWnEObWNNt7H4kYsPLFrk4YxQ.1)

[pwd=xIG8aEWnEObWNNt7H4kYsPLFrk4YxQ.1](https://us06web.zoom.us/j/89219867733?pwd=xIG8aEWnEObWNNt7H4kYsPLFrk4YxQ.1)

You can also visit the Senior Center on Older Michiganian's Day to watch the livestream.

Double Up Food Bucks

If you have a Bridge Card, you could be unlocking more than you think at the grocery store.

Through Michigan's Double Up Food Bucks program, your dollars go further, much further. Since 2009, thousands of families across the state have taken advantage of this program, bringing home more than 30 million pounds of fresh, healthy food. Vegetables and fruit can be fresh or frozen, as long as they have no added sugars, salts, or fats.

Here's how it works: when you use your Bridge Card to buy fruits and vegetables, Double Up Food Bucks matches your purchase dollar for dollar. That means twice the fresh produce for you and your family, without spending an extra dime. It's a simple way to make healthy eating more affordable, while putting more nutritious options on your table every day.

Have questions? Reach out to Tammy Findlay at 989-348-7123.

Memorial Day Presentation May 22nd, 10:00 am

Join us for a meaningful and patriotic Memorial Day Presentation on Friday, May 22nd at 10:00 a.m., featuring guest speaker Lonnie Cook and presented in partnership with Heartland Hospice. This special program is dedicated to honoring the brave men and women who gave their lives in service to our country.

The ceremony will begin with a warm welcome and opening remarks, followed by an invocation. Attendees will reflect on the significance of Memorial Day through a brief history presentation and a moving reading of the poem "A Hero's Welcome." A short musical selection will provide a moment of reflection before the Military Honor Guard Tribute, which will include a traditional 21 Gun Salute in memory of fallen heroes and the playing of "Taps." The public and their families are invited to attend this program as we come together in remembrance, respect, and community.

Thank You for Your Support at Comedy for a Cause

Comedy for a Cause was the most successful fundraiser in the Commission on Aging's history. We could not have done this without all of the support we received from the community, local businesses and all of our volunteers. I would especially like to thank the four local restaurants that went above and beyond to serve their wonderful specialties to those in attendance. Mi Mezcalito, Two River's Deli, Ray's Barbecue and Brew, and Paddle Hard Brewery all provided enough of their delicious food to serve 150 people, and the event would not have been a success without them. We also had tremendous support from an incredible number of local businesses and organizations, all of whom provided wonderful gift baskets and prizes for our auctions. These donors include, Blarney Stone Broadcasting, Grayling Pharmacy, Grayling Regional Chamber of Commerce, Grayling Restaurant, Hidden Nook, Sorenson Lockwood, Sylvesters Decorated Apparel, Tip'n the Mitten, Tractor Supply, Tru by Hilton, Northern Michigan Cinema (Gaylord Cinema West), Starbucks, Biggby Coffee, Buffalo Wild Wings, NAPA, Spikes Keg O Nails, Advantage Audiology, AuSable Eye Care, AuSable Family Dental, Denholm Family Chiropractics, Grayling Pharmacy, Grayling Restaurant, Jordan Balkema Law Office and North Central Area Credit Union. Altogether, with donors, ticket sales, raffles, and 50/50 we were able to raise \$6,015.00. That is more than double the amount we raised with the same event last year and is more than any fundraising event in the commission's history. Thank you so much for your support, we are nothing without you.

AARP Driver's Safety June 8th & 10th 10:00 am - 2:30 pm

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety program and is designed for drivers age 50 and older. This refresher course covers current road rules, defensive driving techniques, and how to safely navigate today's driving environment—helping improve confidence and awareness behind the wheel. You'll learn research-based strategies to reduce crash risk, proper use of in-vehicle technology, and how age-related changes, medications, alcohol, or health conditions can affect driving. The course also addresses eliminating distractions, understanding new vehicle safety features, monitoring driving abilities, and exploring alternative transportation options when needed.

There are no tests to pass, and upon completion, participants gain a better understanding of how to avoid potential collisions and stay safe on the road. You may also be eligible for an auto insurance discount. Check with your insurance agent to find out if you qualify! The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check payable to "AARP"). Please bring a valid Michigan driver's license and your AARP card, if applicable.

Grayling Community Garden

The Grayling Community Garden is open to all Crawford County residents, regardless of age or experience. Located at Madsen and Mary Ann Streets, this community space is made possible by the Carl W. Borchers Post VFW #3736 and supported by local partners. Whether you're new to gardening or have years of experience, it's a great place to grow fresh food, connect with others, and get involved. Follow the garden on Facebook for updates throughout the season.

Individual plots are available on a first-come, first-served basis for \$25, with no cost for additional helpers. To register, pay at the Crawford County Commission on Aging Senior Center front desk, or call the Senior Center, as payments cannot be accepted at the garden. Volunteers may help maintain community plots that provide food for local nonprofits at no fee. Shared tools, automatic irrigation, and support from experienced gardeners are available, and Bridge Cards can be used to purchase seeds and plants. More information can be found on the Commission on Aging's website: <https://www.crawfordcoa.org/grayling-community-garden>, or by emailing GraylingGarden@gmail.com.