

# Crawford County Senior Gazette

## May 2019



### Highlights:

- Pg 2 Communication Corner
- Pg 4 Suggestion Box
- Pg 4 Older Michiganians Day
- Pg 5 Hazardous Waste Day
- Pg 6 Upcoming Trips
- Pg 6 Diabetes Path Frederic
- Pg 6 Vial of Life
- Pg 6 Mentors Needed
- Pg 7 Ongoing Activities  
*Our regular activities in alphabetical order*
- Pg 7 Support Groups
- Pg 8-9 May Calendar of Activities & Menu
- Pg 10 Services, Classes & Resources
- Pg 11 Social Security Tips
- Pg 11 Volunteers Needed
- Pg 12 Word Search
- Pg 12 Smart911
- Pg 13 Arthritis Awareness
- Pg 13 Self Defense Seminar
- Pg 13 Walk in the Woods
- Pg 14 Bike Time
- Pg 14 Community Garden Friends
- Pg 14 Walk with Ease
- Pg 14 Free Food Truck
- Pg 15 Munson Free B-Fast & Health Pres.
- Pg 15 Plan for the Future
- Pg 16 Water Aerobics
- Pg 16 Chess? Checkers?

### Money Saving Coupons:

- Pg 8 Congregate Meal
- Pg 11 Millikin
- Pg 12 Save-a-Lot
- Pg 13 Spikes

### Featured Article

#### George & Rita McEvers

*"We've Made 'Er This Far"*

In a world where everything changes and people are constantly on the move, there is one thing that hasn't changed for nearly 64 years; George and Rita McEvers.



George was born in Grayling in 1936, went through school here, and stayed. Except for the time he served in the US Army, Grayling has been his only home.

Rita was born in Bay City, but when her parents divorced, she moved to Grayling to live with her grandparents. That was in 1947.

"We've known each other forever!" Rita said, "but we didn't date until we were seniors in high school. He was always a tease. You know, an instigator. He was one of those kids." Her eyes twinkled as she talked, glancing toward her husband of nearly 64 years. "He is still that way!"

The two married in 1955, in Arizona, where they stayed until his service (1954 – 1957) was complete. They stayed there for just two months after that, returned to Grayling, and moved into a little place on Park Street. When the children started coming, they bought a big house at the other end of Park Street and stayed there for 45 years. George went to work for his dad at McEvers

Lumber for a time, not including when he first began driving the lumber truck at 10 years of age! "I learned to be responsible. The sawmill was a lot of work...a lot of heartache too."

But George spent most of his career as a letter carrier for the USPS, eventually becoming the assistant Postmaster. He said, "I carried

the whole town." Back when he started, it was 4 a.m., seven days a week to meet the semi that brought the mail at 4:30. Six days a week he said "It was a lot of walking. And there weren't any sidewalks then, and no blacktop. It was all dirt." He talked of dogs who bit, of lunch at his grandmother's house ("She insisted that I have tea and a sandwich.") on his route, and of the generosity of people at Christmastime. Later he drove the rural routes; 125 miles a day.

His mother was the original owner of Flowers by Josie. Seeing that business continue, under the same name, is a source of happiness for both George and Rita.

Besides bearing four children, Rita worked hard outside the house, mostly cleaning houses and cottages for others. "I did that for 40 years!" she said. She also worked at Dawson's for 4 years, and also at Davis Jewelers.

After the kids were all grown, the house on Park was too big.



### Senior Self-Defense Seminar See pg 13



### Vial of Life See pg 6

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

### HOURS OF OPERATION

**Monday & Wednesday**  
8:30am to 6pm

**Tuesday & Thursday**  
8:30am to 7pm

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

**308 Lawndale St**  
**Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)**  
**Director**  
**@crawfordcoa.org**





## **Senior Gazette Staff**

**Alice Snyder**  
Editor

**Christine Sayad**  
Creative Director &  
Advertising Manager

**Ann Rowland**  
**Cheryl Melroy**  
**Robert Simpson**  
**Nicole Persing-Wethington**  
Contributing Writers

**Ken Wright**  
Contributing Photographer

**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."*

**For advertising or addition to the mailing list, contact us at  
(989) 348-7123 or  
director@crawfordcoa.org**

### **Commission on Aging Board Members:**

Jamie McClain, Commissioner/Chair  
Lorelei King, Vice-Chair  
Sandy Woods, Secretary  
Susan Hensler, Member  
Marc Dedenbach, Member  
Greg Dulkowski, Member  
Jason Thompson, Member

### **Commission on Aging Staff:**

Alice Snyder, Director  
Melanie Conway, Assistant Director  
Dale Van Vliet, Nutrition Manager  
Lynn Cheney, Administrative Assistant  
Christine Sayad, Public Relations Coordinator  
Karl Schreiner, Advocacy & Resource Coord.  
Kaitlyn Grieb, Fitness & Wellness Coordinator  
Kathy Meisner, Program Assistant  
Helen Nolan, Receptionist  
Sarah Joppeck, Receptionist  
Denise Conte, Cook  
Megan Cooper, Cook  
Haley Hayes, Kitchen Assistant  
Laurie Harteau, On-Call Cook  
Erika Mudry, Homemaker  
Kathy Jacobs, Homemaker  
Ann Bilyeu, Homemaker  
Sarah Pollock, Homemaker  
Linda Thompson, Homemaker  
Jessica Thurman, On-Call Homemaker

## Communication Corner...

### Notes from the Director



### **What's Going On Anyway?**

By Alice Snyder, Director

Apparently, there has been a lot of talk about a variety of things at the Senior Center. One person shared these comments/concerns with us (thank you!). I'll try to address the issues brought to our attention.

**What's happening with the Community Center?** There is a small group of community representatives from the City, County, Townships, Hospital, Chamber, etc. that continue to meet monthly to discuss the concept of building a new

Community Center and moving the Senior Center into it. Over the past months, we have visited 6 different Community/Recreation Centers to gather information about their operations. There have been no decisions made, no proposals made to governing bodies and no money spent. We are just trying to evaluate the options and needs of our community to see if we think it might be possible. A Community Forum will most likely occur to gather input at some point before making any recommendations.

**What about all this money being spent on equipment?** The NuStep fitness machine is a great investment in your health. It is highly recommended by physical therapists, is easy to use and can work multiple parts of the body. If you don't think it's worth it, just ask Janet Gildner! She's lost 58lbs by her faithful use of the machine. And you don't even need a gym membership to use it. The new POS System that we are using for ordering your meals at the Center was our next step to get ready for the implementation of 2 meal options coming in June. The paper menus are time consuming to create each day and has the ongoing cost of paper. The automated system is a more efficient use of our time and money. Plus, I get reports generated about what you're ordering so we can serve you better. For several years, I've been trying to find a comfortable chair to replace the ones with arms in the dining room. We'll try to find something with cushion that is also easy to clean. They are way overdue to get replaced. Are there pieces of equipment you'd like to see added or replaced? Please let me know your thoughts.

**Speaking of meals, what happened to the choices discussed in the Foodie groups last year?** In June, we will be rolling out our

2nd choice daily menu. When you come to eat, you will have the option of either the hot meal like you get now or a new wrap/pita & salad meal. Our soups will disappear for the spring/summer, but don't worry, they'll be back in the fall/winter paired with wrap/pitas. Chef Dale

has worked hard to come up with some tasty options that also meet our nutritional guidelines.

**What happened to the Monday Night Dinner survey?** Did you know you can access all our survey data on our website? Just go to <https://www.crawfordcoa.org/surveys> to find them. Based upon the survey data, the Board authorized the

elimination of Monday night dinner. There is a process with our funders that we must go through first, but it will most likely be effective July 1st. Michelson Church continues to serve a free community dinner every Monday night, so we felt this would not create a hardship on our participants especially since Dial-A-Ride now runs until 7pm weekdays.

**Here's some tips on how to stay informed:**

1. Come to board meetings. We rarely have any guests. There is public comment time if you'd like to voice your opinion or you can just come and listen to what's being discussed.
2. Get involved! When we've had meetings to share/gather information only a few people show up. The Foodie Group/Congregate Project Council most often had less than 5 show up. When I've done discussions with the Director, we have had less than 20 show up. When meetings occur, please attend to share your opinion or ask questions.
3. When one of us from the management team (Chef Dale, Melanie or myself), ask how things are going, did you like your meal, etc. tell us the truth and not what you think we want to hear. We cannot fix or improve things if we don't know participants are unhappy. Open communication is the key to getting positive changes made.
4. I'm always happy to talk or meet with you to address issues or answer questions. All you have to do is ask! Give me a call at (989) 348-7123, email me at [director@crawfordcoa.org](mailto:director@crawfordcoa.org) or stop by the reception desk and ask to see me. I'd be glad to set up a time if I'm not available at that moment.



**In Memory of  
Jean Roberts  
Worden**

*Memorial  
Donation made by:  
Gary Worden*

**Donate in Memory or Honor  
of Someone Special**

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community.

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

**If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.**



**Make a Donation  
today by talking to a  
Commission  
on Aging staff member.**

**Only Available  
in Black with Gold  
Lettering**

**1x5 Actual Size  
\$25 Donation**

**2x4 Actual Size  
\$50 Donation**

**2x5 Actual Size  
\$100 Donation**

***Senior Center Wish List...***

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- Pledge
- All Purpose Spray Cleaner
- Bleach
- Plastic Mop Bucket
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size

**Our Sponsors**

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

**Blood Pressure/Sugar Checks by  
Munson Home Health Care**

**Birthday Dinner Flowers Donated by  
Family Fare**

**Bingo Coupons Donated by  
The Medicine Shoppe**

**Hearing Clinic Offered by  
Advantage Audiology**

**Foot Clinic Offered by  
Comfort Keepers**

**Legal Aid Offered by  
Jason R. Thompson Law Office PLC**

- Pantry Bingo Sponsored by**
- Northern Pines Assisted Living
  - InTeliCare Health Services, LLC
  - The Brook
  - Grayling Nursing & Rehabilitation Community

**Stretch to Fitness & Equipped to be Fit  
Sponsored by  
Munson Rehabilitation Services**

**Zumba Sponsored by  
Grayling Nursing & Rehabilitation Community**

**Sponsoring Agencies**



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

**Donations**

Shirley Bordeaux  
David Converse  
Irene Davis  
Diana Doremire  
Bob & Pat Gallagher  
Mary Jo Gingerick  
Helen Hatfield  
Tom Jarosz  
Pamela Jerome  
Kay Ellen King  
Kirsten Lietz  
Milton Proctor  
Donna Schnoor  
Ginny Taylor  
Sandy Wierowski  
Gary Worden

**Important Phone  
Numbers**

**Social Security  
1-800-772-1213 or  
1-866-739-4802**

**Medicare  
1-800-633-4227**

**Veterans  
Administration  
1-800-827-1000**

**Alzheimer's  
Assistance  
1-800-272-3900**

***Volunteers and  
Contributions  
received after  
April 5th will  
be acknowledged in  
the next edition of  
the Senior Gazette.***

**Crawford County  
Commission on Aging  
& Senior Center**

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

Please make check to COA  
308 Lawndale St.  
Grayling, MI 49738

**Levels of Giving:** ☐ \$25 to \$49 ☐ \$50 to \$99 ☐ \$100 to \$249  
☐ \$250 to \$499 ☐ \$500 to \$999 ☐ \$1000+

**Method of Payment:** ☐ Cash ☐ Check **Gift Amount \$** \_\_\_\_\_

- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about planned gifts.
- ☐ I would like to volunteer for the Commission on Aging & Senior Center.

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

Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_  
E-Mail Address \_\_\_\_\_

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





## Thank you to our COA Volunteers

Michele Arnholt	Rita Lone
Tiffany Bean	Susan Lynch
Nancy Billingshurst	George Mascarello
Sandy Brody Sparks	Sharlene Mascarello
Roy Bryant	Dean McCray
Wendy Clarkson	Barb McCray
Marc Dedenbach	Ann Mitchell
Dick Dodge	Judy Morford
Lyn Dodge	Lisa Munofu
Diana Doremire	Dee Niedzielski
Greg Dulkowski	Bill Nuckolls
Kathy Ellison	Sharen Perkins
Tina Foster	Nancy Pletzke
Amy Fuller	Deb Rawlings
Ron Gribb	Tom Rawlings
Sharron Hagerman	Jack Richards
MaryLou Hanks	David Ridal
Susan Hensler	Gail Schultz
Donna Hubbard	Jon Schultz
Eva Hulbert	Chris Seager
Francis Hummel	Nancy Smitz
Tom Jarosz	Joyce Sorenson
Ron Kemerer	Dianne South
Dennis Kemerer	Cheryl Starr
Kay Ellen King	Judy Steffen
Glenn King	Ann Stephenson
Lorelei King	Mary Jane Street
Sandy Lakanen	Nicole Wethington
Eileen Langhorne	Sandy Woods
Dick Lee	Gary Worden
Alice Lee	Barb Wotring
Cathy Lester	
Kirsten Lietz	

## May Birthdays

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

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



## We've Heard You! Responses to the Senior Center Suggestion Box

**Q:** Once a week people could go to Meijer for fresh, green vegetables for cooking. Set up car pooling.

**A:** It's not weekly, but we do have a bus trip to Gaylord each month on the 2nd Friday of the month. To sign up, call us at (989) 348-7123.

**Q:** I really would like to thank Chef Dale and Megan for all their help during our cooking class. They both have been very helpful.

**A:** Thank you for your compliment! The cooking class was very popular. We had a waiting list to get in, so I'm hoping we can offer it again soon.

**Q:** How about a canoe trip for older adults?

**A:** Great idea! We are planning one for this summer on the river. Kaitlyn Grieb, Fitness and Wellness Coordinator will be coordinating the trip. Her part-time position has been increased to full-time to help with planning activities. Look for more fun outings in the Senior Gazette (like maybe parasailing in the Straits of Mackinac!)

**Q:** At Birthday Dinner, several people were complaining about the chicken breast being way too small.

**A:** Thank you for telling us. Chef Dale and I have looked at the nutrition (sodium) and will be changing the chicken breasts in all our recipes from a 4oz to a 5oz breast.



Older Michiganian's Day (OMD) is a free annual rally that takes place on the Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support, by speaking to their Legislators, for policies that support older adults.

### This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

### OMD PLATFORM

This year's platform for advocacy at Older Michiganians Day includes:

1. Increasing the percentage of funding for the MI Choice Waiver program to allow more people needing nursing

home level care to remain in their homes. This is much cheaper than a nursing home stay.

2. Developing professional standards, training requirements and certification for direct-care workers as well as increasing wages and training opportunities.
3. Support a \$6 million increase in the Michigan Aging and Adult Services Agency to provide in-home services to seniors which helps keep them out of nursing homes.
4. Support policies that promote the well-being and safety of people living with dementia at all ages and stages.

Crawford County residents who would like to attend should contact Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 348-7123. Lunch is provided but you must register with the COA so we can have a lunch ticket available.





## George & Rita McEvers

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



### CRAWFORD COUNTY RESIDENTS Household Hazardous Waste Collection

Saturday, June 15, 2019

9:00am - 2:00pm

County Court House Parking Lot

#### What is Household Hazardous Waste?

- **TOXIC:** poisonous or capable of causing acute illness
- **FLAMMABLE:** Burns easily
- **CORROSIVE:** eats other materials
- **REACTIVE:** explodes if exposed to water, heat or shock

If you have any household waste labeled as TOXIC, FLAMMABLE, CORROSIVE or REACTIVE this is your chance to dispose of it in an environmentally responsible manner. This year there will also dumpsters for resident disposal, plus they will be accepting electronics for recycling.

#### THEY WILL TAKE:

aerosols; batteries; oil-based paint; acid; used motor oil and other liquid automotive products; pesticides; solvents; fluorescent light bulbs; herbicides; paint thinner; insecticides; swimming pool chemicals; and unknowns.



#### ITEMS NOT ACCEPTED:

Latex Paints (water based), Controlled substances, Appliances (esp. refrigerators), Commercial Waste, Tires

Please call (989) 344-3273 if you have any questions.



Too empty. The stairs were becoming more difficult for the McEvers' tired knees. "But George, he didn't want to move," said Rita. "So he made me a deal. He said if I could find a

lot in town that's affordable, I'll put up a modular house and we'll move. I don't think he thought it was possible."

But Rita was determined and managed to persuade the owner of a nice lot on... you guessed it... Park Street, to sell. "He didn't want to sell it. It was an extra lot next to his house where his kids played. It took some time, but eventually I talked him into it.

Her next project was to find just the right house, so she went to Prudenville to look at model homes and found just the right one. "George was watching football and didn't want to go with me, so I went by myself!"

A week later, the two made the trip again, together, and he agreed that the house she'd chosen was the best one. That was sixteen years ago. "There wasn't even an address here when we put the house on the lot!" Rita exclaimed. "So, we've lived our whole married life on Park Street. First at one end, then the other, and now here we are in the middle!"

In earlier years, the McEvers' spent time in Canada at a little cabin with no access but the water. Their kids have it now. "I'm glad they like to go up there. It's real pretty, but there aren't any conveniences. He had a lot of fun there through the years," said George.

These days, George likes to sit on the porch and watch the birds and the local



traffic passing by the house. Rita still quilts a bit, is involved at church, and likes to poke through the boxes of memories she keeps in the garage.

In a world filled with change... well, it's nice to know that there are things you can count on. Like hard work, and the mail. Like love that lasts a long, long time. "We've known good times, and there have been very hard times. But we've made 'er this far."



### Northern Michigan Escape Rooms

Join the Crawford County Commission on Aging & Senior Center to solve a mystery against time at the Northern Michigan Escape Rooms in Grayling. Escape the Dragon's Lair, Roaring Twenties, or Virus Lab room by finding clues and solving mysteries as a team to unlock the door to freedom before time runs out. It is a \$20 charge per person unless our group is greater than 15 then it is a \$15 charge per person. The dates and times are to be determined based off our group size and the number of rooms we will need to reserve. For more information or if you are interested in attending please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

**Grayling Hospital for Animals**

- Dr. Paul W. Mesack
- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig

5806 W. M-72 Grayling, MI 49738  
989-348-8622 • Fax: 989-348-1542



### MUNSON HEALTHCARE Grayling Community Health Center

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

(989) 348-0314

[munsonhealthcare.org/graylinghospital](http://munsonhealthcare.org/graylinghospital)



### Come visit us!

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

A Non-Profit Faith-Based  
Organization

**NorthernPinesAssistedLiving.org**

130 Mary Ann Street - Grayling 49738  
p: (989)344-2010 • f: (989) 344-2011





**Colorado Trip Sept 7-15, 2019**

\$902 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in scenic Colorado
- 14 meals: 8 breakfasts & 6 dinners
- Tour of the Garden of the Gods
- Visit to the United States Air Force Academy
- Visit the royal Gorge, including Bridge & Aerial Tram
- Visit Historic Manitou Springs at the foot of famous Pikes Peak
- Guided Tour of Colorado Springs
- Visit the U.S. Olympic Training Center

Final Payment due: 6/30/2019. For Information & Reservations Contact: Beth Ladach, Kalkaska COA @ (231)-258-5030.



**Detroit Tigers Trip Sept 12, 2019  
8am - 10pm**



**Cost is \$100.00**

Price Includes:

- Ticket
- Transportation
- Hot Dog and (at the game)
- Water and snack (on the way down)
- Age 50 or older

Deadline September 1st. For more information & Reservations Contact: Beth Lacy at Antrim COA (231)-533-8703.



**Vial of Life event on  
Tuesday, May 28th, 5:45pm.  
Get YOUR free Kit!**

Some of the very first things that first responders want to know is your list of medications, what illnesses you have, who is your emergency contact person(s), what is your normal blood pressure, do you wear hearing or seeing devices, what language do you speak. If you are having a heart attack, a copy of your most recent EKG could be the difference between life and death. When you get to the hospital... they want to know more. What insurance do you have, etc. These are very annoying questions when you don't feel well, and sometimes you may not recall the answers because of your condition.

The Vial of Life speaks for you when you can't speak or don't feel well. The Crawford County Commission on Aging & Senior Center is hosting a Vial of Life event on Tuesday, May 28th from 5:45 to 6:45pm in the Dining Room. Free kits will be available for those who come. Several different styles are available so you can choose which one works best for you. Join us for a Smothered Pork Chop dinner prior to the event. Dinner is served from 4:30pm to 5:30pm. People age 60 and older eat for a suggested donation of \$3.50. The cost for those under age 60 is \$5.50.

**Diabetes PATH Workshop**

**Tuesdays 9:30am-12pm  
May 21 - June 25th  
Frederic Township Hall  
6470 Manistee St. Frederic**

Participants learn how to deal with difficult emotions, develop a healthy eating and exercise plan, set goals, problem solve and many more useful self-management skills.

PATH takes place in casual, group setting. Participants meet for a couple of

hours, once a week for 6 weeks. You'll take part in discussing diverse issues affecting diabetes self-management and have the opportunity to try free, supportive techniques for improving your blood sugar management.

Any adults interested in diabetes may attend, including adults with pre-diabetes, Type 1 or 2, family, friends, or caregivers.

**REGISTER:**  
<https://events.anr.msu.edu/diabetespathfredericmarch2019/>  
Nicole Wethington at (989) 344-3264 ext. 1  
[wethingn@msu.edu](mailto:wethingn@msu.edu) for more information.

**The Friends The Freedom The Brook**



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our  
**ASSISTED AND INDEPENDENT LIVING**  
opportunities, visit  
[Brookretirement.com](http://Brookretirement.com)  
**989-745-6500**

**The Brook** Retirement Communities  
Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin  
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch



**ADULT MENDTORS NEEDED**

The Community Garden Friends are looking for an adult(s) to mentor a group of high school students in growing food in the community garden this summer to sell at the Grayling Farmers Market. Please contact Alice Snyder at 348-7123 if interested.





# Add Years to Your Life & Life to Your Years

## ONGOING ACTIVITIES

<b>Aerobic Drumming</b> Golden Beats, Mondays, 10am Power Beats, Mondays, 5pm	<b>Euchre</b> Tuesdays, 1pm	<b>Soup (2 choices per meal)</b> Lunch Monday-Friday starting at 11:30am. Dinner Monday-Thursday starting at 4:30pm. \$1.00 per bowl <i>Also available to go</i>
<b>Bible Study</b> Tuesdays, 10am	<b>Exercise</b> Stretch to Fitness, Thurs, 10am Equipped to be Fit, Fridays, 10am	<b>Water Aerobics</b> Must call to register Weds 10am @ Super 8 \$5.00 charge per class
<b>Bingo</b> Medicine Shoppe Bingo once a month on "Thurs" Penny Bingo, Thurs 1pm Pantry Bingo, Fridays 1pm	<b>Legal Assistance</b> 3rd Thursday, 1-4pm	<b>Trips</b> Special trips for seniors are planned May through October. All priced under \$100.
<b>Bridge</b> Mondays, 1pm	<b>Line Dancing</b> Tuesdays, 2:30pm	<b>Unlucky 7's</b> Wednesdays, 2:30pm
<b>Clogging, Beginning</b> Will resume in the fall	<b>Lunch</b> Mon.-Fri., 11:30am-12:30pm \$3.50 age 60+ \$5.50 under 60 Frederic Satellite 2nd Fri. Lovells Satellite 3rd Fri.	<b>Wii Bowling</b> Wednesdays, 1pm
<b>Clogging, Regular</b> Mondays, 1:30pm	<b>Mahjong</b> Wednesdays, 1pm	<b>Yoga</b> Chair Yoga, 1st, 3rd, & 4th Thurs, 6pm (check calendar) Gentle Yoga, Tuesdays, 1pm \$5.00 Charge
<b>Computer Club</b> Assistance by Appointment	<b>Pinochle</b> Fridays, 10am	<b>Zumba</b> Zumba Gold Tuesdays, 10am
<b>Craft &amp; Chat Club</b> Wednesdays & Thurs, 10am	<b>Pokeno</b> Thursdays, 10am	
<b>Dinner</b> Mon.-Thurs., 4:30pm-5:30pm \$3.50 age 60+ \$5.50 under 60 Birthday Dinner once a month	<b>Pool</b> Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	

Winners of the St. Patrick's Day Dinner were Jared Lawhead who won the \$20.00 gift card to Spikes. Carolyn Swift won the 50/50 in the amount of \$94.00.

## Mother's Day Dinner

### Thursday, May 9th, 4-6pm

#### Menu

Beef Pot Roast with  
Garden Vegetables  
Baby Carrots  
Fresh Fruit Salad, Rolls  
Coconut Strawberry Cake

No  
Reservations  
Required!

Suggested  
donation for  
60+ \$3.50.  
Under 60 \$5.50

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

## Support Groups

**11th Step Meeting - Open Meeting**  
Mondays, 7pm  
**St. Francis Episcopal Church, Grayling**

**Alzheimer's Support Group**  
3rd Wednesday, 11am  
**The Brook of Grayling**, 503 Rose St.  
For more info call the COA 348-7123

**Choices (Anger Management)**  
Mondays, 2:30-4pm at **River House**  
For more info call 348-3169

**Diabetes Support Group**  
Last Tuesday 4:30pm, Milltown Rm  
**Munson Healthcare Grayling Hospital**  
For more info call 344-4826

**Healthy Relationships & Empowerment for Women**  
Thursdays, 4pm-5:30pm, at **River House**  
For more info call 348-3169

**Grayling Alcoholics Anonymous**  
Monday, Wednesday, Friday at Noon  
Sunday, Tuesday, Friday at 8pm  
Women's Meeting, Thursdays at Noon  
**At St. Francis Episcopal Church, Grayling**  
Saturdays - Noon  
**At Grayling Township Hall**  
Thursdays, 7pm in the Crawford Rm,  
**Munson Healthcare Grayling Hospital**  
For more AA info call 866-336-9588

**Grayling Al-Anon**  
Tuesdays 11am  
Women's meeting, Thursdays at Noon  
**St. Francis Episcopal Church, Grayling**  
For more info call Greg at 348-1382  
**Healing Together** (Grief Support Program)  
3rd Thursday 4:00pm  
**The Brook of Grayling**, 503 Rose St.  
For more info call 1-989-343-2470

**Munson Hospice Grief Support Group**  
4th Monday, 11am  
**Munson Home Health**, 324 Meadows Dr.

**ACA (Adult Children of Alcoholics)**  
Wednesdays, 7pm  
**St. Francis Episcopal Church, Grayling**

**Overeaters Anonymous**  
Wednesdays, 8:00pm in the Crawford Rm,  
**Munson Healthcare Grayling Hospital**  
For more info call Patsy 989-348-3073

**Narcotics Anonymous**  
Tuesdays 6:30pm,  
Houghton Lake **Alano Club**, 2410 N. Markey Rd.  
For more info call Ted 989-429-8100

**TOPS Weight Loss Class**  
Thursdays 4:30-6pm  
**St. John Lutheran Church, Grayling**  
More info, call Mary Kay at 348-1398



### Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.  
Dinner 4:30 - 5:30pm, Mon - Thurs.  
Lunch & Dinner suggested donation  
of \$3.50. Under 60 cost \$5.50.  
2 Choices of Soups served daily  
Soup is available starting 11:30/4:30  
To go soup is also available

**Bowl of Soup**  
\$1.00 per bowl

Piece of fresh  
fruit 50¢

Milk 30¢ with  
a bowl of soup

## Satellite Meals

Frederic/Maple Forest  
@ Frederic Township Building  
Lovells @ Lovells Township Bldg

Please call the  
Senior Center at 348-7123 to make  
a reservation for a Satellite Meal.

## Stay in the Know!

**You've Got Mail**  
Sign up for  
**FREE**  
e-mail news  
about the  
Senior Center  
activities

Receive the latest information about  
the Senior Center activities, delivered  
directly to your home via e-mail.

Signing up is easy; just send an email to  
**[director@crawfordcoa.org](mailto:director@crawfordcoa.org)**

The Senior Center respects  
your privacy and does not sell or  
make available to others our patrons  
e-mail list.

### Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located  
Behind  
Burger  
King

**Must be a  
first time  
meal.**



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat
	<div><div>Crawford County</div><div>Commission on Aging &amp; Senior Center</div><div>May 2019</div><div>At-A-Glance Meal &amp; Activities Calendar</div></div>		<b>1</b> 10am Craft & Chat <b>10am Matter of Balance @MiWorks</b> 11:30am-12:30pm Lunch – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear <b>1pm Walk in the Woods</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	<b>2</b> 10am Craft & Chat & Color Craze 10am Pokemo 10am Stretch to Fitness <b>11:30-6pm Foot Clinic-Need Appt</b> 11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 6pm Chair Yoga w/ Dianne	<b>3</b> 10am Matter of Balance @MiWorks 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo 1pm Pool – 9 Ball	<b>4</b>
<b>5</b>	<b>6</b> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes <b>1pm TEFAP @ American Legion Hall</b> 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Banana 5pm Aerobic Drumming Power Beats	<b>7</b> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear <b>1pm Chronic Pain Path @ MSUE</b> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajitas, Green Beans, Tossed Salad, Apple	<b>8</b> 9:30am Commodities @ St. Mary's 10am Craft & Chat <b>10am Matter of Balance @MiWorks</b> 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange <b>1pm Walk in the Woods</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries	<b>9</b> 10am Craft & Chat 10am Pokemo 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Grayling @ Kalkaska 4-6pm Mother's Day Dinner – Beef Pot Roast w/Garden Vegetables, Baby Carrots, Fresh Fruit Salad, Rolls Coconut Strawberry Cake	<b>10</b> 10am Pinochle 10am Equipped to be Fit <b>10:30am Out to Lunch Bunch</b> 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple <b>12pm Frederic Satellite</b> 1pm Pantry Bingo 1pm Pool – 9 Ball	<b>11</b>
<b>12</b>	<b>13</b> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries 5pm Aerobic Drumming Power Beats	<b>14</b> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon <b>1pm Chronic Pain Path @ MSUE</b> <b>1pm Wii at Petoskey</b> 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Spaghetti & Meatballs, Breadstick, Tossed Salad, Grapes 5:30pm Water Aerobics Grayling Super 8 6pm COA Board Meeting	<b>15</b> <b>Older Michiganians Day in Lansing</b> 10am Water Aerobics Grayling Super 8 10am Craft & Chat <b>11am Alzheimer's Support Grp. @</b> <b>The Brook of Grayling; 503 Rose St</b> 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce <b>1pm Walk in the Woods</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple	<b>16</b> 10am Craft & Chat 10am Pokemo 10am Stretch to Fitness 11:30am-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries <b>1-4pm Legal Assist-Appt. Required</b> 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner Beef Tips, Brown Rice, Asparagus, Applesauce 5:45pm Wills w/ Jason Thompson 6pm Chair Yoga w/Dianne	<b>17</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear <b>12pm Lovells Satellite</b> 1pm Pantry Bingo 1pm Pool – 9 Ball	<b>18</b> 9th Annual Fashion Show & Women's Expo 10-2pm Kirtland Community College
<b>19</b>	<b>20</b> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1pm Bridge Club 1:30pm Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks 5pm Aerobic Drumming Power Beats	<b>21</b> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi Fruit 5:30pm Water Aerobics Grayling Super 8	<b>22</b> 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana <b>1pm Walk in the Woods</b> <b>1pm Smart911 Sign-up</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear	<b>23</b> 10am Craft & Chat 10am Pokemo 10am Stretch to Fitness 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi 1pm Penny Bingo 1pm Wii Grayling at St. Helen 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 5:45pm Medicaid w/ Todd Balkema 6pm Chair Yoga w/Nicole	<b>24</b> 9am-3pm - ONE DAY ONLY – Rummage Sale at the Senior Center 10am Pinochle 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels sprouts, Grapes 1pm Pantry Bingo 1pm Pool – 9 Ball	<b>25</b>
<b>26</b>	<b>27</b> Office Closed 	<b>28</b> 9am Munson Free B-Fast Pres 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Birthday Dinner Celebrating Birthdays at 5pm Smothered Pork Chop, Carrots, Broccoli & Cauliflower, Banana, Cake & Ice Cream 5:30pm Water Aerobics Grayling Super 8 5:45pm Vial of Life	<b>29</b> 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Burst O' Berries <b>1pm Walk in the Woods</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Lasagna, Breadstick, Tossed Salad w/Tomato, Apple	<b>30</b> 10am Craft & Chat 10am Pokemo 10am Stretch to Fitness 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 5:45pm Advance Directives w/ Steve Peterson 6pm Chair Yoga w/Dianne	<b>31</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Pantry Bingo 1pm Pool – 9 Ball	

As a courtesy to our advertisers, only one coupon per household per month. \*\*Please Do Not Duplicate\*\*



# Assistance to Help You Maintain Your Independence SERVICES, CLASSES & RESOURCES

## Health Services

### **Blood Pressure & Sugar Checks**

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

By InTeliCare - Friday, 11:30am-12:30pm

### **Foot Care Clinic - by appointment**

**\$25 per visit** - by Comfort Keepers

1st Thursday, 11:30-6pm

### **Hearing Clinic - by appointment**

by Advantage Audiology

3rd Monday, 1-4pm, no charge

### **Incontinence Supplies**

Supplies are available for a donation of \$5.00

### **Medical Equipment Loan Closet**

Items are available for a donation of \$5.00

## Nutrition Services

### **Boost Plus**

Discounted cost for liquid nutrition with a prescription from your doctor.

### **Commodities Food Distribution**

Monthly, 9:30-10:30am @ St. Mary's

### **Congregate Meal Program**

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Mon -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 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

### **Soup (2 choices served daily)**

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November, February

## Resources

### **Computers**

Internet computers are available at the Senior Center for your use, Mon & Wed

8:30-6pm, Tues & Thurs 8:30-7pm, and

Fri 8:30-4pm

### **Information and Assistance**

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

### **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

### **Creating Confident Caregivers (CCC)**

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

### **AARP Driver Refresher Course**

Offered once each year.

### **Matter of Balance Program**

This program offers practical strategies to reduce falls. Offered once a year.

### **PATH (Personal Action Toward Health) Classes**

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.

## Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



***How We  
Served You in  
March 2019!***

### At the Senior Center

- We served **766** Congregate Meals
- We served **254** Soups
- Activities/Events Attendance **830**
- Average # of Daily Visitors **58**

### In-Home Services

- Delivered **2,346** home delivered meals.
- Provided **110.75** hours of respite care.
- We provided **304.25** hours of homemaker services.
- We provided **61.25** hours of bathing assistance services.

**Tune into the Chemical Bank Creating Community Chemistry  
Calendar to listen for our Calendar of Events!  
Airing daily on these fine stations!**





# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## Social Security Honors THE NATION'S heroes on Memorial Day

On Memorial Day, we honor service members who have given their lives for our nation. Social Security acknowledges the heroism and courage of our military service members, and we remember those who have given their lives to protect our country. Part of how we honor these heroes is the way we provide Social Security benefits.

The loss of a family member is difficult for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at [www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty or performing other work.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who

have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). The VA and Social Security each have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors).



Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement

benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at [www.socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement). You may also want to visit the Military Service page of our Retirement Planner, available at [www.socialsecurity.gov/planners/retire/veterans.html](http://www.socialsecurity.gov/planners/retire/veterans.html).

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at [www.socialsecurity.gov/medicare](http://www.socialsecurity.gov/medicare).

In acknowledgment of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

## VOLUNTEERS we need you! Take your leotard out of storage & iron your cape.. What's your SUPERPOWER?



Start your volunteer journey with becoming a **Meals on Wheels Driver**. 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! Able to lift heavy bags.



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



### Kitchen

• We could use a **Dishwasher**, and help with making sandwiches, cupping fruit, and packing bags.

- **Servers** are needed to serve Lunch from 11:30am to 12:30pm and Dinner from 4:30pm- 5:30pm. No roller skates required.
- Our **Stock Person** helps with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

## Drop Off Your Old, Unused & Expired Medications

*All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders*

**Anytime at Crawford County Sheriff's Department and Grayling City Hall. During business hours at The Medicine Shoppe.**  
*Help Us Protect our Rivers & Lakes!*



**\$10.00**

Senior Discount on Septic Tank Cleaning

**\$10.00**

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



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

**\$10.00**

Senior Discount on Septic Tank Cleaning

**\$10.00**

Coupon cannot be used with any other offer or discount.

1941 **78 years** 2019

Expires 12/31/19



*Municipal Underwriters of West Michigan, Inc.*

**PAUL W. OLSON**  
**REGIONAL RISK MANAGER**

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



# Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)  
No doubles this time!

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

1. stamp
2. reject
3. cruelty
4. handicap
5. category
6. experienced
7. creation
8. escape
9. basin
10. regular
11. supply
12. evoke
13. mosque
14. difference
15. support
16. conscious
17. catch
18. legend
19. user
20. soap
21. election
22. dough
23. wild
24. triangle
25. bed
26. spoil
27. ordinary
28. favor
29. shed
30. drug
31. march
32. glacier
33. power
34. development
35. scene
36. flat
37. zone
38. challenge
39. cute
40. machinery
41. national
42. deserve
43. complication
44. governor
45. racism
46. chair
47. pierce
48. commemorate
49. nomination
50. palace



## Smart911™

**Wednesday, May 22nd  
from 1-3pm**

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

Personnel from the Crawford County Central Dispatch office will be at the Commission on Aging & Senior Center, 308 Lawndale, on Wednesday, January 23rd from 1-3pm to assist Crawford County residents in setting up their profile. No appointment is necessary. If you would like more information about the program, please call Karl Schreiner at the Commission on Aging, 348-7123.



**Reaching Seniors and Beyond!**

**Grayling Save-A-Lot**

Purchase of

**1/2 Gal. White Milk 99¢**

**Skim, 1%, 2% or Whole**

Limit 2 Please  
with coupon

Valid May 1st, 2019 thru May 31st, 2019

2333 S. I-75 Business Loop

989-348-6690

Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)



**MUNSON HEALTHCARE**

**Crawford Continuing Care Center**

**your choice**

for short & long  
term care

5-Star Rated



Call us today! 348-0317

[munsonhealthcare.org](http://munsonhealthcare.org)

1100 E. Michigan Ave · Grayling, MI 49738

**DENHOLM FAMILY  
CHIROPRACTIC**



*Better Health  
Better Vitality  
Better Way of Life*

Craig B. Denholm, DC

6838 M-93 Highway, Grayling, MI 49738

Just South of M-72 West · 989-348-6600

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



# National Arthritis Awareness Month

By Nicole Persing-Wethington, from Michigan State University Extension

May is Arthritis Awareness Month. 50

million Americans live with Arthritis. Arthritis has become a catchall term for over 100 types of joint diseases that can affect adults and children alike. Arthritis symptoms often include pain, swelling, stillness, and reduced range of motion. These symptoms contribute to arthritis being named as one of the top causes of disability. While there may not be a cure for arthritis, there are activities that can help.



strengthen the heart and circulatory system, and helps with some of the risk factors for arthritis. Try walking as a great free aerobic activity. Manage stress and emotions- Did you know that pain and emotions affect each other? Find ways to calm your mind and body, like mindfulness, exercise, creative outlets, social support, and fun hobbies.

Take advantage of local classes- Tai Chi for Arthritis and Fall Prevention, Walk with Ease, Water Aerobics, and Chair Yoga are especially helpful for managing arthritis symptoms.

If you have questions about living with arthritis, please ask your medical provider. In general, adults should aim for 150 minutes of moderate physical activity or 75 minutes of vigorous activity per week. Find an activity that you enjoy, and your joints will thank you.

**Range of motion and Flexibility-** Gentle movement helps to maintain range of motion and naturally lubricates joints. Try stretching or gentle yoga.

**Strengthening-** Maintaining muscles as we age can help support and protect joints. Try bodyweight exercises to maintain and build strength.

**Aerobic-** Aerobic exercise helps to



**Be Aware. Be Prepared.  
Don't Be a Victim.**

**Senior Self-Defense Seminar  
May 18th from 9 am to 12 pm**

The AuSable Martial Arts Academy is collaborating with the Crawford County Commission on Aging & Senior Center to hold a FREE Senior Self-Defense Seminar. Come join us on May 18th from 9 am to 12 pm at the AuSable Martial Arts Academy located at 214 Huron St. in Grayling.

You will learn:

- Basic Self-Defense Techniques
- Basic "Cane Fu"
- Verbal Judo
- Who Can Help You

We will be accepting donations during this event. All proceeds will go to the Crawford County Commission on Aging & Senior Center. For more information or to register for the seminar please contact Angela Morgan at the AuSable Martial Arts Academy 989-619-6552. Registration is required.

**The Medicine Shoppe<sup>®</sup>**  
PHARMACY  
*Proudly Serving Our Community Since 1999*

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



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

## Walk in the Woods Wednesday



Sponsored by:

**Northbound  
OUTFITTERS**

### Walk your Way to Fitness!

The Crawford County Commission on Aging & Senior Center invites you to join us Wednesdays starting on May 1st at 1 pm to explore the beautiful trails around Crawford County. We will meet at different trailheads every Wednesday and walk as a group throughout the woods. Each week the group will choose a trail to explore such as Hartwick Pines State Park, Hanson Hills Recreation Area, Mason Tract Pathway, North Higgins Lake State Park, and the Beal Plantation. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.



Do not forget to bring lots of water to stay hydrated during our trail adventures. Come join the fun and experience the great outdoors! Win 1st, 2nd, and 3rd place prizes for the most miles walked! Thank you to Northbound Outfitters for their generous sponsorship.

If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get into the state parks. We will try to carpool depending on your location to decrease the cost. To sign up for the Walk in the Woods program and meeting locations please contact Kaitlyn Grieb at 989-348-7123. Can join at any time!

**FREE**  
Classes offered  
at the COA!

 **ZUMBA**

Tuesdays @ 10am & 6pm  
Helping to make it possible, our Sponsor

**GRAYLING**  
NURSING & REHABILITATION  
COMMUNITY  
331 Meadows Drive, 989-348-2801

**The Medicine Shoppe<sup>®</sup>**  
PHARMACY  
*Proudly Serving Our Community Since 1999*

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



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

**Spikes<sup>®</sup>**  
THE MEETING PLACE OF THE NORTH



**KEG 'O' NAILS**

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





# I want to ride my bicycle; I want to ride my bike!

All skill levels welcome!

Dust off your bicycle, bring your pedaling feet, and don't forget your helmet!

Come join Northbound Outfitters starting in mid-May to ride through the fresh air and sunshine. The group meets on **Wednesdays at 6 PM** and takes off around 6:15 PM in the Northbound Outfitters parking lot and rides out to Hartwick Pines State Park and back.

This is a ride at your own risk and pace, you can turn around or go the entire way, whatever fits your comfort level. No sign up is required just show up ready to pedal. Because of path and weather conditions check with Northbound Outfitters via phone 989-348-8558 or find them on Facebook for weekly updates.



**Senior Gazette**

**ADVERTISE WITH US**

**Call 348-7123**

**Reaching Seniors and Beyond!**

Spring is here! Don't have any space to garden? Would you like to garden among friends? Need a little help figuring it all out? Join the Community Garden Friends! This group has experienced gardeners ready to help you and they've even got space available for **FREE!** 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. Last summer a brand new well and inground sprinkler system was installed to assist gardeners with watering all season. The Community

Garden plots are planning to be plowed and ready after Memorial Day. Plots will vary in size depending on the number of gardeners, but all are available free of charge to Crawford County Residents. To sign up contact the Community Garden Friends at (989) 348-7123. Once you've signed up, we will keep you posted about planting dates, plot sizes, etc.

The Community Garden Friends is also seeking volunteers to help with maintaining a large plot 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, Michelson Memorial Monday Night Community Dinners, Crawford AuSable School Pantries and the Commission on Aging. If you are interested in helping with the community plot, please contact the Community Garden Friends at (989) 348-7123.

# Walk with Ease

Walking regularly can help reduce and prevent many different types of chronic pain. Walk with Ease is a six-week, evidence based program that includes:

- Safe walking
  - Discussion on osteoarthritis, rheumatoid arthritis, and fibromyalgia
  - Managing pain and stiffness
  - Tips on proper clothing and equipment
  - Monitoring physical problems
  - What to do when exercise hurts
  - How to anticipate and overcome barriers
  - Stretching and strengthening exercises
- Join us at the Crawford County Commission on Aging & Senior Center to gain the many benefits of stretching and walking. Class starts June 4th and runs the following dates: June 6, 7, 11, 13, 14, 18, 20, 21, 25, 27, 28 - July 2, 5, 9, 11, 12, 16. 9:00 am to 10:00 am at the Crawford County Commission on Aging & Senior Center 308 Lawndale St., Grayling. For more information or to register for the Walk with Ease program please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.
- NOTE: There is a one-time charge of \$15 per person.

**FREE Food Distribution**  
for residents of Crawford County  
Sponsored by  
Mount Hope Lutheran Church  
905 N. I-75 Business Loop  
Saturday, May 18th, beginning at 10am  
Hot Dog Lunch following  
Dress for outdoor distribution  
Picture ID (Driver's License) Required  
Bring bags & boxes for your food

# GRAYLING

**NURSING & REHABILITATION COMMUNITY**

Overall Patient Satisfaction: 94%  
Post Acute Short Term Rehabilitation  
Long Term Living  
Physicians/NP Available 24/7

Five Star CMS Rating

331 MEADOWSDRIVE · GRAYLING, MI 49738 · 989.348.2801

**McLEAN'S ACE HARDWARE**  
The helpful place.

For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.

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

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

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



# Munson Free Breakfast Presentation - What is COPD?

## Tuesday, May 28th at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Jennifer Steele, of Munson Healthcare Grayling Hospital

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, and non-reversible asthma. This disease is characterized by increasing breathlessness.

COPD is a progressive and incurable disease, but with the right treatment and compliance, you can manage your COPD and breathe better. People can live for many years with COPD and enjoy life.

In Emphysema the tiny, delicate air sacs (alveoli) in your lungs are damaged. The walls of the damaged air sacs become stretched out and your lungs actually get bigger, making it harder to move your air in and out. Old air gets trapped inside the alveoli so there is little or no room for new air to go. In emphysema it is harder to get oxygen in and carbon dioxide (the waste product of your breathing) out.

Chronic bronchitis is an inflammation of the breathing tubes (bronchial airways) inside your lungs. Tiny hair-like structures (cilia) line your airways and sweep mucus up, keeping your airways clean. When cilia are damaged, they can't do this, and it becomes harder for you to cough up mucus. This can make your airways swollen and clogged. These changes limit airflow in and out of your lungs, making it hard to breathe.

Refractory (non-reversible) asthma is a type of asthma that does not respond to usual asthma medications. In an asthma attack, bronchial airways tighten up and swell. Medications can usually reverse this, opening up the airways and returning them to how they were before the asthma attack. In refractory asthma, medications cannot reverse the tightening and swelling of the airways.

### Signs and Symptoms of COPD

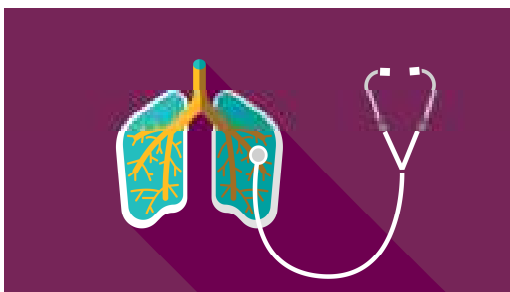
Symptoms of COPD can be different for

### Breakfast Menu

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

each person, but common symptoms are:

- Increased shortness of breath
- Frequent coughing (with and without mucus)
- Increased breathlessness
- Wheezing
- Tightness in the chest



The COPD Foundation. 2019. What is COPD? Retrieved from <https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx>

Jennifer Steele is a Registered Nurse Care Manager and Clinical Educator at Munson Healthcare Grayling Community Health Center. There she assists patients and providers in coordinating needed care. She is dedicated to serving the patients of Munson Healthcare by performing skilled needs assessments, disease process education, early prevention and intervention, referral recommendations, and disease specific care planning.

Jennifer has been an RN for 7 years and is nearing the completion of her Bachelor's degree in Nursing from Eastern Michigan University. She is also studying for a certification in Care Management. She is a recipient of the Myrtle Miller Wright Scholarship from Grayling Hospital and is a graduate of Munson's Frontline Leadership Program. Jennifer plans to continue her education in a Master's degree program focusing on Healthcare Administration. When she's not at work she enjoys wine tasting, shopping, and spending time with her husband and two children.



## Helping you Plan for the Future!

**May 16th - Wills, Powers of Attorney, & Guardianship / Conservatorship**

**May 23rd - Todd Balkema of the Jordan Balkema Law Firm**

**May 30th - Advance Directives**

Join the Commission on Aging & Senior Center for 3 presentations for older adults. All 3 presentations will begin at 5:45pm at the Crawford County Commission on Aging & Senior Center. The first presentation will be on Thursday, May 16th. The subject is wills, powers of attorney, and guardianships/conservatorships. Local attorney Jason Thompson will go over the importance of each of these things and what you need to consider in regards to each.

The second presentation will be on Thursday, May 23rd, given by Todd Balkema of the Jordan Balkema Law Firm in Gaylord. He will discuss issues surrounding the potential need to plan for receiving Medicaid if a person needs to enter a nursing home or who will be the spouse still living at home. As an elder law attorney, Todd deals with these issues on a daily basis. His expertise has been invaluable for many older adults.

Steve Peterson of Munson Healthcare Grayling Hospital will give the third presentation on Thursday, May 30th, in which he will discuss the importance of having an advance directive.



### Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care Services will have you feeling better faster than ever.



**MUNSON HEALTHCARE**  
Grayling Physician Network

#### Grayling

Open Monday-Friday, 8:30 am - 6 pm, Saturdays, 9 am - 3 pm  
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

#### Roscommon

Open Monday - Friday, 8 am - 4 pm  
234 Lake St., Roscommon, MI 48653 | 989-275-1200

#### Prudenville

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

### ADVANTAGE AUDIOLOGY & HEARING CENTER

**Ryan T. Hamilton, Au.D.**  
Audiologist & Director  
rhamiltonaud@gmail.com  
[www.advantagehearingonline.com](http://www.advantagehearingonline.com)

Gaylord Office  
321 E. Main Street  
P: 989-448-2500

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





Smartphone Scan  
to our Website

308 Lawndale St.  
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

director@crawfordcoa.org



## **Take the Plunge with Us Water Aerobics Starts May 15th!**

Grab your best pool noodle, swimsuit, and take a plunge with us!

The Crawford County Commission on Aging & Senior Center is now offering water aerobics! Come join us every Wednesday starting on May 15th at 10am at the Grayling Super 8 located at 4 Mile exit on I75 to build muscular strength and boost your cardiovascular endurance in the refreshing water. Move to the rhythm of music as we tone muscles and burn calories while having fun!

Our water aerobics class is easy on the joints and includes a warm-up, light cardio and strength-training session, followed by a cool down. No equipment is required, all you need to bring is a towel, swimsuit, and water to stay hydrated!

A bathroom is located near the pool area for your convenience. There will be a \$5 charge per class to use the Super 8 pool or the option to purchase a punch card (8 punches) for \$24 for adults 55 or older. To sign up or if you are interested in an evening class please contact Kaitlyn Grieb at (989) 348-7123.



## **American Cancer Society RELAY FOR LIFE Crawford County Families Against Cancer Team**

Please Join Us



**Grayling American Legion Lanes  
Saturday May 11, 2019  
1pm to 5pm**

\$20 per person (includes lane and shoe rental). Come and join in the fun!

9 Pin No Tap - Prizes For All

For more information, please Contact:

Wayne Nelson - 989-348-2985

Jack Campbell - 989-348-7075

# **RUMMAGE SALE**

It's spring and we are cleaning out the basement! This means we will have some things to get rid of. Join us on Friday, May 24th from 9am-3pm at the Senior Center for a one day only Rummage Sale. Most items will be by donation. Stop by and check out what we have!

## **CHESS! CHECKERS! Anyone?**



Have you noticed our new Chess/Checkers table in the lobby at the Senior Center? Have you wanted to play and just not had a partner? Let us play matchmaker! Give us a call at 348-7123 or stop by and let us know you'd like to play. We'll ask what days and times are good for you and find you a partner. Are you a beginner? No problem, we have volunteers that can teach you. Are you an expert? Then get ready for National Chess Day which is October 12th and/or National Checkers Day which is September 23rd. If we have enough interest, we'll have a tournament.

## **Grayling Promotional Association 9th Annual Fashion Show & Women's Expo**

**Saturday, May 18, 2019**

**10:00 am to 2:00 pm**

**At Kirtland Community College 4 Mile Campus**

**Brunch & Cash Bar ~ \$25.00**

**Fashions by  
Local Retailers  
Silent Auction  
Vendors**

Tickets Available At:  
Flo's Hallmark  
Tip'n The Mitten  
or Contact  
Grayling Promotional Association  
on Facebook  
www.graylingpromotional.org

