

Crawford County Senior Gazette November 2018

Save a lot
food stores
2333 S. I-75
Business Loop
989-348-6690

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Featured Article "You Control Your Own Destiny" Michael Hettinger

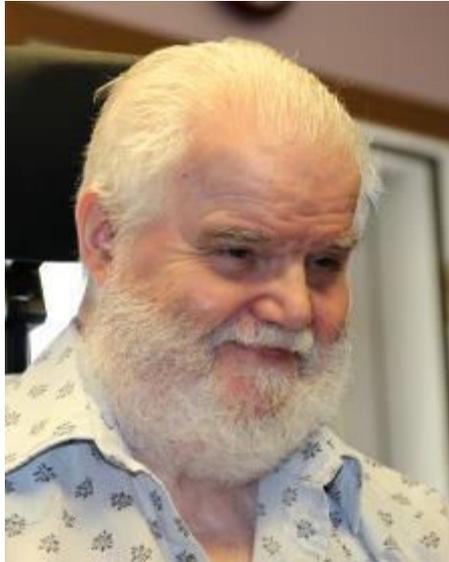
If ever there was a personification of the old adage about judging a book by its cover, Michael Hettinger is it. Born in St. Johns in 1943, Michael was a little kid; a thing that he hoped to use to his advantage when he got older. "My uncle was a jockey," he said, "I was small, and I thought I had a chance. But then in grade 10 I went from being 4 feet tall to about 5'4", and I knew it wasn't going to happen."

So Michael set his sights on something completely different. He decided that he wanted to work for the FBI; a thing that didn't exactly work out the way Michael hoped. More about that in a minute.

Michael graduated from high school in 1961, and it was then that he was presented with a choice. He was offered a job at a bank, but the man offering the job also offered a choice. "He said I could choose a job, or I could choose an education. It was a unique way to present an offer, I thought. At that time, like a lot of young people, I wanted most of all to not live with my parents. I wanted to leave St. Johns, so I chose to get an education."

He did pursue finance at Lansing Community College for a year, which is when the opportunity to work for the FBI came along. "I

was employed by the FBI for a couple of years, and I hated it. When I left that, I finished my degree in accounting, and lived in Washington DC. That was 1962 – 1967."



He had enlisted in the Navy, with delayed entry, and when it was finally time to go, in 1967, he said he "was fortunate. I was sent to Charleston to train to become a CPA." He also got to see a lot of the world during his four-year enlistment. "I got to see more than I thought I would, but

not as much as I would have liked to. I entered the military to see what I could, to gain what I could, and to do what I could."

He spent time in London and Amsterdam, met a girl named Grace who was from the Netherlands, and married her. "We were married only three or four years," he said. "I've never regretted any of the experiences I've had along the way. Good memories and bad ones get made at the same time, and they're all worthwhile."

After Michael's military service, he moved back to Michigan and went to work for H&R Block for the 1971 tax season in Kalamazoo. In 1972 his uncle, a CPA in Higgins Lake called him and offered a position with his firm. Michael accepted, and became the office manager, eventually opening his own firm in 1975 which he operated for 40 years.

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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

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The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

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"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

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Medicare Open Enrollment has Started

Appointments are Available at the Senior Center & the Townships!

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?

Medicare Open Enrollment begins on October 15th and runs through December 7th. A time where Medicare beneficiaries have the opportunity to review their plans and make changes in their coverage if they wish to do so.

This year, the Crawford County Commission on Aging & Senior Center is offering a new service. Residents of Beaver Creek, Frederic, Lovells, and South Branch townships will have the opportunity to have a counselor come to their township hall to review their plans (Maple Forest residents can choose either Frederic or Lovells). The intent of this

program is to allow residents to have less need to drive when the weather may not be as good. People desiring to make appointments should call Karl Schreiner, MMAP counselor, at 989-348-7123 and specify their township of residence.

Karl is making appointments at the following townships during the following times and days:

- **South Branch** - Mondays, 9am to Noon
- **Frederic** - Tuesdays, 9am to 1pm
- **Beaver Creek** - Wednesdays, 9am to 3pm
- **Lovells** - Thursdays, 9am to 1pm

Appointments will be made on a first-come-first-served basis.

Residents of the City of Grayling and Grayling Township may still come to the Senior Center where other counselors will be available.

NEEDED!

Sewers! Stuffers! Donations!

PILLOW PROJECT!

One of our most appreciated projects we do here at the Senior Center is the Pillow Project. This will be our 7th year in sponsoring this Christmas project for the Christian Help Center. The pillows are then distributed to children in the area. Please join with other volunteers from the Crawford County Commission on Aging & Senior Center to help make these "Foot" Pillows (or other designs if

you like). We need patterns to be traced and cut out, material to be cut and sewn and pillows to be stuffed. So whether you cut or sew or stuff, we need you!



If you wish to donate items, such as fleece, flannel or polyfill for this project, please bring them to the Senior Center. We would like to complete the project this year by December 7th. For more information or questions, please call 989-348-7123.

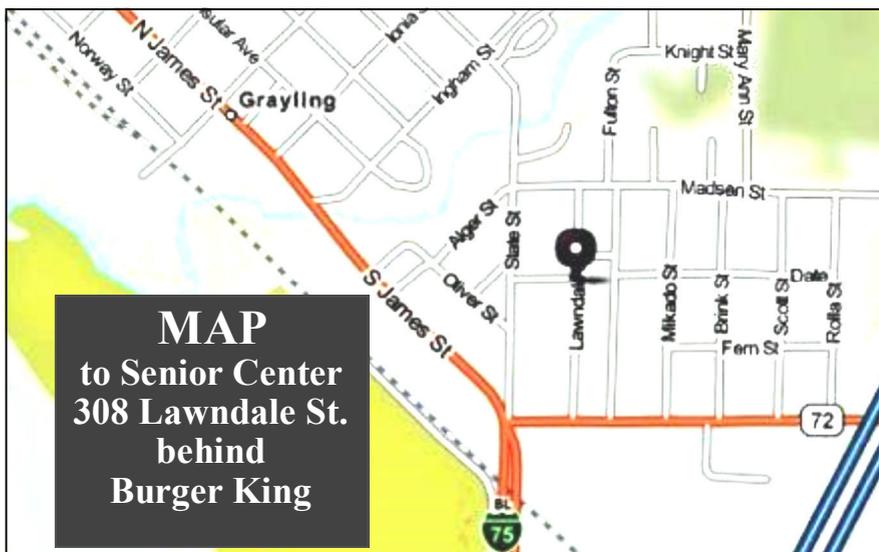
to be
CHOOSE WELL

Little choices, every day, improve your health.

The small choices you make every day can add up to a healthier you. Each day is a chance to start fresh.

You are in charge of your choices. Choose well to be well.

 **MUNSON HEALTHCARE**



MAP
to Senior Center
308 Lawndale St.
behind
Burger King

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.

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.



2x4 Actual Size
\$50 Donation

1x5 Actual Size
\$25 Donation

2x5 Actual Size
\$100 Donation

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

Only Available in Black with Gold Lettering

Senior Center Wish List...

- Cans of Air Fresheners
- Boxes of Tissue
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper
- Poly-fill
- Fleece Material

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



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**
- InTeliCare Health Services, LLC
 - The Brook
 - Grayling Nursing & Rehabilitation Community

Zumba Sponsored by
Grayling Nursing & Rehabilitation Community

Donations

- Shirley Bordeaux
Alice Burak
Bob & Pat Gallagher
Karen Gribb
Nancy Lemmen
Jacqueline McKerchie
Judy Morford
Diane Noelke
Bill Nuckolls
Sandy Parks
Tom & Deb Rawlings
Donna Richmond
St. Frances Episcopal Church
Bill Weigand



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.

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 _____

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

Donations & Payments of \$50.00 or more...



Thank you to our COA Volunteers

Sandy Brody Sparks
Roy Bryant
Gloria Buskirk
Wendy Clarkson
Marc Dedenbach
Richard Dodge
Lyn Dodge
Diana Doremire
Greg Dulkowski
Joe Ellison
Kathy Ellison
Tina Foster
Mary Garcia
Sharron Hagerman
Mary Lou Hanks
Helen Hatfield
Susan Hensler
Bill Hollenbeck
Karen Hollenbeck
Eva Hulbert
Donna Hubbard
Tom Jarosz
Ron Kemerer
Dennis Kemerer
Eileen Kemerer
Kay Ellen King
Glenn King
Lorelei King
Fred Koci
Ruth Koci
Sandy Lakanen

Alice Lee
Richard Lee
Kirsten Lietz
Cathy Lester
Rita Lone
Nancy MacDonald
Abby Moore
Mel Moore
Judy Morford
Lisa Munofu
Marcus Niedzielski
Dee Niedzielski
Dolores Norton
Rosemary Patrick
Sharen Perkins
Thomas Rawlings
Debra Rawlings
Jack Richards
Jon Schultz
Gail Schultz
Christine Seager
Mark Snyder
Joyce Sorenson
Ann Stephenson
Vera Trimble
Kris WalkerSmith
Nicole Wethington
Bev Wilcox
Sandy Woods
Barb Wotring



AEROBIC DRUMMING resumes not just with one class but two!

Come join us as we incorporate dynamic movements of aerobic dance to the rhythms of the drum.

Golden Beats is our low-intensity cardio workout combining simple dance and exercise moves while drumming. Golden Beats will be offered on Mondays at 10 am starting November 5th.

If you are interested in a higher-intensity class, come join us for our **Power Beats** on Mondays at 5 pm starting November 5th as we combine rhythmic drumming and high-energy cardiovascular conditioning.

Every one is invited to join Kaitlyn Grieb, Certified Drums Alive Instructor and Fitness & Wellness Coordinator at the Crawford County Commission on Aging & Senior Center to discover the "whole brain – whole body" of drumming to a healthier you!



Native American Party

The Crawford County Commission on Aging and Senior Center invites everyone to attend a Native American Party.

*November 15th at 5:45pm
308 Lawndale St. Grayling*

Before settlers came to the East Coast of the United States, the area was inhabited by many Native American tribes.

One day in the fall, four settlers were sent to hunt for food for a harvest celebration. The Wampanoag heard gunshots and alerted their leader, Massasoit, who thought the English might be preparing for war. Massasoit visited the English settlement with 90 of his men to see if the war rumor was true. The Native Americans realized that the English were only hunting for the harvest celebration. Massasoit sent some of his own men to hunt deer for the feast and for three days, the English and native men, women, and children ate together.



Celebration includes decorating Pumpkins and Gourds, writing a story using Indian Symbols and of course dessert!

Join us before the party for a Shepherd's Pie Dinner. Dinner is a suggested \$3.50 for those 60 and older and a \$5.50 cost for those under 60.



Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake! Call us at 348-7123 before the meal to let us know you're coming. **Invite your friends & family to share your cake!** If your birthday falls on a day we are closed, we would be happy to make arrangements to celebrate your birthday on a different day!

November Birthdays

Denyce Krolczyk 11/1
Marie Mahaney 11/1
Connie Faustman 11/7
Maureen Rysso 11/12
Thelma Stevens 11/12
Corrine Smith 11/17
Jack Campbell 11/26
Miriam (Kaye) Wisenbaugh 11/26
Noreen Bisel 11/28
Deb VerWiebe 11/30

Crocheters Needed

Crawford County 4-H needs volunteers to teach youth to crochet for a service project club

Contact Angela Cook At 989-344-3264 if interested

ADVANTAGE AUDIOLOGY & HEARING CENTER

Ryan T. Hamilton, Au.D.
Audiologist & Director

rhamiltonaud@gmail.com
www.advantagehearingonline.com
Phone: (989) 745-6667
Fax: (989) 745-6668
2375 Business Loop I-75
Grayling, MI 49738

Are you looking to volunteer?

Grayling Elementary School is looking for volunteers who would like to work with children and participate in a walking/physical activity.

When: Every Wednesday,
3:30-4:30pm
October 10th to May 29th

Where: Grayling Elementary School, North Gym

What: *Healthy Kids Club*



This is a program that encourages healthy habits and is for children in grades Kindergarten through 5th grade

Expectations of Volunteers:

- Have fun
- Help out with healthy snack
- Participate alongside the kids

If you are interested in volunteering for one or more days, please contact Mrs. Rogers GE school nurse at 989-344-3603. *You must complete the i-chat forms (criminal background check) 2-3 days prior to volunteer.*

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!

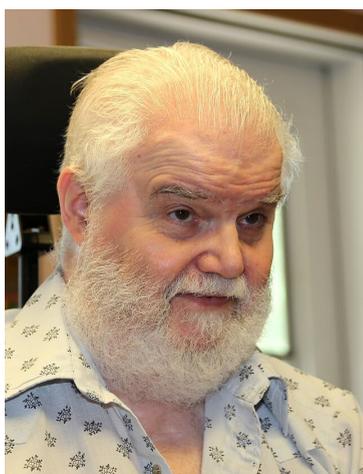


MUNSON HEALTHCARE
Crawford Continuing Care Center
1100 E. Michigan Ave.
Grayling, MI 49738
(989) 348-0317
munsonhealthcare.org

Rewarding Experiences. Remarkable Care.

Michael Hettinger

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

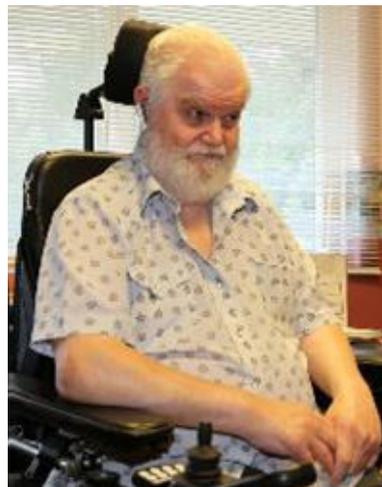


He met his second wife, Patti, at a Veteran's Day dinner dance where she was bartending. "We talked for a long time. She was a hunter, and I offered for her to come up north to hunt, and to stay at my place if she wanted to. I guess she just never disappeared. We lived together wonderfully for 27 years, until she passed away in a February '15 car accident." Patti had 3 daughters and a son. "They are my kids, too," he said. "They are my kids, too."

That accident was not the first life-changer for Michael, however. In 1987 he was, himself, in a serious accident. His injuries led to a rare form of arthritis, ankylosing spondylitis, that has caused his joints to fuse,

and him to be in a wheelchair. It has not kept him from continuing to give what he can to others.

"I got out of the business, but I still dabble in accounting to keep my mind going. "I try not to dwell on my condition. I'm not looking for sympathy, I just work at being me. I was raised to help people, and to earn money by doing work; cutting lawns, shoveling snow. I still do what I can. There are lots of people who help



me, so I try to help in whatever way I can."

Michael said he likes a small town like Grayling much more than a big city. "People here are cordial and compassionate. People lend a hand."

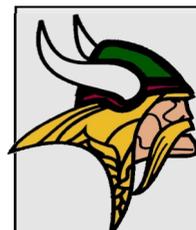
In return, Michael gives back by heading up the Lucky 13 fundraiser that donates money to hospitalized veterans from all over the state. "It's a twice-a-year event, and I'm proud to be the president of that. I'm not one to blow my own horn, I just like to help."

He said he'd like to see more younger vets join and participate in veterans' organizations. "Sometimes, trying to get them involved is like pulling teeth out of a wild boar. It's too bad. We need numbers to keep the organizations going. They do a lot of good. I support our vets."

The man who would have been a jockey, and who worked for the FBI, advises young people to pursue education. "If I had taken the bank job, my life would have been very different. You control your own destiny. You have it in you to help yourself, and to do something to make your world better."

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Grayling Vikings Senior FREE Athletic Pass

Get into any Grayling Vikings home game for free. To be eligible for the free Senior Pass you must be 62 years of age or older.... that is all! It is good for all home events and it is a lifetime pass. Passes are available at the Grayling High School Office between 7:30am-3:30pm Monday thru Friday.



Senior Gazette
Call
348-7123

Reaching Seniors and Beyond!

Michigan Fraud Reporting Website

Cracking Down on Michigan Insurance Fraud

(LANSING) — With the issuance of Executive Order 2018-9, the Michigan Department of Insurance and Financial Services (DIFS) is continuing to ramp up its efforts to investigate and prosecute fraud in the insurance and financial services sectors.

In March, DIFS launched a new webpage, www.mi.gov/InsuranceFraud, that enables consumers and the insurance industry to report fraud. Since that time, DIFS has received 167 complaints of fraud from consumers and 68 complaints from the industry. The National Association of Insurance Commissioners' received 3,453 suspected insurance fraud claims from Michigan last year.

The timing of this Executive Order coincides with increased efforts at DIFS to address fraudulent activity. The Department recently announced the revocation of a

producer license for embezzlement of over \$15,000, the arrest of a producer suspected of fraudulently abusing his authority as the Power of Attorney for an Alzheimer's Dementia patient, and the conviction of Stanley Hayes on 13 felony counts resulting from his theft of \$710,000 from the Valley State Credit Union.

"The Department is pleased that the Governor sees the value of placing an anti-fraud unit within the Department of Insurance and Financial Services," said DIFS Director Patrick McPharlin. "Insurance fraud touches all consumers and is not a victimless crime. Insurance fraud schemes vary from the simple to the extremely complex. With this Executive Order, DIFS can more aggressively engage in crime fighting efforts."

In addition to the already existing anti-fraud efforts at DIFS, the Executive Order will empower DIFS to conduct more thorough and comprehensive background checks and to coordinate and collaborate with other law enforcement agencies to investigate and prosecute fraudulent and criminal activities in the insurance and financial services sectors.

For more information about DIFS or the services provided, please visit the website at www.michigan.gov/difs, follow them on Twitter or "Like" them on Facebook.



#GIVINGTUESDAY™

7 years ago the United Nations Foundation considered how they could cut through all the noise of Black Friday and bring back the spirit of giving. What started out as a simple idea quickly transformed into what is now #GivingTuesday.

This annual "International Day of Giving" event takes place on the first Tuesday after Thanksgiving and has helped to amplify year-end fundraising efforts for nonprofits and charitable causes.

This year Crawford County Commission on Aging was again chosen to participate in the 2018 Giving Tuesday Northeast Michigan event! This year's giving event takes place on Tuesday, November 27th.

You can participate by giving on that day by either going to www.cfnem.org/give/giving-tuesday/ and click on Crawford County Commission on Aging & Senior Center to donate or come to the Senior Center and drop off your donation and we will make sure your donation gets counted on Giving Tuesday. Thank you in advance for participating! For more information or questions call 989-348-7123.

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
989-745-6500

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

Free Congregate Meal For Seniors 60+
Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind Burger King

Must be a first time meal.

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

THIS HOLIDAY SEASON. BE THE GIFT

Give Blood

Blood Drive
Tuesday, December 4th
from 1-6pm

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

Michigan Blood. Michigan Lives.
Thanks for making a connection. Questions?
Or to make an appointment, contact
1-866-MIBLOOD or miblood.org

Add Years to Your Life & Life to Your Years
ONGOING ACTIVITIES

Aerobic Drumming

Golden Beats
 Mondays, 10am
 Power Beats
 Mondays, 5pm

Bible Study

Tuesdays, 10am

Bingo

Medicine Shoppe Bingo
 once a month on "Thurs"
 Penny Bingo, Thurs 1pm
 Pantry Bingo, Fridays 1pm

Bridge

Mondays, 1pm

Clogging, Beginning

Mondays, 12:30pm

Clogging, Regular

Mondays, 1:30pm

Computer Club

Assistance by Appointment

Color Craze

Thursdays, 10am

Crafting

Wednesdays & Thurs, 10am

Dinner

Mon.-Thurs., 4:30pm-5:30pm
 \$3.50 age 60+ \$5.50 under 60
 Birthday Dinner once a month

Euchre

Tuesdays, 1pm

Exercise

Thursday, 10am
 Friday, 10am

Flower Arranging

Monday, 10am

Legal Assistance

4th Wednesday, 1-4pm

Lunch

Mon.-Fri., 11:30am-12:30pm
 \$3.50 age 60+ \$5.50 under 60
 Frederic Satellite 2nd Fri.
 Lovells Satellite 3rd Fri.

Mahjong

Wednesdays, 1pm

Pinochle

Fridays, 10am

Pokeno

Thursdays, 10am

Pool

Ball-in-Hand, Wednesdays,
 1pm Nine Ball, Fridays, 1pm

Soup (2 choices per meal)

Lunch Monday-Friday starting
 at 11:30am. Dinner Monday-
 Thursday starting at 4:30pm.
 \$1.00 per bowl
 Also available to go

Trips

Special trips for seniors are
 planned May through October.
 All priced under \$100.

Unlucky 7's

Wednesdays, 2:30pm

Wii Bowling

Wednesdays, 1pm

Zumba

Zumba Gold
 Tuesdays, 10am
 Zumba Regular
 Tuesdays, 6pm

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

Celebrate Recovery

Tuesdays, 6pm
 Free Methodist Church, M-72 West, Grayling
 For more info call Roger at 989-245-2561

Choices (Anger Management)

Mondays, 2:30-4pm at River House
 For more info call 348-3169

Diabetes Support Group

4th Tuesday 4:30pm, Milltown Rm
 Munson Healthcare Grayling Hospital
 For more info call 344-4826

Empowerment Group for Women

Thursdays, 4:30pm-6:00pm, 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 & 8pm
 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

Thanksgiving Dinner

Thursday, November 8th 4 - 6pm

Thanksgiving Menu

Roasted Turkey
 Mashed Potatoes w/Gravy
 Stuffing
 Mixed Vegetables
 Ambrosia Salad
 Pumpkin Pie



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

No
 Reservations
 Required!

At the
 Commission
 on Aging
 & Senior
 Center

308
 Lawndale St.
 Grayling

Join us for our Christmas Dinner, Thursday, December 13th

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.



Fall has arrived and so has the prices at Your Gaylord Art Van Furniture.



Savings in Every Department!



Only at Your Gaylord Art Van Store!

Some restrictions may apply. See store for details.

We're Thankful for all of our customers

2090 M-32 West / Gaylord, MI / (989)-448-2228
Facebook.com/Gaylord-Art-Van

Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat
	<p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i> November 2018 At-A-Glance Meal & Activities Calendar</p>			<p>Meal Donation Changes as of November 1st Please note that the suggested donation for both Congregate & Home Delivered Meals will be increasing to \$3.50 per meal effective November 1st. The cost of a meal for someone under 60 will now be \$5.50.</p>		
				<p>1 10am Craft & Chat & Color Craze 10am Pokemo 10am Golden Toners Exercise 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo</p> <p>4:30-5:30pm Dinner – BBQ Pork Sandwich, Garlic Potatoes, Asparagus, Watermelon</p>	<p>2 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	
4	<p>5 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – BBQ Chicken, Parsley Potatoes, Carrots, Strawberries 5pm Aerobic Drumming Power Beats</p>	<p>6 Election Day 7am-8pm 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries 6pm Zumba Stepping it Up</p>	<p>7 9:30am Commodities @ St. Mary's 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 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</p>	<p>8 10am Craft & Chat & Color Craze 10am Pokemo 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo</p> <p>4-6pm Thanksgiving Dinner – Roasted Turkey, Mashed Potatoes w/Gravy, Stuffing, Mixed Vegetable, Ambrosia Salad, Pumpkin Pie</p>	<p>9 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 12pm Frederic Satellite 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	10
11	<p>12 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Grapes 5pm Aerobic Drumming Power Beats</p>	<p>13 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Broccoli & Cauliflower, Pear 1pm Euchre 1pm Stress Less @ MSU Ext 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajitas, Green Beans, Tossed Salad, Apple 6pm Zumba Stepping it Up</p>	<p>14 10am Craft & Chat 11:30am-12:30pm Lunch - Hot Roast Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 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</p>	<p>15 Great American Smokeout 10am Craft & Chat & Color Craze 10am Pokemo 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – Shepherd's Pie, Carrots, Grapes 5:45pm Native American Party</p>	<p>16 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Cranberry Chicken Breast, Peas & Carrots, Apple 12pm Lovells Satellite 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	17
18	<p>19 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1-4pm Hearing Clinic-Appt. Req'd 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Beef Stew, Asparagus, Tossed Salad, Watermelon 5pm Aerobic Drumming Power Beats</p>	<p>20 9am COA Free B-Fast Pres. 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Lemon Baked Fish, Redskin Potatoes, Peas & Carrots, Pear 1pm Stress Less @ MSU Ext 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Spaghetti & Meatballs, Tossed Salad, Grapes 6pm Zumba Stepping it Up</p>	<p>21 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 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</p>	<p>22 23</p> <p>Our office will be Closed Thursday & Friday for Thanksgiving Holiday.</p>		24
25	<p>26 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks 5pm Aerobic Drumming Power Beats</p>	<p>27 #GIVINGTUESDAY 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Green Beans, Pineapple Chunks 1pm Stress Less @ MSU Ext 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Celebrating Birthdays at 5pm Pork Roast, Baked Potato, Green Beans, Pear, Cake & Ice Cream 5:45pm Cornhole 6pm Zumba Stepping it Up</p>	<p>28 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1-4pm Legal Assist-Appt. Required 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</p>	<p>29 10am Craft & Chat & Color Craze 10am Pokemo 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Prince Charles Vegetables, Kiwi 1pm Penny Bingo 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Banana 6pm Chair Yoga</p>	<p>30 9:30am Hanging of the Greens 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprouts, Grapes 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	

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 March .2019

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 September 2018!

At the Senior Center

- We served **928** Congregate Meals
- We served **230** Soups
- Activities/Events Attendance **683**
- Average # of Daily Visitors **64**

In-Home Services

- Delivered **2,192** home delivered meals.
- Provided **102** hours of respite care.
- We provided **346** hours of homemaker services.
- We provided **30** 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

SERVING VETERANS ON VETERANS DAY AND ALWAYS

Every day—but particularly on Veterans Day—Social Security salutes those who have put their lives on the line for our freedom.

Members of the United States armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who alleges he or she became disabled during active duty on or after October 1, 2001, regardless of where the disability occurred—at home or in the line of duty. Expedited processing is also available to veterans who have a compensation rating of 100% Permanent and Total (P&T) disability, regardless of when the disability occurred. Some



dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans, www.socialsecurity.gov/woundedwarriors, where you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Our website includes a fact sheet on the subject: *Disability Benefits For Wounded Warriors*.

You'll also find a webinar, "Social Security for Wounded Warriors," that explains the expedited disability process available to wounded warriors. The one-hour video is an introduction to disability benefits

for veterans and active duty military personnel. If you would like more detailed information about the disability process, you can watch our seven-part video series "Social Security Disability Claims Process" at www.socialsecurity.gov/socialmedia/webinars.

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

Drivers

• **Medical Transport Drivers** are on an "as needed basis" when older adults have a medical appointment. Mileage is reimbursed by the older adult.



• 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.



Activities

We love Bingo! Do you? If so, this could be the perfect fit for you.

Bingo Callers along with set-up of Bingo on Thursdays and Fridays at 1:00pm is needed.



We can't thank you enough.



Commission on Aging would like to thank everyone who helped with the Annual Raffle Fundraiser. To those who bought tickets, sold tickets and our dear sponsors; Feeny Ford of Grayling & Moore's Automotive, we appreciate you!

A very special thank you to Dolores Norton who sold 770 tickets! For your hard work and dedication we thank you!

We raised \$2550.00!

Winners were: 1st Place Sandy Tarbutton \$250.00, 2nd Place Kaitlin Schneider \$150.00, and 3rd Place Jamie McClain – donated back \$75.00.



MUNSON HEALTHCARE
Grayling Community Health Center

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

(989) 348-0314

munsonhealthcare.org/graylinghospital

Random Word Search Puzzle

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

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

1. adunc
2. ligulated
3. gripman
4. recentralized
5. chichester
6. cibarian
7. bhutatathata
8. duffer
9. alapa
10. ungrounded
11. tactless
12. receptor
13. chintz
14. domical
15. collogue
16. radioscopy
17. typhon
18. abrogate
19. megadontic
20. monosomic
21. enchancement
22. nonfactitious
23. brutalization
24. confoundedly
25. reprune
26. troppo
27. tasajillo
28. acheulean
29. parabasis
30. elliptic
31. twi
32. unstrewed
33. nonprocreative
34. unfantastic
35. divisional
36. cupped
37. slob
38. ithunn
39. unversed
40. disinflated
41. chthonius
42. porgy
43. hidrosis
44. gypsiferous
45. replevisable
46. deducibility
47. deliberately
48. anticatalase
49. backsaw
50. alcoholize



Get fit where you sit! With Instructor Nicole Persing Wethington
Thursday, November 29th at 6pm

At the Crawford County Commission on Aging & Senior Center
 Chair yoga will help improve flexibility, strength, balance, and focus. Enjoy the many benefits of yoga without sitting or lying on the floor. Join us for this free class which gently strengthens and stretches the whole body, all while seated.

Cook's Corner

Winnie's Praline Sticky Bread

INGREDIENTS

- 1 cup granulated sugar
- 1 1/2 T ground cinnamon, divided
- 1 (2 lb. Pkg frozen bread roll dough)
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 cup butter, melted
- 1 cup chopped walnuts or pecans
- 3/4 cup whipping cream
- 3/4 cup firmly packed light brown sugar



INSTRUCTIONS

Mix the sugar and spices. Take frozen rolls and cover in melted butter and roll in spice mixture. Place in a lightly buttered 10-inch Bundt or tube pan and load it up with your chopped nuts. Cover and refrigerate 8 to 12 hours. Whip cream with electric mixer until you see soft peaks; stir in brown sugar and the rest of the cinnamon. Pour over rolls. Place pan on an baking sheet lined with parchment. Bake at 325 for 1 hour Cool for 15 minutes; flip onto a serving plate, and enjoy!

Submitted by Joyce Sorenson

Grayling Save a Lot
 Purchase of
1/2 Gal. White Milk 99¢
 Skim, 1%, 2% or Whole
 Limit 2 Please with coupon
 Valid Nov 1, 2018 thru Nov 30, 2018
 2333 S. I-75 Business Loop 989-348-6690
 Look for printable coupons at www.Save-A-Lot.com

 **AuSable Family Dental, P.C.**
 Ralph Oppermann, D.D.S., F.A.G.D.
 Diana J. Whittaker, D.D.S.
 800 E. Michigan Ave., Grayling, MI 49738
 (989) 344-2525 • Fax: (989) 348-9629

November is National Diabetes Month

By Nicole Persing-Wethington, from Michigan State University Extension

According to the Centers for Disease Control and Prevention, 84.1 million adults in the United States have

prediabetes. The majority do not realize that they have it and are at a significantly higher risk of developing type 2 diabetes.

There are lifestyle changes that can help prevent type 2 diabetes, or make managing diabetes a little easier.

- **Eat Healthier:** Portion sizes and food choices can make an enormous difference in your diet. Choose foods that are naturally lower in calories and higher in nutrients. Remember that your drinks count too, try water instead of sugary drinks.
- **Be Active:** Aim for at least 30 minutes of physical activity 5 days a week. Walking, dancing, and yoga are great activities to start with if you have not been active. Check the Gazette for activities and try something new. Find something that you enjoy so you keep moving all year long.
- **Lose Extra Weight:** Extra weight increases risk for developing type 2



diabetes. Making small changes like eating healthier, monitoring portion sizes, and being more active can help.

Losing 5 to 7 percent of your weight can delay the onset of diabetes. Start with small goals.

• **Visit Your Healthcare Provider:** It is important for your

provider to monitor your health through regular physicals and tests. Remember to ask questions about test results if you are unsure what that means for your daily activities.

- **Manage Stress:** Stress has a huge impact on chronic conditions, especially diabetes. Take time for self-care.
- **Sleep Well:** Chronic lack of sleep increases your risk for developing type 2 diabetes. It can also make managing diabetes more difficult. Our bodies need quality rest to function properly. Choosing one habit to improve can make lifestyle change a little easier. Maybe adding a walk after dinner, or adding one less sugar to your coffee. These small changes add up and can have lasting impact on your health.

Stress Less with Mindfulness



Commission on Aging is partnering with Michigan State University Extension and offering the class *Stress Less with Mindfulness*. This series introduces

participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: On purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes. By offering alternative ways of relating to everyday life experiences, including thoughts, emotions,

physical sensations and events, this program teaches and encourages the use of mindfulness self-care skills to help you feel better and enjoy your life more.

DATE & TIME:

Tuesdays from 1:00 - 2:00pm
November 13, 20, 27, and December 4, 11

LOCATION:

MSU Extension Office
501 Norway St. Suite 2, Grayling
(Across from Goodale's Bakery)

COST: FREE

REGISTER:

Call the Crawford County Commission on Aging at 989-348-7123.



MICHIGAN STATE UNIVERSITY | Extension



The Crawford County Commission on Aging is proud to participate in American Cancer Society Great American Smokeout on Thursday, November 15th. As leaders in promoting health and wellness, we encourage our friends at the Senior Center to commit or recommit to healthy, tobacco-free lives – not just for a day, but year around.

Most of us know all too well the devastating impact tobacco can have on people's health. Tobacco use is the single largest preventable cause of disease and premature death in the United States. Yet, 40 million American adults still smoke. The most important thing smokers can do to improve their health is to quit cigarettes and other forms of combustible tobacco.

At the same time, we know tobacco is one of the strongest addictions one can have. We used to encourage smokers to quit cold turkey on a single day. We now know that quitting is a process. It starts with a plan, often takes time and requires a lot of support. Our colleagues at the American Cancer Society are available 24 hours a day, 7 days a week to provide support. To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

The Crawford County Commission on Aging wants you to be healthy and happy. During this year's Great American Smokeout, we hope you will join us – and encourage your friends, family and colleagues to join us – in committing or recommitting to year-around, tobacco-free lives.



Redeem this card for a
"Buy One Get One Free"

SPIKE BURGER

(DINE-IN ONLY) ^{SG}
Coupon Expires Nov 30, 2018
Photo Copies Not Accepted

301 James Street, Grayling, MI 49738
989-348-7113

www.spikes-grayling.com
email: manager@spikes-grayling.com



ELECTION DAY

Tuesday, November 6, 2018 is the date for our national and local elections.

Voting is important! Every vote counts, even when it does not always seem like it does. As citizens of the United States we have the privilege to freely vote for or against those issues and people that affect us, often on a daily basis.

Vote411 Michigan To Help You Plan Before you Vote

Vote411 is a website by the League of Women Voters Educational Fund designed to provide impartial information on candidates and issues that come before the voters of the United States.

1. Google www.vote411.org.
2. When the site comes up, enter your address in the appropriate boxes and hit Enter.
3. On the next page, click on the green button leading to personalized candidate and issue information.
4. Enter Grayling in the white Choose your City box and hit Go to My Races.

You will see a list of state and local races starting with the Governor. You can look at those or scroll down to Statewide Proposal 18-1 which is the state proposal regarding recreational marijuana. Then there is Statewide Proposal 18-2 which is about forming an independent commission for the redistricting of voting districts in the state. The third one is Stateside Proposal 18-3 which deals with issues such as straight ticket voting, voter registration, and no-reason absentee ballots.

There are also 4 County-wide proposals: Crawford County Police Protection Millage Renewal Proposal,

Crawford County Police Protection Millage Proposal (new millage), Crawford County Recreational Millage Proposal (new millage), and Crawford AuSable School District Operating Millage Renewal Proposal.

As citizens of the United States we have the privilege to freely vote for or against those issues and people that affect us, often on a daily basis. Polls open at 7:00am and close at 8:00pm. Please take the time to get out and vote.



Would you be interested in being a court appointed Legal Guardian or Conservator?

A legal guardian is a man or woman who has the legal authority (and the corresponding duty) to care for the personal interests of another person (doctor appts, etc). Guardians are typically used in three situations:

- guardianship for an incapacitated senior (due to old age or infirmity),
- guardianship for a minor, and
- guardianship for developmentally disabled adults.

A legal conservator is a man or woman who has the legal authority (and the corresponding duty) to protect and manage the financial affairs (pay monthly bills) of a protected person due to physical or mental limitations or old age. Both legal guardians and conservators are required to submit yearly reports to the court.

If you are interested in being a court appointed guardian or conservator send a resume or letter of interest to Crawford County Probate Court, 200 W Michigan Ave, Grayling, MI 49738. If you are selected we require a background check.



Remembering and thanking the sacrifice & service of those men & women who have and continue to keep the United States free.

Veterans will be honored at the following:

- ♦ The American Legion will be hosting a dinner at the Legion Post, 106 S. James St., on Saturday, November 10th to honor Veterans. Social Hour starts at 5pm with dinner at 6pm.
- ♦ The Grayling High School will honor Veterans with a program on November 12th, at 9:26am at the High School Auditorium
- ♦ The VFW will honor Veterans with a program and a luncheon at the American Legion Hall in Grayling, Monday, November 12th starting at 11am.



Friday, November 30th starting at 9:30am

We need your help with decorating! Please come and get into the spirit of Christmas by joining us to make your senior center look festive. Everyone is welcome!



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Better Vitality
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Roscommon
Open Monday - Friday, 7:30 am - 5 pm
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville
Open Wed. and Thurs., 1 pm - 4:30 pm, Saturdays, 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900

COA FREE Breakfast Presentation Tuesday, November 20th at 9am

at the Crawford County Commission on Aging & Senior Center,
308 Lawndale St., Grayling

The 10 Warning Signs of Alzheimer's Disease

With Taylor Cramer, Program Coordinator from the Alzheimer's Association

Your memory often changes as you grow older. Some people recognize changes in themselves before anyone else notices. In other cases, friends and family are the first to observe changes in memory, behavior or abilities.

It may be hard to know the difference between age-related changes and the first signs of dementia, but memory loss that disrupts daily life is not



a typical part of aging. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's (AHLZ-high-merz) disease, a fatal disorder that results in the loss of brain cells and function.

The Alzheimer's Association has created a list of warning signs for Alzheimer's and other dementias to help identify problems early. Individuals may experience one or more of these signs in different degrees.

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. To learn more about how to recognize common signs of the disease join Taylor Cramer, Program Coordinator from

the Alzheimer's Association November 20th at 9am at the Crawford County Commission on Aging for a Free Breakfast Presentation.

Taylor will explain how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

The Alzheimer's Association of Northern Michigan provides a variety of services as well as the ability to refer individuals to other local resources. Connect with The Alzheimer's Association to find out which services may be most appropriate for you or someone you know. Offerings include Care Consultations, Education opportunities, safety services, support groups, TrialMatch opportunities as well as chances to volunteer. Call the Helpline at 800.272.3900 and request to be connected with your local Program Coordinator.

Breakfast Menu

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

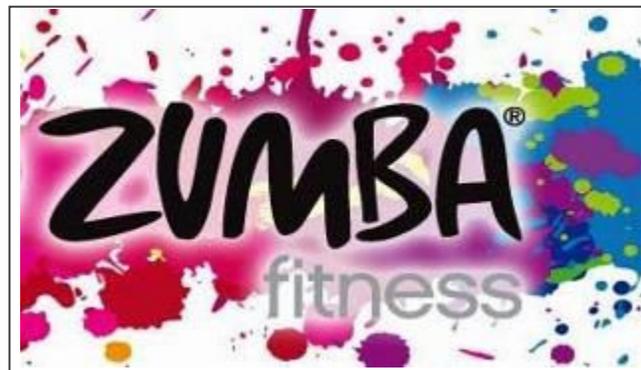
The Medicine Shoppe
PHARMACY

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- Prescription Delivery Service
- Senior discount available daily



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



You Can Dance, You Can Jive!

Every Tuesday at 10am & 6pm

The Crawford County Commission on Aging & Senior Center is now offering **Zumba Stepping It Up**, our high-



intensity dance fitness class that combines muscle conditioning and cardiovascular exercise while moving to the rhythm of the beat. Zumba

Stepping It Up will be offered on Tuesdays at 6 pm starting November 6th with Certified Zumba Instructor and Fitness & Wellness Coordinator, Kaitlyn Grieb.

If you are interested in a low-intensity Zumba class, join us for **Zumba Gold** on Tuesdays at 10 am with Certified Zumba Instructor, Judy Morford. Zumba Gold is our low-intensity dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms.



Be a dancing queen or king and come have the time of your life!

Stay in the Know!

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

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



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of West Michigan, Inc.*

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REGIONAL RISK MANAGER

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LOCAL (231)421-5008 Williamsburg, MI 49690
FAX (231)421-3509 EMAIL: polson76@charter.net



Smartphone Scan to our Website

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



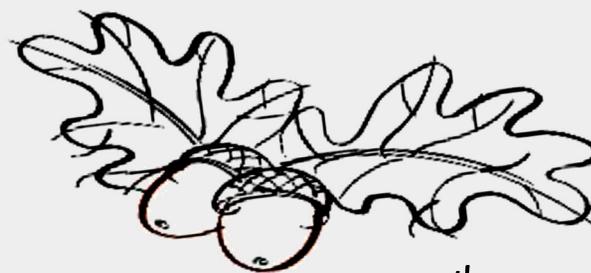
We need your new and unwrapped toy!

Deadline is December 7th

Please help and support your local Toys for Tots campaign. We are expecting a large number of children that will need our support this year.

A toy may seem unimportant to some people, but to a child, at Christmas, it is the most important thing in the world. A shiny new toy sends a message to a needy child that someone cares.

If you would like to help provide a toy for a needy child, you may drop it off in the toy collection box located at the Senior Center or at the Crawford County Christian Help Center. REMINDER: The toy must be new and unwrapped.



You are invited to the 28th Annual Crawford AuSable Community Thanksgiving Dinner

When: Thanksgiving Day, November 22th, 2018

Where: Camp Grayling Army Airfield Mess Hall
Across from Ferrell Gas

Time: Noon to 2:00p.m.

If you are **unable to attend call Sally, by noon on Wednesday, November 21st at 348-9418** and schedule to have your **meal delivered.**

If you **need a ride** to dine at the Airfield please contact **Dial-a-Ride at 989-348-5409**

No later than 5:00pm Tuesday, November 20th.

This meal is provided by the generosity of local businesses, organizations and individuals, and the U.S. Army National Guard and is free of charge.

You can **Quit!**
We can help!

Free!
Michigan TOBACCO QuitLine

1-800-QUIT-NOW
1-800-784-8669

Funded by the Michigan Department of Community Health

Need help quitting for good?
Take your first steps toward becoming tobacco free!

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Michigan Tobacco QuitLine can help you with each step of the way. It's Free, Convenient, Safe & Secure. **Call 1-800-QUIT-NOW**



Looking for a way to stay active this winter?

FREE
Indoor Walking
Grayling Elementary School
306 Plum Street

**Monday-Friday,
4:00-5:30pm**

Please wear clean, dry shoes!

Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.

