

# Crawford County Senior Gazette November 2020

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## Featured Article June and Earl Griffith "A Full House"

"The first time I met him, I didn't like him," said June of her husband of 56 years. It would be several years before they'd meet again, and much would change for them both.

June is originally from Ohio. She came to Grayling in 1958, along with her three children, to stay with her mother after separating from her first husband.

Earl was born and raised in Bellaire to deaf parents. "I grew up talking in signs at home," he said, although doesn't remember much of that way of communicating. "It's been too long."

The two met for the first time in Mancelona, at the Green Lantern bar.

Earl was dating another girl, who, June recalls "asked me how to get

him to marry her. I don't remember what I told her, if anything."

Fast-forward five years. June reconciled for a while with her husband, who she said, "wanted to give it another try." She had two more babies in the two years they were back together before she left him for good and came back to Grayling, where she rented a little one-bedroom house for herself and her five small children, and managed to save enough money by taking in ironing and babysitting to buy both a car and the house where they now live. "This house cost \$6000 when I bought it," she said.

Meanwhile, Earl also married and had a child whose mother "ran off to California and left the baby with me when David was still tiny," he said. Though he still lived in Bellaire, he was

Continued on Page 5



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

## HOURS OF OPERATION

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

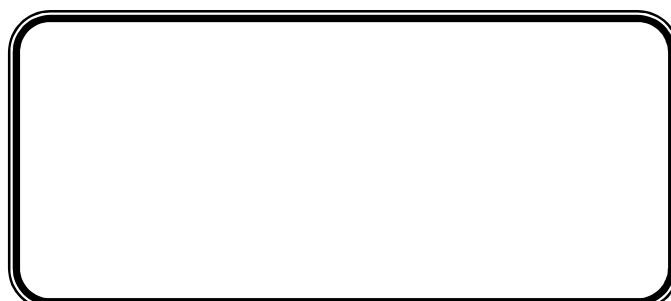
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**The Senior Gazette**  
308 Lawndale St.  
Grayling, MI 49738

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

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## **Scavenger Hunt Photo Challenge Winner**

The Crawford County Commission on Aging & Senior Center would like to thank everyone who participated in locating Smokey in our Scavenger Hunt Photo Challenge. We hope you had fun exploring Crawford County and solving the riddles. All of the pictures we received turned out great!

Participants who had ALL the answers correct were put into a hat and the winner was drawn at random. Drum roll please... **The winner of the Spike's gift card is Janet Gildner.**

If you'd like to review the quests again visit <https://tinyurl.com/Sept-Scavenger-Hunt/>. The answers to the quests are as followed:

- Quest #1: Goodale's Bakery
- Quest #2: Lake Margrethe
- Quest #3: Stittsville Church at Wellington Farm
- Quest #4: Rialto Theatre
- Quest #5: Pond at Hanson Hills
- Quest #6: Crawford County Historical Society Museum
- Quest #7: Lone Pine School House Lovells Township
- Final Quest: Kodiak Group

## **Board Meeting Schedule Fiscal Year 20-21**

All meetings will be held online via Microsoft Teams until further notice. Instructions and links to join will be placed online at [www.crawfordcoa.org](http://www.crawfordcoa.org). A conference call number will also be available to join by phone.

All meetings are scheduled on 4th Tuesdays at 4:30pm unless otherwise noted.

- December 22nd
- March 23rd
- May 25th
- July 27th
- August 24th
- September 28th



Did you know that our nation wastes approximately 125 to 160 billion pounds of food every year? Food goes to waste or loss for a variety of reasons including weather, over purchasing, processing issues, labels/safety, and in restaurants and homes. Below are tips on how to reduce food waste at home and conserve resources, save money, and support local community organizations.

1. Make a shopping list in advanced. The shopping list should be based on how many meals you plan on eating at home. Plan meals in advance and include the quantity of what you need to purchase to avoid overbuying.
2. Scan your refrigerator and pantry to take inventory of the items you already have on hand. This will prevent you from over purchasing and buy only the items you need for your planned meals.
3. Look into freezing, preserving, or canning seasonal produce. Store fruits and vegetables properly to ensure they last longer. Fruit and vegetables should be stored in different containers and bananas, apples, and tomatoes should be stored away from other produce.
4. Freezing food that you will not eat in time such as bread, fruit, or meat. You would be surprised all the different types of food you can freeze! You can also cook the food and freeze until a later date.
5. Understand the difference between the following terms: "sell-by", "use-by", "best-by", and expiration dates. Check out the following website to learn more about the terms listed above: <https://tinyurl.com/termsfood>
6. Eat or incorporate what you already have at home! Leftovers can be good up to 4 days when kept in the refrigerator and properly treaded. Visit the following website to learn more about storing leftovers: <https://tinyurl.com/leftoverstorage>

Following these tips will not only help on reducing overall food waste but can help to save money and converse resources.

# General Giving

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

## General Donations Made By:

Sally Slicker  
Pam Deline  
Felicia & Joe Jaskowski  
Tom & Janet Gaffke  
Richard Anderson

## COVID-19 Donations Made By:

Diane & Mike Branch

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

## Memorial Gifts

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

## Wish List

**\$500 toward the purchase of a Date Code Genie:** This money would be put toward the purchase of a Date Code Genie which is a cloud based, centrally managed and customizable device for our kitchen which will increase label consistency and accuracy for our clients. Meals prepared should be labelled with date, full content, nutrition when possible and instructions. This cannot be done in a written format. It is not efficient and difficult to read. These labels will hold up to freezing and cooling. According to the savings calculator on [datecodegenie.com](http://datecodegenie.com) the annual time savings we would create by not handwriting labels would be \$3000. Cost of the machine is \$1000, so we would begin saving in the first year of this purchase. Consumers Energy is providing a \$500 grant toward the purchase so we are looking for a donor to match that amount.

To learn more about other items on our Wish List call (989) 348-7123.

## Legacy Giving

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

## Volunteers

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

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Delivering Meals is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals. Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.

## Memorial Donations Made By:

Scott Foster  
In Memory of  
Tina Foster

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

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Method of Payment ☐ Cash ☐ Check Amount Enclosed \$ \_\_\_\_\_

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738  
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.

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

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





Dick Dodge	Sharleen Mascarello
Lyn Dodge	Cheryl Melroy
Joe Ellison	Michele Milne
Kathy Ellison	Greg Nelson
Molly Francis	Rosemary Nelson
Judy George-Crook	Wayne Nelson
Lisa Heck	Jack Richards
Susan Hensler	Gail Schultz
Bill Hollenbeck	Jon Schultz
Karen Hollenbeck	Chris Seager
Myra Johnson	Nancy Smitz
Glenn King	Farrell Thomas
Lorelei King	Ellen Thompson
Alice Lee	Deb Umlor
Dick Lee	Katrina Verlac
Cathy Lester	Janet Weaks
Rita Lone	Sandra Woods
George Mascarello	



## “Meet the Writer” Cheri Carpenter

By Cheri Carpenter

Many many years ago, (50, to be exact), Cheri was born in Atlantic City, New Jersey, where she lived for the next 12 years, playing in the ocean and learning about the ways of nature. At the age of 12, she moved to Maryland where she graduated school and decided to travel up and down the east coast before eventually enlisting in the United States Navy.



In the Navy, Cheri served on the *USS Platte* as a Quartermaster (Navigation) and later on shore-duty as the Assistant Public Relations Officer. The Navy took her to many beautiful and interesting places including Brazil, Chile, Puerto Rico, and the Panama Canal. She attended, photographed, and wrote about awards ceremonies, missile trainings, and even a burial at sea.

Eventually, Cheri fell in love with a man from Michigan, got married, and started a family north of Petoskey. Although the marriage did not survive the test of time, Cheri fell in love with northern Michigan and decided to stay. She enjoyed the beautiful scenery, kayaking, hiking, and foraging and realized Michigan was the perfect place to raise her 2 daughters and (later) son.

Cheri moved around the northern part of the mitten state looking for her “perfect place” and exploring different career paths such as interior design, sales, and restaurant management before settling in Grayling where she started a cleaning business.

Cheri volunteers for the Commission on Aging writing Volunteer Spotlights. She loves writing and her favorite part is meeting and getting to know each person she interviews. She believes that older adults are a wealth of knowledge and experience even though oftentimes they can be overlooked. Gardening is also near and dear to her heart and she looks forward to volunteering in the Community Garden as well although she did not get a chance to this year because COVID.

In her spare time, Cheri also enjoys her 4 grandchildren, the outdoors, reading, gardening, and writing for herself.



## Program Provides Free Fruits and Vegetables

We are excited to announce more opportunities to join in on the Prescription for Health program.

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

- Oct 13-Nov 10, Tuesdays, 11am  
Eat Healthy Be Active
- Oct 27-Nov 24, Tuesdays, 7pm  
Eat Healthy Be Active
- Nov 10-Dec 15, Tuesdays, 9am  
My Way to Wellness
- Jan 11-Feb 15, Thursdays, 1pm  
Cooking for One
- January 25-Mar 1, Tuesdays, 7pm  
Cooking for One
- Feb 10-Mar 10, Wednesdays, 7pm  
Eat Healthy Be Active

To register contact Kathy Jacobsen at (231) 437-3481 or [kjacobson@mhc.net](mailto:kjacobsen@mhc.net).



## November Birthdays

Denyce Krolczyk 11/1  
Marie Mahaney 11/1  
Maureen Rysso 11/12  
Thelma Stevens 11/12  
Jack Campbell 11/26  
Miriam (Kaye) Wisenbaugh 11/26  
Noreen Bisel 11/28

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



## Pet Assistance

The AuSable Valley Animal Shelter has partnered with McLean's Ace Hardware Store in Grayling to provide food for dogs and cats that are in need during this crisis.

If you are having financial difficulty feeding your pet, please contact Lanice Rutter immediately by calling (989) 745-8951.



## Community Thanksgiving Dinner by Delivery Only

The 30th Annual Free Thanksgiving Dinner provided by the generosity of local businesses, organizations, individuals, and the U.S. Army National Guard will be served on Thanksgiving Day.

Due to social distancing there will be no sit-down dinner, all meals will be delivered. If you would like to reserve a free home-delivered Thanksgiving meal call Pat at 348-3275 by noon on November 25th.



## June and Earl Griffith

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

that time.

And so it was that one evening June's brother came over to visit, with Earl in tow, while June was busily painting her kitchen. June recognized an opportunity and "handed them each a brush!" Some men might have never returned, but Earl did, most often spending a lot of time with her kids out in the yard. June said that her first three children had a harder time adjusting to having Earl around, but "My kids were 'his kids', and David (who was just 9 months old when the two began keeping company) was just like one of mine. We never differentiated between them." Eventually, there were seven children, as June and Earl had a daughter together.

The Griffiths celebrated their 56th wedding anniversary on February 22nd. "We got married after Patty came along," Earl explained. "Those were different times. The Social worker wouldn't let me see my baby daughter because I wasn't married to June. So, we got married, and we've been married ever since. I haven't regretted it. Not once."

As you'd imagine, they were busy years, raising 7 children. Earl worked in Bellaire and drove back and forth every day; 43 miles each way, for 37 years. He also worked at Ray's Canoes on the weekends. June continued to do babysitting, and also worked at the school in the lunchroom.

Earl loves, and as a young man participated in many sports; football, baseball, and track. But his real love was bowling. In fact, he bowled 5 years in the ABC National Tournament. "I bowled in Tampa, in Memphis...I don't remember where else."

"I went along to Memphis to a tournament," added June. "We saw a lot on that trip. We went to Mammoth Cave, The Grand Ole Opry, the St. Louis Arch, Abe Lincoln's cabin..."

But there came a time when June had to

put her foot down. "He was spending too much time bowling. He was missing out on the kids' lives: their school programs and things. So I told him, 'You're not single anymore.'"

And he quit. "It was ok. She was right," he conceded.

Besides having a houseful of children. June and Earl have always had a houseful of pets. June likes to talk about one in particular. "When I worked at the school, someone brought in a one-winged crow. He'd

been injured, and the vet just removed the wing! He hung around there until summer came, and the janitor said, 'no way' to looking after him. So, I brought him home. We named him Black Jack, and he lived here with us for 24 years! He didn't bother, and wasn't really bothered by, any of the other animals. He was so funny and smart!"

Through the years, they've made many improvements to the house to increase the living space, and though it's not big, it was enough for them and their family. June named them off, holding up a finger for each one. "Debbie, Kathy, Tom, Jeff, David, and Patty. That's six. Who did I forget?"

Earl repeated the list. "Steve! You forgot Steve. He comes in between Jeff and David." The two chuckled as they confirmed with a hand-written list that they keep in a side table; the one that also names their eleven grandchildren and their children.

They still have lot of pets. Two little dogs, Jasper and Milo, and four cats; Suzie, Maggie, Mittens, and Floppy.

These days they spend a lot of time relaxing, watching TV. June had a serious health scare earlier in the year and considers herself lucky to be here at all. But she still does all the cooking and "coaches" Earl who does the cleaning. "It's been good," he said. "We've had a good life together. A full life."

June agreed. "We were blessed."



## Dessert Day Tuesdays

Yep... You just read the title right... No need to go grab your glasses, it says what you think it says! The Crawford County Commission on Aging & Senior Center is introducing **Dessert Day Tuesdays**. Join us for lunch on Tuesdays and get a dessert included with your meal **starting November 3rd**.

Simply call the Senior Center at (989) 348-7123 between the hours of 9–11:30am to order your meal for take-out. Then pick up curbside between 11:30am and 12:30pm and enjoy a dessert every Tuesday! We hope to see you there!

Here are some fun dessert facts:

- Did you know ice cream you see in commercials is often mashed potatoes to avoid melting during long production hours?
- Did you know 770,000,000 cupcakes were consumed in the United States in 2012?
- Did you know the chocolate river in Willy Wonka & the Chocolate Factory was actually made of chocolate? It contained 150,000 gallons of water mixed with chocolate and cream.
- Did you know in Hong Kong McDonalds offers a wedding cake that is made entirely of baked apple pies?
- Did you know the largest brownie was made in 2014 at McGill University in Montreal? It weighed over 4,400 lbs.!



## Walk in the Woods

Join us to explore trails around Crawford and Roscommon County before the weather gets too cold! We will meet at **Mason Tract on November 4th** and **Rayburn Property on November 11th at 1pm** and walk as a group through the woods. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.

Social distancing will be enforced on our walks and a health questionnaire will be provided before each walk. If you have any questions please contact Kaitlyn at the Crawford County Commission on Aging (989) 348-7123 or [kgrieb@crowfordcoa.org](mailto:kgrieb@crowfordcoa.org).



YOU HAVE THE POWER TO STOP THE FLU

Get your flu shot to protect your family, yourself, and your community.  
Call your Primary Care Provider to schedule a flu shot today!



MUNSON HEALTHCARE

[munsonhealthcare.org/stop-the-flu](http://munsonhealthcare.org/stop-the-flu)

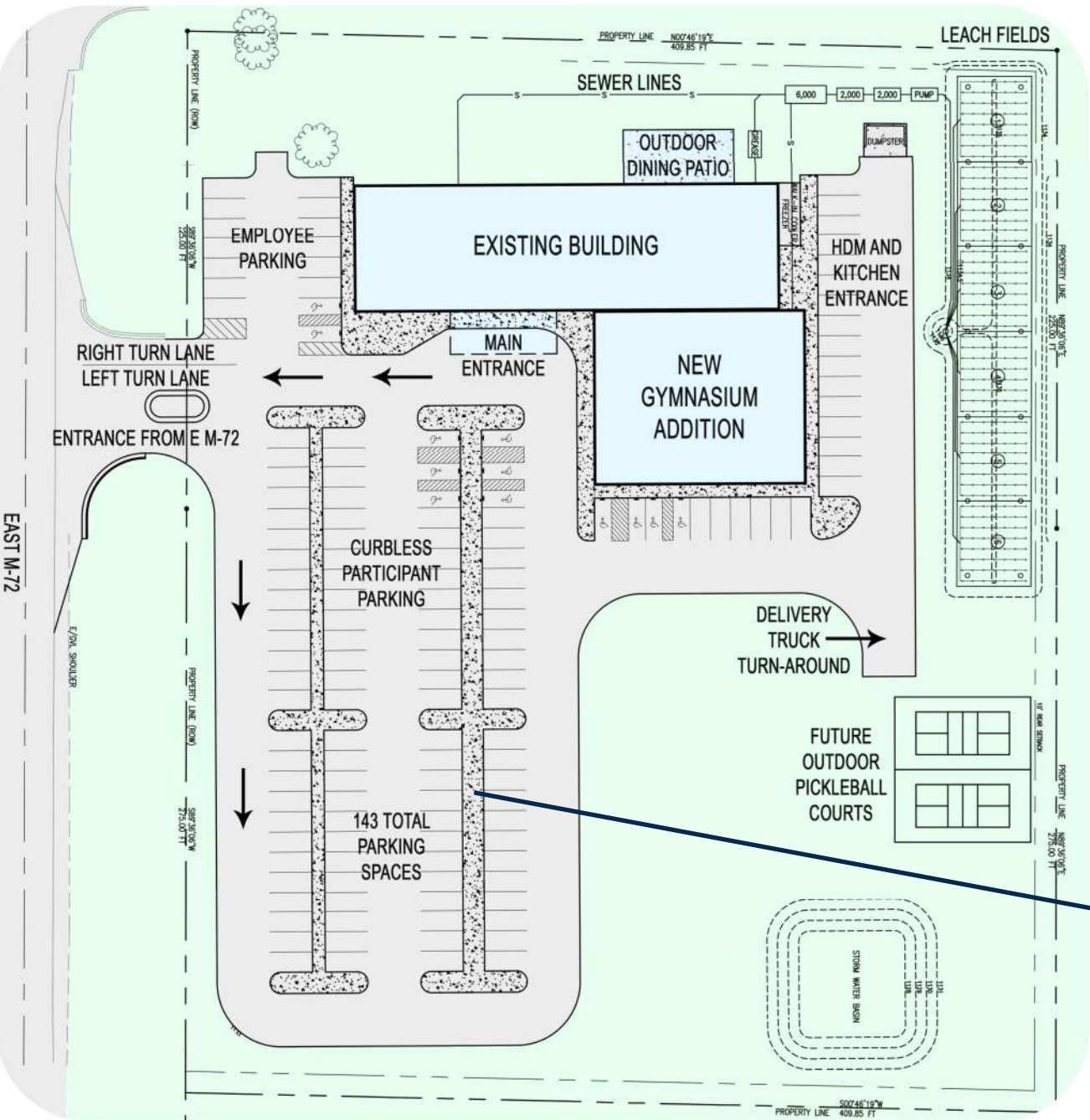
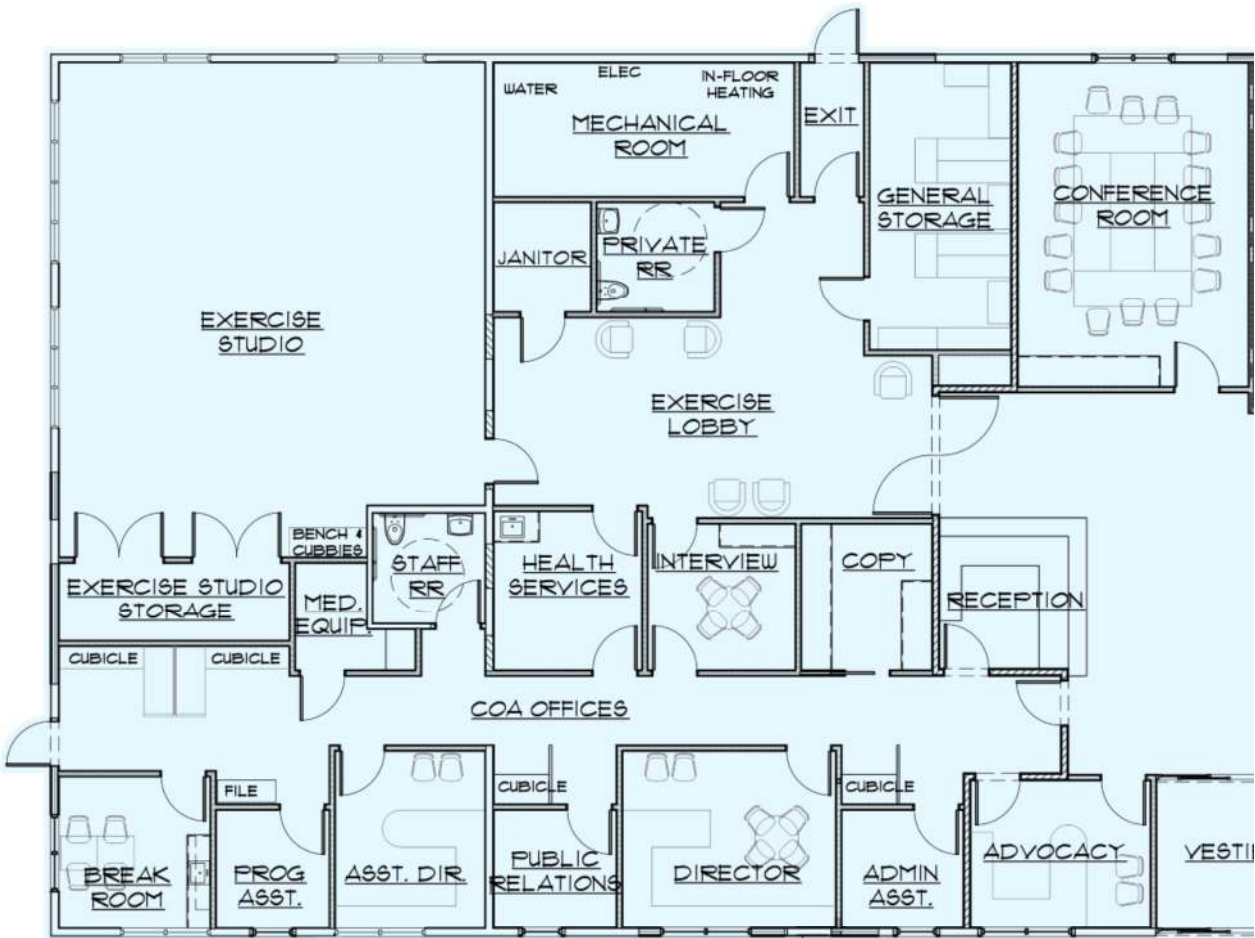


# Town Hall Meeting Regarding New Building Plans

The Crawford County Commission on Aging and Senior Center would like to invite you to a community meeting regarding plans for the new building. The meeting will be held via Zoom on **Monday, November 9th at 2pm**. In this meeting we will go over the floor plans for the new building and be an open discussion to share your thoughts and generate feedback. This would be the time to share your opinions with us before the design plans are finalized. **Join the meeting with this URL: <https://tinyurl.com/newbuildingmeeting>**

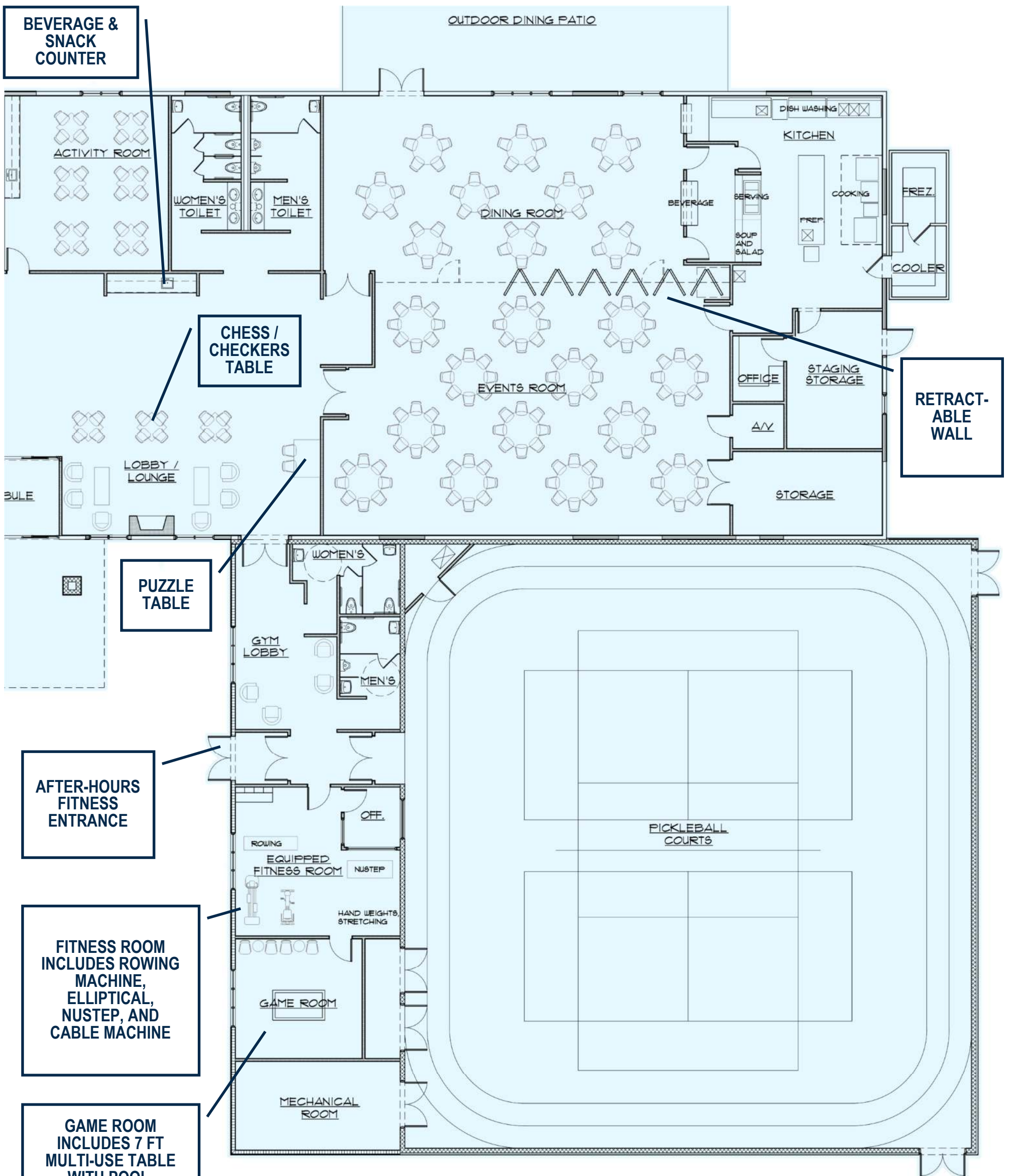
A conference call number is available. Please enter the following when prompted:  
+1 929 205 6099 US (New York)  
Meeting ID: 863 2933 3138  
Passcode: 680764

If for some reason you cannot call in or join via Zoom and would like to be a part of the design process OR if you need help accessing Zoom, please call the Senior Center at (989) 348-7123 or email Kaitlyn at [kgrieb@clawfordcoa.org](mailto:kgrieb@clawfordcoa.org).



COVERED  
DROP-OFF

HEATED  
SIDEWALKS  
LEAD TO  
BUILDING



**New Building Layout (above)**  
**New Site Plan (left)**



## November 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>11:30-12:30 Lunch</b> Pot Roast, Boiled Potatoes, Green Beans, Apple	<b>3</b> <b>11:30-12:30 Lunch</b> Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Dessert <b>4:30-5:30p Dinner</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	<b>4</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi <b>4:30-5:30pm Dinner</b> Lasagna, Mixed Vegetables, Apple, Breadstick	<b>5</b> <b>11:30a-12:30p Lunch</b> Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange <b>4:30-5:30pm Dinner</b> Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	<b>6</b> <b>11:30-12:30 Lunch</b> Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple
<b>9</b> <b>11:30-12:30 Lunch</b> Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	<b>10</b> <b>11:30-12:30 Lunch</b> Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Cupcakes <b>4:30-5:30pm Dinner</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	<b>11</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear <b>4:30-5:30pm Dinner</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	<b>12</b> <b>11:30a-12:30p Lunch</b> Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	<b>13</b> <b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>16</b> <b>11:30-12:30 Lunch</b> Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	<b>17</b> <b>11:30a-12:30p Lunch</b> Pork w/ Kraut, Green Beans, Applesauce, Dessert <b>4:30-5:30pm Dinner</b> Breaded Fish Sandwich, Asparagus, Pear	<b>18</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	<b>19</b> <b>11:30a-12:30p Lunch</b> Hamburger, Green Beans, Corn, Grapes <b>4:30-5:30pm Dinner</b> Shepard's Pie, Carrots, Grapes	<b>20</b> <b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
<b>23</b> <b>11:30-12:30 Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	<b>24</b> <b>11:30a-12:30p Lunch</b> Beef Tips, Brown Rice, Corn, Applesauce, Dessert <b>4:30-5:30pm Dinner</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	<b>25</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes <b>4:30-5:30pm Dinner</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>26</b>  <b>CLOSED FOR THANKSGIVING</b>	
<b>27</b>  <b>CLOSED FOR THANKSGIVING</b>	<b>27</b>  <b>CLOSED FOR THANKSGIVING</b>			
<b>30</b> <b>11:30-12:30 Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	<div><div><div><b>FREE DESSERTS WITH YOUR CONGREGATE MEAL ON TUESDAYS!</b></div><div></div></div><div><div><b>\$2.00 — 8oz SOUP TO-GO</b></div><div>See pg 13 for more details</div><div></div></div></div>			

## November 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10am Aerobic Drumming	<b>3</b> 10am Aerobic Drumming	<b>4</b> 9:30am Commodities @ St. Mary's 10am Zoom Zumba 1pm Walk in the Woods @ Mason Tract	<b>5</b> 10am Zoom Zumba	<b>6</b> 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
<b>9</b> 10am Aerobic Drumming 2pm Town Hall Meeting	<b>10</b> 10am Aerobic Drumming  <i>National Cupcake Day!</i> <i>Get a FREE cupcake with your Congregate Meal!</i>	<b>11</b> 10am Zoom Zumba 1pm Walk in the Woods @ Rayburn Property	<b>12</b> 10am Zoom Zumba	<b>13</b> 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
<b>16</b> 10am Aerobic Drumming 1pm TEFAP @ American Legion	<b>17</b> 10am Aerobic Drumming	<b>18</b> 10am Zoom Zumba 12pm Thanksgiving Bingo	<b>19</b> 10am Zoom Zumba	<b>20</b> 10am Stretch via Zoom 12pm Intro to Zoom Workshop 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
<b>23</b> 10am Aerobic Drumming	<b>24</b> 10am Aerobic Drumming	<b>25</b> 10am Zoom Zumba 11am New to Medicare Seminar	<b>26</b> <b>CLOSED FOR THANKSGIVING</b>	<b>27</b> <b>CLOSED FOR THANKSGIVING</b>
<b>30</b> 10am Aerobic Drumming				



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

## Health Services

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

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

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

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

\$25 per visit with Nurse Card (6 visits—\$150)

or \$30 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 Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 cost.

### **Home Delivered Meals**

(Meals on Wheels)

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

### **Senior Project Fresh**

Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables.

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

## Resources

### **Computers**

Internet, computers, and printers are available at the Senior Center. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

## Information and Assistance

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

### **Legal Assistance**

by Jason R. Thompson, Law Office PLC

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

### **Medicaid/Medicare Assistance Program (MMAP)**

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

### **Medical Transportation**

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

### **Resource Center**

Bookcase of loan materials, both videos and books.

### **Senior Gazette**

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

## In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

## Classes

### **AARP Driver Refresher Course**

Offered once each year.

### **Cooking for One**

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

### **Matter of Balance Program**

This program offers practical strategies to reduce falls.

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

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

## Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

### **Stress Less with Mindfulness**

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression, and anxiety.

### **Tai Chi**

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

### **Walk with Ease**

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

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

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

## Cost for Services

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



**How We  
Served You  
in Sept  
2020!**

## **At the Senior Center**

- We served **501** Congregate Meals

## **In-Home Services**

- Delivered **2,562** home delivered meals.
- Provided **125** hours of respite care.
- We provided **385.25** hours of homemaker services.
- We provided **93.75** hours of bathing assistance services.



**Tune into the Community Calendar for our Calendar of Events  
aired daily on all the Blarney Stone Broadcasting Stations or go  
to [q100-fm.com](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com),  
or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)**





# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Who Do I Contact —SSA or Medicare?

Social Security offers retirement, disability, to contact for help. The table below can help and survivors benefits. Medicare provides you quickly figure out where to go. Please health insurance. Because these services are share this table with family and friends. often related, you may not know which agency

Topic	Social Security	Medicare	Resources
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligibility?	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
What does Medicare cover?		X	<a href="http://www.medicare.gov/what-medicare-covers">www.medicare.gov/what-medicare-covers</a>
How do I sign up for Hospital Insurance? (Part A)	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
How do I sign up for Medical Insurance? (Part B)	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		<a href="http://www.socialsecurity.gov/benefits/medicare/prescriptionhelp">www.socialsecurity.gov/benefits/medicare/prescriptionhelp</a>
How can I check the status of Medicare Part A or B claims?		X	<a href="http://www.mymedicare.gov">www.mymedicare.gov</a>
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	<a href="http://www.medicare.gov/claims-appeals/how-do-i-file-an-appeal">www.medicare.gov/claims-appeals/how-do-i-file-an-appeal</a>
How to appeal an income-related monthly adjustment amount decision? <i>for people who pay a higher Part B or D premium, if their income is over a certain amount</i>	X		<a href="http://www.socialsecurity.gov/benefits/disability/appeal.html">www.socialsecurity.gov/benefits/disability/appeal.html</a>
How can I request a replacement Medicare card online?	X		<a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>
If I already get benefits or have Medicare, how do I report a change of address or phone #?	X		<a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>
What do Medicare health and prescription drug plans in my area cost & what services do they offer?		X	<a href="http://www.medicare.gov/plan-compare">www.medicare.gov/plan-compare</a>
Which doctors, health care providers, and suppliers participate in Medicare?		X	<a href="http://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers">www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers</a>
Where do I find publications about Medicare?	X	X	<a href="http://www.ssa.gov/pubs/?topic=Medicare">www.ssa.gov/pubs/?topic=Medicare</a> OR <a href="http://www.medicare.gov/publications">www.medicare.gov/publications</a>
Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?		X	<a href="http://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage">www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage</a>
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	<a href="http://www.medicare.gov/medigap-supplemental-insurance-plans">www.medicare.gov/medigap-supplemental-insurance-plans</a>



## Coronavirus Testing Site Open

Kirtland Community College, located at 4800 West 4 Mile Road in Grayling, will serve as a Community Testing Site for COVID-19.

The testing site offers FREE saliva tests, which are less invasive than nasal swabs and may make the testing process more tolerable for some people. No doctor's order is needed. Tests are available to people without symptoms (asymptomatic).

Appointments are strongly encouraged and can be made either by calling the COVID-19 hotline at 888-535-6136 Monday-Friday 8am-5pm and pressing "1" or online at <https://www.solvehealth.com/book-online/plVqZ0>. Walk-ins will be taken as space allows, but pre-registration is strongly advised. It's useful for all individuals to maintain good hydration pre-test. Please avoid caffeine, alcohol, sugary or acidic foods 24 hours prior. Do not eat, drink, chew gum or use tobacco 30 minutes prior to visit. Please arrive wearing a mask. The test takes about 15 minutes. Testing Hours will be as follows:

- Wednesdays 10am-4 pm
- Thursdays 10am-4pm
- Saturdays 10am-2pm

Both patients who book online in advance or walk-in to a testing site can use a mobile device to fill out their information including name, date of birth and phone number. Michiganders arriving at the neighborhood testing can check-in online to secure their place in line, making it easy for them to safely wait in their car or at a safe social distance from the testing site until their appointment.

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p: (989) 344-2010 • f: (989) 344-2011



# Random Word Search Puzzle

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

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

1. anlace
2. bolshevism
3. bubo
4. coenesthesia
5. colorableness
6. comaneci
7. compellably
8. crust
9. decongest
10. discern
11. dulia
12. espartero
13. forbiddance
14. fractural
15. gadzooks
16. ganglioid
17. gauging
18. harvardian
19. hecuba
20. hepatotoxic
21. hiordis
22. hobnail
23. hydriac
24. immersing
25. labrid
26. limited
27. mascagni
28. metacarpus
29. mountie
30. nonparochial
31. outflash
32. playmate
33. plover
34. polycrystal
35. pools
36. potter
37. preperusal
38. quaverous
39. subwardenship
40. sucker
41. titanic
42. tobaccoless
43. unalleged
44. underpinnings
45. unimputed
46. unoccupied
47. unprocreated
48. unreciprocal
49. unshackle
50. yin

## Cook's Corner Skillet Lasagna



### INGREDIENTS

- 1 lb. Ground Hamburger Meat
- 1 Tbsp. Butter
- 1/2 envelope of spaghetti sauce seasoning
- 1 lb. Cottage Cheese
- 1 Package uncooked Lasagna Noodles
- 1 (1 lb.) Can Tomatoes with Juice
- 1 (8 oz.) Can Tomato Sauce
- 1 C Water
- Mozzarella Cheese to taste

### DIRECTIONS

- 1) In a 12" electric skillet brown the ground burger in butter then drain.
- 2) Sprinkle spaghetti seasoning on meat.
- 3) Spread cottage cheese on top of meat.
- 4) Layer the uncooked lasagna noodles on top of cottage cheese.
- 5) Pour tomatoes, tomato juice, and water over top of the noodles.
- 6) Add the rest of the spaghetti sauce seasoning on top of tomatoes.
- 7) Simmer for 30 minutes.
- 8) Top lasagna with mozzarella cheese and simmer for 5 more minutes.

Submitted by Janet Gross

To submit your recipe for the Cook's Corner please email [svanduser@crawfordcoa.org](mailto:svanduser@crawfordcoa.org) or mail a copy to our offices!

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## Soup To-Go Returns!

**Starting November 2nd To-Go Soup bowls will be returning at the Senior Center!** Join us during Congregate Lunch pickup times to get a healthy **8oz portion** of your favorite soups served in a 12oz container (no more spillage!).

Soup bowls will be **\$2 each** and **must be pre-ordered** between 9:00 and 11:30am. Pick-up times are 11:30am-12:30pm. Call upon arrival to have your food brought out to you. See below for the weekly soup menu:

- Monday—Chicken Noodle
- Tuesday—Bean & Ham
- Wednesday—Chili
- Thursday—Potato
- Friday—Santiago

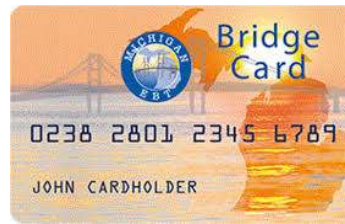


## Open Enrollment Medicare Assistance

Call Tammy Findlay at the Commission on Aging & Senior Center to make an appointment with one of our trained counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year. Appointments will take place by ZOOM or phone. You can also do this review yourself by going online to the Medicare website. If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show or talk you through it over the telephone.

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from premium amount to coverage changes to plan terminations.

There may be new, more affordable plans available that might give better coverage. It is important for EVERY Medicare recipient to review his/her coverage and be certain that the plan you will have for 2021 is the best plan for you. **Call Tammy at (989) 348-7123.**



## Congregate Meals & your Bridge Card

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging & Senior Center?

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler. Plus, our contactless meal pick-up ensures less risk of exposure than a visit to the grocery store.

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

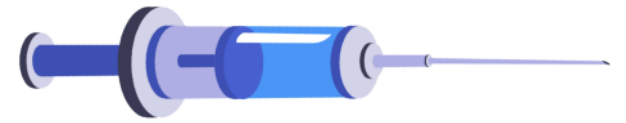
It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.



## Smoking & COVID-19

Smoking and vaping damage lungs and weaken the body's immune system, making it easier to contract COVID-19. People who smoke or vape could be at a higher risk of getting COVID-19 and have severe symptoms. Smoking and vaping may increase the spread of COVID-19 from hand-to-mouth contact or sharing cigarettes and vape devices.

Reduce your risk of COVID-19 by quitting smoking/vaping, wear masks in public, wash hands frequently, social distance and disinfect surfaces at home. Interested in quitting? Contact Angela Gullekson by calling (231) 876-3813 or visit <https://livewell4health.org/tobacco-cessation/>.



## Flu Shot Clinic

With COVID-19 still impacting our communities, it is more important than ever to get your flu shot. District Health Department #10 is providing a flu clinic at the future home of the Crawford County Commission on Aging, 4388 West M-72, Grayling, MI 49738. The flu clinic will be taking place on November 6th, 13th, and 20th from 12:30-3:30pm. All participants should enter the building by the eastern doors (on the right-hand side of the building).

You may qualify for a FREE flu shot—ask at your appointment. For those without insurance the cost is \$37 without insurance or \$46 for high dose and preservative-free shots.

Flu shots are usually covered by insurance. The DHD#10 can bill Medicare, Medicare Health Plans, Medicaid or Medicaid Health Plans, Blue Cross Blue Shield or Blue Care Network (except Mercy Partnered Plans), Cigna, Priority Health, McLaren Commercial, ASR, United Health Care, and TRICARE. Children without insurance may qualify for Vaccines For Children. Please be aware of your insurance benefit rules.

Please call DHD#10 at (888) 217-3904 to schedule an appointment. Walk-ins are also welcome.



## Thanksgiving Bingo

Gobble Gobble Gobble... You are invited to play Thanksgiving-themed bingo with us **via Zoom!**

Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet and microphone to participate in the activities.

The event will take place on Wednesday, **November 18th at 12pm**. Join the fun, see your friends, and have a good time! If you have questions or are interested in participating, please **email Kaitlyn at [kgrieb@crawfordcoa.org](mailto:kgrieb@crawfordcoa.org)**. I will provide you with a Zoom link for the game along with your bingo cards! Bingo cards can be printed or used on the computer.





## Similarities and Differences between Flu and COVID-19

With flu season fast approaching many may be wondering what is the difference between Influenza (Flu) and COVID-19 and how do you tell them apart? Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. **Common symptoms that COVID-19 and flu share include:**

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

Flu viruses can cause mild to severe illness, including common signs and symptoms listed above. **Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.**

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms. If a person has COVID-19, it could take them longer to develop symptoms than if they had flu. Typically, **a person with the flu develops symptoms anywhere from 1 to 4 days after infection. A person with COVID-19 typically develops symptoms 5 days after being infected**, but symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary.

**Most people with flu are contagious for about 1 day before they show symptoms** but it can vary based on age and immunity level. **How long someone can spread the virus that causes COVID-19 is still under investigation.** It's believed to be possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

Visit <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm> to learn more.



## Non-filers: Expect a Letter about your Stimulus Check

If you don't usually file a tax return, or didn't file a return for 2018 or 2019, you might not know you could qualify for an economic impact payment. You might be one of the nine million people getting a letter from the IRS letting you know how to register on their website to claim your payment. The new deadline for filing is November 21, 2020.

If you get a letter shown at this weblink <https://www.irs.gov/pub/irs-pdf/n1444aes.pdf>, it's legit. Go only to the IRS's real website at [IRS.gov/EIP](https://www.irs.gov/EIP), or call them directly at 800-919-9835 to register to claim your payment. You only have until November 21st. But if someone claiming to be from the IRS calls, emails, or texts about helping you get your stimulus payment, that person is running a government imposter scam on you. Hang up, and don't respond to or click on any links in texts or emails.

Why? Because the IRS will not text, email, or call you about your economic impact payment. And they'll never ask you to pay a fee to get your money.

Visit the IRS's website at <https://www.irs.gov/coronavirus/economic-impact-payments> to find out more about stimulus payments. And be sure to tell the FTC if someone pretending to be from the government contacts you.

Sited on the Federal Trade Commission, October 7, 2020. Visit <https://www.consumer.ftc.gov/> for more info.





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## Maintaining Health During Challenging Times

The current pandemic has impacted healthcare providers, systems and patients, affecting mental, social and physical health. The MSU Extension is offering a workshop that will highlight some ways to maintain your health during challenging times. The class will be taught by Holly Tiret, Family and Consumer Sciences Educator, who will help participants with the following:

- Discuss ways the current pandemic has impacted healthcare providers, systems and patients.
- Discuss strategies to maintain mental health.
- Explore grief and loss.
- Find creative ways to stay socially healthy.
- Explore ways for you to maintain your physical health during challenging times.

This class will take place Tuesday, November 10, 2020 from 11:30-12:30. For more information or to register contact Holly at Tiret, [tiret@msu.edu](mailto:tiret@msu.edu) or by calling (616) 570-5818



## Emergency Preparedness Series

The Michigan State University Extension is hosting a series of Zoom courses to discuss being food safe and ready for emergencies or severe weather. See below for information about courses happening this month:

- **Severe Weather Events**—Nov. 6, 2020: preparing and planning for the unknown.
- **Preparing Financially for Disaster**—Nov. 20, 2020: save time, money, and stress when a disaster strikes by making financial preparations. Important steps to prepare in advance and several resources will be included.

To register for one of these courses or to see the full list of courses in the series visit <https://tinyurl.com/msuprepare/> or contact Karen Fifield at [fifield@msu.edu](mailto:fifield@msu.edu).



getsetup

## MDHHS Providing New Service to Help Older Adults Cope with COVID-19 Social Distancing

The Aging & Adult Services Agency at the Michigan Department of Health and Human Services (MDHHS) is announcing a partnership with GetSetup to create a new free resource for Michiganders age 60 and over as the state continues to face the pandemic.

"It's...important for [older adults] to maintain social connections and be able to meet their needs from home....Technology can help, and this initiative will help older Michiganders become more comfortable with that technology."

Older Michiganders can access more than 150 free online group classes designed for and led by older adults. Offerings include classes on how to use a smartphone or tablet, how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine, as well as virtual social hours.

An internet connection is all that's needed to access GetSetup.

GetSetup.io is a pioneering social platform where seniors can learn about a variety of topics through a live, interactive peer-to-peer teaching model. The platform currently offers classes on essential life-changing skills, from professional development to technology, health, wellness and hobbies. Its expert guides hold graduate and master's degrees in business, music, science, etc.

GetSetup will run classes 10 hours a day to make it easy for Michiganders to take a class anytime they like from the comfort and safety of their homes. The classes are available free for the next six months. This initiative is supported in part by the Michigan Health Endowment Fund.

For more information contact Bob Wheaton by calling (517) 241-2112, or by emailing [wheatonb@michigan.gov](mailto:wheatonb@michigan.gov).



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## Lifeline Discount Program

Gov. Gretchen Whitmer and the Michigan Public Service Commission are urging eligible Michiganders to take advantage of the Lifeline telephone and broadband discount program.

Lifeline provides discounted voice or broadband service to veterans, seniors and low-income Michiganders. The COVID-19 pandemic has underscored how vital phone and broadband are to everyday life, yet both services can be out of reach for people of limited means.

Dozens of telecommunications carriers in Michigan offer Lifeline, a federal-state program. Through Lifeline, income-eligible people under age 65 get a minimum monthly discount on their bill of \$8.25. Those 65 and older receive a discount of \$12.35.

To qualify for the state program, a Michigan customer must have an income that is at or below 135% of the federal poverty level or participate in one of these programs:

- Medicaid
- Supplemental Nutrition Assistance Program
- Supplemental Security Income (SSI).
- Federal Public Housing Assistance (Section 8)
- Tribal Eligibility Programs (and living on federally recognized Tribal lands)
- Veterans Pension or Survivors Pension Program

For more information about Lifeline contact the MPSC at 800-292-9555 or visit [https://www.michigan.gov/documents/mpsc/telecomm\\_carriers\\_522698\\_7.pdf](https://www.michigan.gov/documents/mpsc/telecomm_carriers_522698_7.pdf) to see participating companies.



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# zoom

## Introduction to Zoom Workshop

The Crawford County Commission on Aging will offer our monthly online Introduction to Zoom Workshop on **Friday, November 20th from 12:00-1:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

As we continue to offer more activities online including Zumba, Aerobic Drumming, and online games, we want everyone to be able to take full advantage of the opportunities. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges. You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call. Other classes offered via Zoom include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! **Registration is required.** Please call (989) 348-7123 to register or you can register through MyActiveCenter. The Zoom link will be sent via email after registration.



## Medical Equipment Available Free

The Crawford County Commission on Aging has several medical items available for older adults 60 and over for free. If you are interested in any of these items, please give Kathy a call at (989) 348-7123. All supplies are first come, first served. See below for items available:

- Walker with 2 front wheels
- Walker without wheels
- Side step walker
- Bedside commode
- Foldable cane for the blind
- Miscellaneous canes w/ and w/o feet

Also available are Ensure and Boost available for those with a prescription and, for your personal needs, Depends and Pads are ready for your pick up. Give the office a call for sizes we have on hand.



## New to Medicare Seminar

Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, November 25th at 11:00am** for a presentation that will help demystify the issues surrounding Medicare.

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

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

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Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.



## Thanksgiving Mad Libs

**DIRECTIONS:** Choose a word for each part of the speech specified BEFORE reading the blurb. Fill your words in the blanks in order and read aloud for a good laugh.

- |                     |                   |
|---------------------|-------------------|
| 1. Year             | 11. Famous Person |
| 2. Adjective        | 12. Month         |
| 3. Noun             | 13. Plural Noun   |
| 4. Adjective        | 14. Plural Noun   |
| 5. Food             | 15. Noun          |
| 6. Food             | 16. Noun          |
| 7. Verb, Past Tense | 17. Noun          |
| 8. Plural Noun      | 18. Noun          |
| 9. Number           | 19. Adjective     |
| 10. Year            | 20. Food          |

The first Thanksgiving was held in \_\_\_\_\_<sup>1</sup> when the Pilgrims and Indians came together for a \_\_\_\_\_<sup>2</sup> meal to celebrate their first \_\_\_\_\_<sup>3</sup> in America. It was \_\_\_\_\_<sup>4</sup>! The Indians brought \_\_\_\_\_<sup>5</sup> and \_\_\_\_\_<sup>6</sup> to the festivities and the Pilgrims \_\_\_\_\_<sup>7</sup> \_\_\_\_\_<sup>8</sup> for everyone. The feast lasted for \_\_\_\_\_<sup>9</sup> days!

In \_\_\_\_\_<sup>10</sup>, President \_\_\_\_\_<sup>11</sup> declared the 4th Thursday of \_\_\_\_\_<sup>12</sup> as a day of \_\_\_\_\_<sup>13</sup> and \_\_\_\_\_<sup>14</sup> and called it Thanksgiving.

Modern Thanksgiving celebrations usually include cooking a large \_\_\_\_\_<sup>15</sup> with stuffing and \_\_\_\_\_<sup>16</sup> sauce, eating \_\_\_\_\_<sup>17</sup> pie, and watching \_\_\_\_\_<sup>18</sup> game on television. My favorite thing about Thanksgiving is the \_\_\_\_\_<sup>19</sup> \_\_\_\_\_<sup>20</sup>.

What is yours?

Source: HappinessIsHomeMade.com