

Crawford County *Senior Gazette* November 2021



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Featured Article

By Ann Rowland
"Thanks-Giving"

November is upon us already, bringing colder weather, the first snows, deer hunting, Veterans Day, and Thanksgiving.

I love Thanksgiving. It is my favorite holiday, even ahead of Christmas. I like how it draws families together. I like the familiar smells, the early morning turkey stuffing routine, the warmth of the kitchen, the din of conversation mingled with football, and the clatter of dishes once the dinner is finished. Mostly, I like the occasion of Thanks-giving.

I have thought about it differently ever since I knew a woman named Vivian.

Vivian had an extremely unhappy childhood, and a good part of her adult life was not much better. Abandonment, abuse, poverty... She'd known it. She was elderly by the time we were spending any time together, and I found that she cried often, recounting the sorrows she had known. It distressed her to remember, and me to hear.

I began to suggest to her that she

write a gratitude list each day, just to name her blessings and joys.

She resisted at first, but finally agreed to try and, eventually, her tears became less frequent. Her lists often started with:

I am alive!

I can see and hear.

I can take care of my own personal needs.

I can walk.

Her lists sometimes ended there, but often went on to include other simple things.

I sleep in a comfortable bed every night

I have enough to eat

I am safe.

It was a good list.

I realize that not all of us can include every one of those gratitudes on our lists. These are hard times in which we're living, and yet as I watch the news on TV I am ever aware of the fact that, even considering the difficulties we've all known in the recent past, when compared to much of the world's population, we, in this country, are wealthy beyond belief.

Never mind the world news, just



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

HOURS OF OPERATION

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

**308 Lawndale St
Grayling, MI 49738**

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

www.crawfordcoa.org

Director@crawfordcoa.org

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Giving Tuesday 2021!

In times like these, local giving makes a tremendous impact close to home. Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage giving and celebrate generosity.

This year we have teamed up with The Community Foundation of Northeast Michigan to raise support for Meals on Wheels in Crawford County. For 24 hours on **Tuesday, November 30th, 2021** we are asking all donations to be made online (if possible) at **cfnem.org**. 100% of your donation given in support of the Commission on Aging on Giving Tuesday helps us further our mission.

Meals on Wheels provides food to homebound seniors in Crawford County regardless of their ability to pay. No one is EVER turned away from Meals on Wheels because of an inability to make a donation.

Every participant receives hot lunches on delivery days as well as frozen meals for dinner and non-delivery days. In addition, social connection, and support to keep help recipients stay out of nursing homes and hospitals.

Between October 1, 2020 and September 30, 2021, we served a total of 30,336 home delivered meals. Your donation will help us and our amazing volunteers continue to deliver 550+ meals with smiles every week.

There are several ways to donate: if you cannot give online but would still like to give to help support Meals on Wheels see all the options below:

- Visit cfnem.org and click on the Commission on Aging logo.
- Call (989) 348-7123 to donate by credit card over the phone.
- Drop a check in the mail to
"Crawford County Commission on Aging & Senior Center"
308 Lawndale St., Grayling, MI 49738

Board Meeting Schedule FY 21-22

All meetings will be hybrid in-person and online until further notice. Instructions and links to join will be placed online at 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 21st, March 15th, May 17th, July 19th, August 30th, and September 20th.

Congregate Dinners Suspended for Winter

At the October 19th meeting of the Crawford County Commission on Aging Board, the decision was made to suspend the dinner meal effective November 1st until the spring. Since reopening in June 2021, the average attendance for dinner has only been 6 people. The COA fears that with the holidays and winter coming attendance will only decrease.

Lunch will continue to be served Monday thru Friday from 11:30am – 12:30pm. Curbside Takeout Congregate Meal Service will remain in effect. Call the Senior Center at (989) 348-7123 between the hours of 9–11:30am to order lunch for takeout. Curbside pickup will take place during serving hours. You do not need to order/eat the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day. You can pick any of these options instead of the Hot Meal. You can pick up enough frozen meals to last a few days, over the weekend, or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day.

Frozen meals will be available for takeout for both dine in and takeout participants. So, come for lunch and take a frozen meal home for dinner.



31st Annual Crawford AuSable Community Free Thanksgiving Dinner

In the spirit of staying healthy again this year all meals will be delivered to you on November 25th, 2021.

You can reserve your home delivered meals by calling (989) 387-3672 by noon the day before Thanksgiving. Leave your name, phone #, delivery address, # of meals needed, and any special instructions for delivery.

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

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:

Terri Chott
Judy Davis
Judy George-Crook
Patty Hawkins

Donna & Russel Hubbard
Kirsten Lietz
Theresa Wright
Ron & Margart Yon

*Volunteers and
Contributions received
after October 15th will
be acknowledged in the
next edition of the
Senior Gazette.*

Memorial Gifts

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

Legacy Giving

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

Gifts of Supplies

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

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

Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you or your business are interested in sponsoring an event, activity, or program contact Alice Snyder at (989) 348-7123 or at director@clawfordcoa.org. Sponsorship can be one-time or continual and is available at any financial level.

Our Sponsors

Blood Pressure/Blood Sugar
Sponsored by Munson
Home Health Care

Foot Clinic Offered by
Comfort Keepers

Hearing Clinic Offered by
Advantage Audiology

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Birthday Lunch Flowers
donated by Family Fare

Medicine Shoppe Bingo by The
Medicine Shoppe

Memorial Donations Made By:

Grayling High School
Activite Fund
In Memory of
Helen Hatfield

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.



Paige Clinton	Karen Leslie
Judy Crook	Cathy Lester
Joan Culberston	Rita Lone
Charles Curro	Dan McCarthy
Marc Dedenbach	Barb McCray
Dick Dodge	Dean McCray
Lyn Dodge	Rosemary Nelson
David Felker	Wayne Nelson
Susan Hensler	Keith Radwanski
Bill Hollenbeck	Karl Schreiner
Karen Hollenbeck	Gail Schultz
Cheryl Hopp	Jon Schultz
Tom Jarosz	Steve Seager
Myra Johnson	Joyce Sorenson
Glenn King	Maze Stephan
Lorelei King	Farrell Thomas
Sarah Kurtz	Ellen Thompson
Sandy Lakanen	Vera Trimble
Alice Lee	Janet Weaks
Nancy Lemmen	Sandra Woods



Thanksgiving Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Thanksgiving Luncheon on **Thursday, November 18th from 11:30–1pm**. On the menu will be Roast Turkey, Mashed Potatoes & Gravy, Stuffing, Corn, Mandarin Oranges, and Pumpkin Pie.

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

Medicine Shoppe Bingo Returns!

The Crawford County Commission on Aging is excited to partner with the Medicine Shoppe to bring back Medicine Shoppe Bingo!

Medicine Shoppe Bingo is a variation of bingo where everyone plays 2 cards. Bingos can be of any type. Two bingos are taken for each game as many as Bingo each time) and then cards are cleared. Each bingo is awarded one Medicine Shoppe coupon. During the Coverall game, the first person to Coverall is awarded 5 Medicine Shoppe coupons. The rest of the Coveralls are awarded 2 Medicine Shoppe coupons for each card (4 coupons total). These coupons can be used to make purchases at the Medicine Shoppe! November's Medicine Shoppe Bingo will be on Thursday, November 4th at 2pm. For more information call Toby at (989) 348-7123.

Bible Study

The Crawford County Commission on Aging and Senior Center will be holding a weekly Bible Study beginning November 2nd from 10-11am at the Senior Center located on 308 Lawndale Street. This Bible Study will be led by Ron Larson from the Grayling Free Methodist Church. We want to invite you to come and join this group as they openly discuss the common themes and truths of the Bible. You do not need to register or sign-up for this activity, just come as you are! If you have any questions, please contact Toby Neal, Senior Center Manager at (989) 348-7123.



Nancy Billingham

Nancy Billingham was born and raised in the Upper Peninsula or as she calls it, "God's Country." At 18 years of age and "looking for work and adventure," Nancy moved to Detroit. There in Detroit she got a job right away and rode 4 buses a day to get to work and back. Her mom wanted her to come home but her adventure wasn't over so she stayed. Nancy was lucky enough to retire from a job that she , "Loved, loved, loved," working with the State of MI for 32 years.



Nancy married late in life and she and her husband, Lee, camped in the Grayling area for years until one year they picked up some real estate brochures, called on a few properties, looked at a home, put in an offer and within 2 weeks of viewing owned the home in Grayling where she still lives now.

Together Nancy and her husband travelled all over the country visiting all 50 states except Alaska before he died of cancer in 2015. After his death Nancy worked hard to keep busy. A phone call from the Senior Center to wish her a happy birthday led to her



signing up for Telephone Reassurance calls twice a week just to check in. Eventually Nancy agreed to volunteer at the Senior Center: she started out as a kitchen volunteer then started helping out as a server during Special Dinners too. She now pays it forward, volunteering to visit others as part of the Friendly Visitor program.

Nancy is passionate about feeding the hungry and, "trying to make the world a better place one smile or good deed at a time." Nancy has also volunteered at the Christian Help Center, food truck distributions, the health department vaccine clinics, and the Community Thanksgiving Dinners.

She has now completed her US travel goal of visiting all 50 states and Washington DC with her new partner, Mike. Before COVID they had begun planning trips to Europe that they still hope may happen someday. Nowadays though they take a road trip or two when they can and her days are mostly filled with bike riding and exercising, housework, church, and games with friends. Her hope is to, "Live long and strong."



Thanks-Giving (Cont.)

Written by *Ann Rowland*

watch the local news. See how many communities are setting up food drives, soup kitchens, coat and mitten collection sites, and emergency shelters for the homeless, the needy, the desperate; and see if that doesn't spark your own sense of gratitude. Perhaps you are thankful that you don't need those services. Perhaps you are thankful that they are there because you do need them.

This year, my gratitude list begins with the same 7 things that Vivian always listed. To that, I'll add...

My children, grown and on their own...well, they are grown and on their own. They are making a way for themselves in this big world, they are happy, and they sometimes call just to say, "I love you, Mom."

My first grandchild is due in February.

The most valuable gifts I received from my father have not rusted away; a sense of humor, love of nature, strong work ethic, and the ability to hold loosely to "things".

Likewise, the intangible gifts I received from my mother also remain; determination, an appreciation for all things beautiful (no matter how small) the strong bonds of family, patience, the ability to smile through adversity. The courage to stand up for what's right.

I have good friends; the kind who would drop everything to come to my aid if I needed help, and for whom I would do the same.

I live in the place where thousands of people flock for vacations, wishing that they could stay.

I have work that I love, and enough of it. I have the privilege to travel some, to meet interesting people, see wondrous sights, experience different cultures.

I was fortunate to be born in this country; one that grew from a small group of people who were desperate enough for freedom that they risked everything, travelled an unimaginable distance under miserable conditions, and knew enough to be thankful when they found land.

Because of those who are willing to put their lives on the line to protect that freedom, I have the right to speak my mind without fear.

Thanksgiving is my favorite holiday of the year. It has no expectations attached to it, aside from a good meal shared with people we love. Many folks like Christmas best, and though Christmas is a wonderful time... and it comes AFTER Thanksgiving. I'm afraid that people become so focused on "what they want" that they neglect to think about what they already have.

Vivian, when she said "Thanksgiving", put the emphasis on that first syllable. I think we all should.

This year, as you're making lists and preparations, preparing food. Spending time with family (How thankful that we can do that again we are!) don't forget to make a gratitude list. Keep it in your pocket, share it with your family and friends, and refer back to it from time to time. Write the big things on it, but don't forget the little things, like: a warm coat, dry socks, soap, shelter, clean water in abundance, wood for the fire, spare change, snow plows, and the hard work of farmers and whose labors put food on the table.

I hope that you too are blessed to have everything you need, and more.

Happy Thanks-giving.

Mandatory 10-Digit Local Dialing

On July 16, 2020, the FCC adopted an Order (FCC 20- 100) approving the designation of 988 as the 3-digit abbreviated dialing code for the National Suicide Prevention Lifeline. Beginning October 2021, the 989 area code, along with several others across the state and many more across the country must now be dialed using all 10-digits (area code + telephone number) of the phone number. local calls dialed with only 7-digits may not be completed, and a recording will inform you that your call cannot be completed as dialed.

In addition to changing your manual phone dialing consider what automated services you have that may be affected including life safety services and medical monitoring devices, fax machines, Internet dial-up numbers, fire or security systems, speed dial, mobile or other wireless phone contact lists, call forwarding

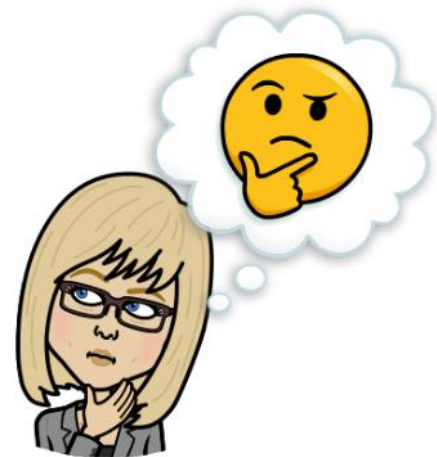
settings, and voicemail services. Other places to check include:

- Websites
- Personal and business stationery
- Advertising materials
- Personal and business checks
- Contact information
- Your personal or pet ID tags

Other affected area codes in Michigan include 616, 810, 906, and 989. In total there are 37 states and 83 area codes impacted.

Changing to 10-digit dialing is to avoid the need to change people's telephone numbers. No phone numbers are changing as a result of this order.

Customers must continue to dial 1-800-273-8255 (TALK) to reach the National Suicide Prevention Lifeline until July 16, 2022 when the 988 code will take effect.



Tammy's Tips

It's that time of year again to check your propane tank. If your tank reads 25% or lower and you are having financial difficulties getting it filled, please call Tammy, Advocacy and Resource Coordinator, at 989-348-7123 for assistance.



Be Prepared for Winter Weather

See below for tips on how to be prepared for the upcoming winter weather.

- Be sure that your house is well insulated.
- Cut away tree branches that have the possibility of falling on your house due to ice
- Insulate pipes and faucets to prevent them from bursting or freezing
- Be prepared to be stranded at home in the event of a winter storm. Have plenty of canned food and wood for your fireplace or wood burning stove.

Have an emergency kit in your car during the winter season that includes: a shovel, a flashlight, an ice scraper, booster cables, extra clothes road salt, first aid kit, and a chain or rope.

Preparing in advance helps you tackle winter weather before it even begins



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Selfies and Sunshine and Soy! Oh My!

by Toby Neal, Senior Center Manager

"What's Walk in the Woods all about?" Someone asked me this recently, and I paused before answering. "Where do I begin," I started to reply. If they had asked me before we had our first Walk in the Woods, I would have been able to give them a quick synopsis of the activity. It would have gone something like, "Walk in the Woods are scheduled area hikes that happen once a week, designed to get people moving outdoors and introduce them to area trails." Now that we have almost completed our time with Walk in the Woods I could say a lot more about what it than that!

However, let me try and summarize some of our experiences with this amazing group and our Walk in the Woods using three words: Selfies, Sunshine and Soy!

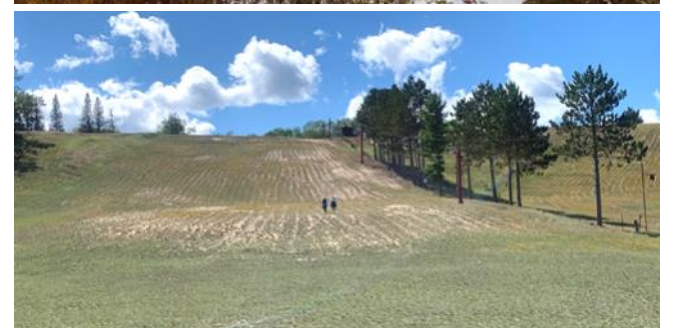
SELFIES!

At the outset of our first hike I took a "selfie" of our hiking group as we started hiking the always beautiful Old Growth trail at Hartwick Pines. In case you don't know, a selfie is a self-portrait photograph that is taken with a digital camera or phone with the purpose of then sharing the photo on social media, like Facebook. It was then that the

tradition of the trailhead selfie began! Soon, as the number of hikers grew each week it became increasingly hard to get everyone in the selfies, but somehow we managed! Speaking of Hartwick Pines, it was on this trail that I learned about a couple of our hikers having lung and heart troubles, and how they weren't going to let it stop them from getting outside and walking! Talk about inspirational!

SUNSHINE!

As I write this we have two hikes left, and so far none of the hikes had to be canceled because of the weather! In fact, most of the



Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Birthday Lunch, Thurs, once per month
Medicine Shoppe Bingo, Thurs, once/month
Pantry Bingo, Fridays 1pm
Penny Bingo, Thurs 1pm
Pool, Fridays, 1pm
Wii Bowling, Wednesdays, 1pm

Fitness

Zumba Gold, Tuesdays, 10am
Clogging, Wednesdays, 12pm

Table Games

Euchre, Tuesdays, 1pm
Pokeno, Thursdays, 10am

time we were enjoying the warm sunshine as we journeyed through beautiful area trails. When we hiked the Hanson Hills Pond Loop, for example, most of us complained because the weather was too warm for how they dressed! Some of them took off their sweatshirts and jackets and let their arms get some sun! On our hike around Wakeley Lake Loop the weather was even better! Most people tied their long sleep shirts or jackets to their waste as they hiked the gorgeous shoreline of Wakeley Lake. I even brought my sunglasses because it was so sunny out! We really were blessed with great weather for the majority of these hikes!

SOY (Ice Cream)!

Of all the memorable hikes we took, probably the most memorable was when twenty-one of us hikers joined up at Camp AuSable to hike around their lake boardwalk! If you have not been out to Camp AuSable to walk their boardwalk, you are missing out! The Camp hosts were so friendly! A long time Camp employee met us on the trailhead and gave us a brief history of Camp AuSable and the boardwalk. He then offered up a kind prayer for us. The Visitor's Center has a small grocery and memorabilia store in it where they also sell homemade soy ice cream, more on that later!

The views around the lake were incredible, and while the walk was longer than we usually take, there were plenty of benches to rest at along the way to help make this trek an easy and enjoyable one. At the end of the boardwalk is this long suspension bridge that spans part of the lake and leads you to the Camp AuSable Nature Center. While wobbly, and perhaps challenging, our group made their way across this bridge to the other side without any issues!

Upon returning to the Camp AuSable Visitor's Center many of us stuck around to shop for goodies and merchandise at their store. It was then that we were told of their vegetarian ice cream made out of soy milk! If you have not had it then you are missing out! We ordered our ice cream, took our goodies, and sat out on the deck of the Visitor's Center and talked and shared stories and soaked in more of the sunshine and views. It is no

wonder that this hike would be referred to by everyone as the best hike we did!

Our Walk in the Woods group has a lot of pictures, videos and stories to share! So many of them invited friends and family to come; we had a lot of people come out for these hikes who had never done anything with the Commission on Aging and Senior Center before! Will our time out in the woods and on the trails end with the cold and snowy weather? No! We are already planning some snowshoeing and cross country skiing events for this winter! I can't wait, and I look forward to joining everyone for more selfies, sunshine and soy this winter! I wonder if Camp AuSable sells their ice cream during the winter? Stay tuned...



Support Groups

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.
Mon. / Fri (C/D/H) A.A. NOON
Mon.. (H) "Recovery Group" 6 p.m.
Thur. O/D/H) NOON (Women's)

At St. Francis Episcopal Church, Grayling

SAT. 6:00 PM (C/D/H)

At Frederic Twp. Hall

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30pm

At River House Inc. in Grayling

Call Lynn or Danyelle to register (989)348-3169

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders

At River House Inc. in Grayling

who have experienced domestic violence
(directly or indirectly) sexual abuse or bullying.
Call RiverHouse, Inc at 989-348-3169 for info.

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Call Barbara to register at (989)348-3169

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

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



Supporting
Crawford County's
Senior Citizens

4786 North Down River Rd.

P.O. Box 668

Grayling, MI 49738

(989) 348-7321

(800) 968-2722

Fax (989) 348-7698

November 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	2 11:30-12:30 Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	3 11:30a-12:30p Lunch Beef Stroganoff, Asparagus, Italian Blend Vegetables, Kiwi	4 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon	5 11:30-12:30 Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
8 11:30-12:30 Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	9 11:30-12:30 Lunch Taco Salad, Roasted Corn & Black Bean Fiesta, Broccoli, Apricots	10 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	11 11:30a-12:30p Lunch Sloppy Joe, Green Beans, Tossed Salad w/ Tomato, Burst O' Berries	12 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
15 11:30-12:30 Lunch Chicken & Mushroom Alfredo, Broccoli, Cauliflower, Orange	16 11:30a-12:30p Birthday Luncheon Beef Goulash, Green Beans, Kiwi, Cake & Ice Cream	17 11:30a-12:30p Lunch Lemon Pepper Chicken, Redskin Potatoes, Brussels Sprouts, Orange	18 11:30am-1:00pm Thanksgiving Luncheon Roast Turkey, Mashed Potatoes & Gravy, Stuffing, Corn, Mandarin Oranges, Pumpkin Pie	19 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
22 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	23 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear	24 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Mixed Vegetables, Kiwi	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 11:30-12:30 Lunch Beef Tips & Pasta, Corn, Applesauce	30 11:30-12:30 Lunch Stuffed Peppers, Broccoli & Cauliflower, Grapes	<p align="center">Congregate Dinners have been suspended for the winter.</p> <p align="center">For more information visit page 2.</p>		

November 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	3 9:30–10:30am Commodities – St. Mary's Church 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	4 10am Pokeno – Lawndale 11:30am-12:30pm Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale 2-4pm Medicine Shoppe Bingo – Lawndale	5 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
8 1-2:30pm – TEFAP Quarterly Food Distribution @ American Legion	9 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	10 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	11 10am Pokeno – Lawndale 11:30am-12:30pm Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	12 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale 2pm Intro to Zoom – via Zoom
15	16 10am Bible Study – Lawndale 10am Zumba – E M72 11:30a-12:30p Birthday Lunch 1pm Euchre – Lawndale	17 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	18 10am Pokeno – Lawndale 11:30-1 Thanksgiving Luncheon— Take Out Only at Lawndale St. 1pm Penny Bingo – Lawndale	19 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
22 1-4pm Foot Clinic — Appt. Req. – Lawndale	23 10am Bible Study – Lawndale 10am Zumba – E M72 1pm New to Medicare Seminar – via Zoom 1pm Euchre – Lawndale	24 1pm Wii Bowling – Lawndale	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29	30 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	<p align="center">We ask that participants social distance whenever possible.</p> <p align="center">We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.</p>		

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care
- Thursdays, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers
4th Monday, 1-4pm at 4388 M-72 E, Grayling

Hearing Clinic - by appointment

by Advantage Audiology
Contact the COA office to set up an appt.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

Home Delivered Meals

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm
November, February, May, August.

Resources

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 by calling (989) 348-7123.

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 September
2021!**

At the Senior Center

- We served **587** Congregate Meals

In-Home Services

- Delivered **2,608** home delivered meals.
- Provided **88.25** hours of respite care.
- We provided **205.75** hours of homemaker services.
- We provided **40.75** 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, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com**



SOCIAL SECURITY TIPS

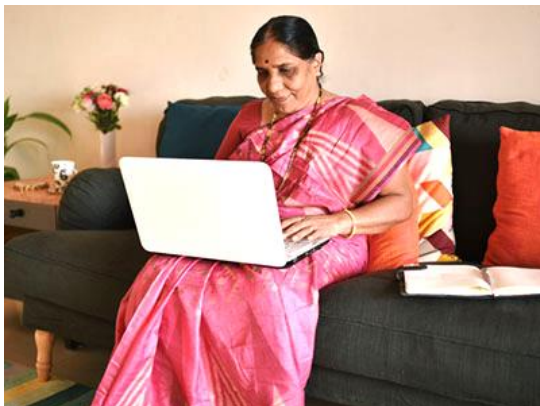
From Bob Simpson, District Manager Traverse City Social Security Office

Social Security Lets You Change Your Direct Deposit Information Online

The most convenient way to change your direct deposit information with us is by creating a my Social Security account online at www.ssa.gov/myaccount. Once you create your account, you can update your bank information from anywhere.

We are committed to protecting your personal information, so we take steps to verify who you are. If you already have an account, we verified your identity when you created your personal my Social Security account. If you can't remember your username or password, don't worry. At the sign-in screen select Forgot Username or Forgot Password and follow the simple but secure steps to reset them.

When you are ready to change your direct deposit, we highly recommend that you do not close your old bank account until you have seen your Social Security deposit show up in the new bank account.



We always strive to put you in control by providing the best experience and service no matter where or how you decide to do business with us. Remember, you can do much of your business with us online at www.ssa.gov/online services.

If for any reason you cannot access the online Social Security tools call Tammy for assistance at (989) 348-7123.



Future of Tax Aide Program

The Northern Michigan Free Tax Service provided to adults in Crawford County under the leadership of Ron Gribb served this community for 17 years. Ron single handedly ran this program with his faithful volunteers every year providing tax return and tax credit processing to low-income residents. Some of his long-time volunteers include Dick Lee, Ann Mitchell, Karen Gribb, Ron Joyce, Bill Leason, Caroline Senaca along with Alice Lee who provided all the appointment scheduling. The Crawford County Commission on Aging & Senior Center wants to wholeheartedly thank these dedicated volunteers for their service.

This past tax season was the last one for the Northern Michigan Free Tax Service. At this time, there are not any other free Tax Aide programs in Crawford County. The COA is evaluating the possibility of taking on this program and providing it annually. In order for this to happen, we have a serious need for a volunteer to lead the group. This should be someone with a strong background in bookkeeping, accounting or tax preparation. Strong computer skills are required. In depth training is provided via the Volunteer Income Tax Assistance (VITA) program run by the IRS. If a lead volunteer is found, the COA will also need volunteers to provide in-person tax assistance. Training is provided to these volunteers as well.

If you are interested in volunteering, please go to the COA website <https://www.crawfordcoa.org/volunteer/volunteer-application> to complete an application. At the bottom, please list your reason for volunteering as "Tax Aide Program."



Items Available for Purchase by Donation

The Commission on Aging has several items left over from a recent sale/auction that need to find a home before the Senior Center moves to its new location. All funds will go directly to the Commission on Aging. Items remaining are listed below. If you see any items you are interested in contact Toby, Senior Center Manager, at (989) 348-7123.

- **Mount Holly Christmas Tree**

This 7.5 foot tall Mount Holly Christmas Tree is fully functioning and folds down into its original packaging! Original Price Unknown.

- **Christmas Tree**

This 7-foot tall fake Christmas tree is still a great tree for a family Christmas but has some storage problems, however, as the bottom sections no longer collapse. The top section does still collapse. Original Price Unknown.

- **Ironing Board**

Keep your clothes looking fresh and wrinkle-free with this used ironing board!

This full-sized ironing board comes with an aqua-colored cover. Original Price Unknown.

- **Antique Office Desk**

This antique desk will not only bring style and class to your office but still has plenty of use left in it! It features 5 drawers for all your storage needs. Item does show some wear. Original Price Unknown.

- **Lockable File Cabinet**

This taupe-colored file cabinet has two drawers. Original Price Unknown.



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Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We are currently considering resuming puzzle collection in the future.

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

1. absence
2. advertise
3. allopath
4. balaniferous
5. barrier
6. budge
7. cacocholia
8. caloyer
9. cardcase
10. career
11. colleague
12. computer
13. concept
14. constitution
15. eaux
16. eliminate
17. evader
18. flour
19. ghost
20. gradual
21. gyromele
22. habitat
23. harridan
24. horse
25. index
26. initiative
27. isolation
28. momentum
29. mongooses
30. mutter
31. network
32. olympicly
33. orcanet
34. parakilya
35. peppercorns
36. possible
37. profit
38. promise
39. regard
40. rotten
41. situation
42. solider
43. sphere
44. spinages
45. steam
46. swacked
47. thanks
48. undertide
49. unwelded
50. velvet

Cook's Corner Pumpkin Pie Bars



INGREDIENTS

- 1 can (29 ounces) pumpkin
- 1 can (12 ounces) evaporated milk
- 1-1/2 cups sugar
- 4 large eggs, room temperature
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 package butter recipe golden cake mix (regular size)
- 1 cup butter, melted
- 1 cup chopped pecans
- Whipped topping, optional

DIRECTIONS

- 1) Preheat oven to 350°. In a large bowl, combine the first 7 ingredients; beat on medium speed until smooth. Pour into an ungreased 13x9-in. baking pan. Sprinkle with dry cake mix. Drizzle butter over top; sprinkle with pecans.
- 2) Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool 1 hour on a wire rack.
- 3) Refrigerate 3 hours or overnight. Remove from refrigerator 15 minutes before serving. Cut into bars. If desired, serve with whipped topping.

Recipe by Taste of Home

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

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Social Media Addiction and Personal Wellness

by Toby Neal, Senior Center Manager

Wellness has become a buzzword in our society today. We have gravitated toward wellness as a concept, and have learned to market it. We have wellness programs, wellness centers, wellness contests, wellness conferences, wellness journals, wellness administrators, wellness awards, and even wellness tourism! The usage of the term signals that our society has deemed it relevant and important, and clearly emphasized in almost all aspects of American life. The word "wellness" was coined by Halbert L. Dunn who in his 1961 book, *High-Level Wellness*, defined wellness as an "integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable." American society has embraced this terminology and has moved away from just seeing the need for overall health.

As the ideals of wellness begin to evolve from Dunn through the 1970's and 80's and into the 90's a sense of individual responsibility to maintain health (absence of disease) and wellness took on the role of being preventative. Certain social practices have become the norm as a result of wellness being integrated into our societal thinking. For instance, smoking was the cultural norm for decades, but the decline in smoking socially, tobacco sold products, billboards and public marketing has decreased rapidly from the 1960's through the 2000's. The infiltration of wellness thinking influenced this practice as Surgeon General warnings made their way onto cigarette packaging, and studies of the effects of chemicals in cigarettes were made prominent on TV commercials.

Halbert L. Dunn who introduced the terminology of wellness, suggested the need for it arising out of four features of modern life: interconnectedness through communications technologies, population boom and crowding, aging of the population, and rising tensions because of the "tempo of modern life." Concerns, from a mental health perspective, have been on the rise regarding the habitual use (and misuse) of social media. A study over the last five years has connected excessive social media use to a number of psychological disorders including, anxiety, depression, loneliness and... addiction. Many people's social media habits spill over into other aspects of their lives in unhealthy ways. While few people are actually addicted, in the medical sense, to social media, there is a risk that unhealthy habits could eventually develop into social media addiction, particularly Facebook addiction.

What does social media addiction look like? Consider Dr. Mark Griffiths' six simple

questions to see if you are potentially addicted to social media.

- Do you spend a lot of time thinking about social media or planning to use social media?
- Do you feel urges to use social media more and more?
- Do you use social media to forget about personal problems?
- Do you often try to reduce your use of social media without success?
- Do you become restless or troubled if you are unable to use social media?
- Do you use social media so much that it has had a negative impact on your job or studies?

Imagine if this was your life? For many people, it is. The goal then is to reduce the risk of social media addiction, specifically

Facebook addiction. But, how? To combat the growing risk of social media addiction, specifically Facebook addiction my recommendation is to "mindfully limit Your time." Let me explain. I use mindfully here as a nod to the meditative practice of mindfulness. Practice meditative mindfulness first thing in the morning rather than opening your phone or Facebook. Leave your phone in another room when you go to bed. Set some limits on your phone usage and social media misuse. How about checking social media once an hour? Or, setting a time (or two) each day to use Facebook and make sure to set a time limit during these times for how long you will be on Facebook or on social media. Turn off notifications. Have non-screen time during meals. Plan social media free days (No Facebook Friday!).

Talk of social media addiction, not looking at Facebook all day, and putting your phone down automatically stir up some feelings of panic in some people. There are going to be some initial and ongoing challenges when facing reducing the risk of social media addiction, specifically Facebook addiction. Social media usage and staring at our phones seem to be the norm today. Then there is the workplace. What about people who use technology for a living? It is imperative then that we work toward finding ways to combat social media addiction for those who have to use social media in the workplace. The benefits of doing this are plenty. More time in your day. Avoid being controlled by something like a phone. Structure to your day. Focus on other things, people. With the strength of these recommendations in mind I think you will see that it is possible to reduce the risk of social media addiction, especially Facebook addiction.



New to Medicare Seminar

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

Join us via Zoom on **Tuesday, November 23rd at 1pm** for a presentation that will help demystify the issues surrounding Medicare.

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

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



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Friday, November 12th at 2pm**.

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

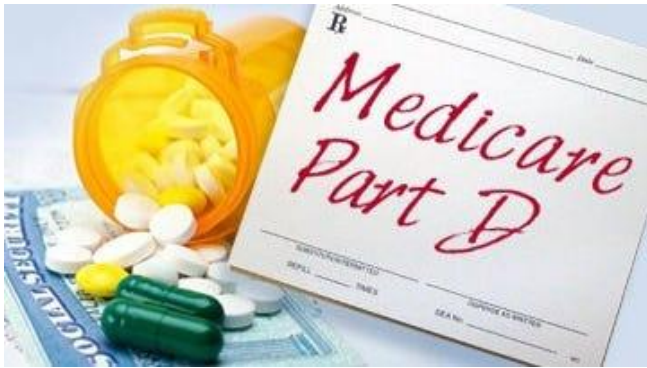
To join the meeting visit <https://msu.zoom.us/j/95354614775> (Meeting ID: 953 5461 4775 Passcode: learn). Or join via conference call by calling (312) 626-6799. For more information call (989) 348-7123.

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Things To Consider When Choosing a Part D Drug Plan

Ask yourself the following questions before choosing a Part D drug plan:

- Does the plan cover all the medications I take?
- Does the plan have restrictions on my drugs?
- Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug.
- Step therapy means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.
- Quantity limits restrict how much of a drug you can get per prescription fill.
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- Is my pharmacy in the plans' preferred network?
- Can I fill my prescriptions by mail order?
- What is the plan's star rating?
- If I have retiree coverage, will the Medicare drug plan work with this coverage?
- How much are the monthly premiums, if any?
- How much are deductible and coinsurance/copay amounts for the services I need?
- What is the annual maximum out-of-pocket cost for the plan?
- What service area does the plan cover?
- Are my doctors and hospitals in the plan's network?
- What are the rules I must follow to access health care services and my drugs?
- Does the plan cover additional health care benefits that are not covered by Original Medicare?
- What is the plan's star rating?
- Will this plan affect any additional coverage I may have?
- If leaving Original Medicare and a Medigap for a Medicare Advantage Plan: Will I have the right to purchase a Medigap again later if I switch back to Original Medicare?



Open Enrollment Medicare Assistance

Medicare's Open Enrollment Period runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1, 2022. Take action during Open Enrollment to make sure your coverage will meet your needs in 2022.

Know the changes you can make during Medicare's Open Enrollment Period:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.

Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

To explore other plans during Open Enrollment, please call Tammy Findlay, Advocacy and Resource Coordinator at (989) 348-7123 for an appointment.



Program Provides Free Fruits and Vegetables

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

- Nov 8-Dec 13, Mondays, 10am
Cooking for One
- Nov 16-Dec 28, Tuesdays, Self-Paced
My Way to Wellness

To register visit <https://events.anr.msu.edu/pfhfall2021/> or contact Dawn Gilbert at (231) 935-9255 or MMC-Community-Health-Staff@mhc.net.

Blood Pressure Check Schedule Changes

Our regularly scheduled Friday Blood Pressure Clinic sponsored by The Care Team has been canceled due to staffing issues. Blood Pressure/Blood Sugar Clinic on Tuesdays from 4:30-5:30pm sponsored by Munson Home Health have now moved to Thursday's from 11:30am-12:30pm. So, come have lunch on Thursday and have your blood sugar and blood pressure checked at the same time! For any questions, please call Toby at (989) 348-7123.

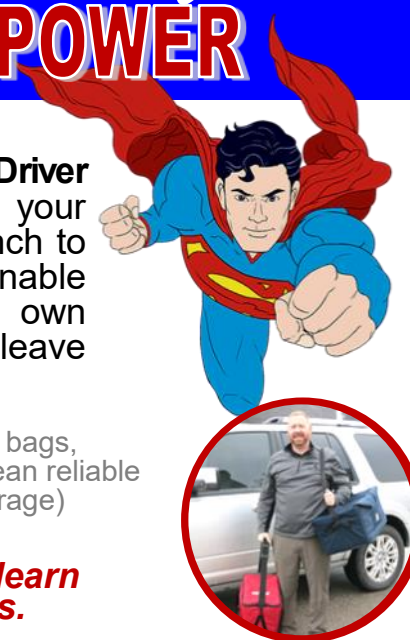
VOLUNTEERS we need you! ***Show us your SUPERPOWER***



Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step!

(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current insurance coverage)

Contact Alice Snyder at (989) 348-7123 to sign up or to learn more about Meals on Wheels.





NO SMOKING *Thank You*



November: A Great Time to be Tobacco-Free

According to The Tobacco Atlas, last year, approximately 492,438 tobacco-related deaths occurred in the United States (2021). The American Cancer Society hosts an annual Great American Smokeout to promote tobacco cessation. Tobacco cessation refers to quitting smoking and use of tobacco products. This year, the event will take place on November 18, 2021. Quitting smoking is hard, but there are many resources accessible to support you through the process.

The inspiration for the Great American Smokeout began in the 1970s. According to the American Cancer Society, Arthur P Mullaney prompted individuals to give up cigarettes for the day and donate the money that would be spent on a cigarette to a scholarship fund (2018). Many organizations followed this lead and began hosting days in which people would give up smoking for the day. Eventually, in 1976, the first Great American Smokeout was hosted by the National Cancer Society in California (2018). This historical event marks the progress made thus far in tobacco cessation efforts and provides a starting point for individuals who

want to become tobacco-free.

Although it is not easy to stop smoking or using tobacco products, support is available. Within your county, a tobacco treatment specialist is available to guide you through the process of quitting. This specialist will provide educational materials to help you better understand the effects of tobacco and will help provide you with the medical support you need to quit, free of cost.

Visit www.livewell4health.org/tobacco-cessation for more information regarding the District Health Department #10 tobacco treatment specialist services. The Michigan Tobacco Quitline is also available to assist you in quitting. This hotline is available 24/7 in multiple languages to help you quit. To enroll by phone, call 1-800-QUIT-NOW.

Use the observation of the Great American Smokeout in November as your goal to quit tobacco. Take time this month to understand the resources and professionals available to support you in your journey to quitting smoking. Do not become another smoking statistic, quit for yourself and your health! This fall, attempt to be tobacco-free.



Upcoming Classes

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

- **Fall Food Safety Q & A**
Mondays, 1:00-1:30pm (repeating)
www.canr.msu.edu/events/fall-food-safety2021-5
- **Birds and Coffee Chat**
2nd Wednesdays, 10-11am (repeating)
www.canr.msu.edu/events/kbs-birds-coffee-fall2021b
- **Preserving MI Harvest**
Tuesdays, 1-2pm or 6-7pm (repeating)
<https://www.canr.msu.edu/events/preserving-mi-harvest-preserving-wild-game-venison>
- **Online Diabetes PATH Workshop**
Mondays, Nov 8-Dec 13, 1-3pm
www.canr.msu.edu/events/online-diabetes-personal-action-toward-health-path-workshop
- **Powerful Tools for Caregivers**
Tuesdays, Nov 9-Dec 14, 10-11am
Register before Oct 29:
www.canr.msu.edu/events/powerful-tools-for-caregivers-tuesdays-10-00-11-30-am-et
- **Laughter is the Best Medicine**
November 17, 12-1pm
<https://www.canr.msu.edu/events/laughter-is-the-best-medicine-lunch-and-learn-11-17-21>
- **Who Gets Grandma's Yellow Pie Plate?**
November 17, 12-1pm
<https://www.canr.msu.edu/events/who-gets-grandma-s-yellow-pie-plate-webinar-november-17-2021>



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Free Equipment: Quad Cane - Adjustable Walking Cane with 4- Pronged Base for Extra Stability

Features and Benefits

- **Large 4-Pronged Quad Base:** The quad base provides superior stability and traction on many surfaces including smooth or uneven floor or concrete pavement. Each prong is covered with an anti-slip rubber cane tip for extra stability and safety. The quad base makes it a self-standing cane which eliminates falling or dropping on the floor.
- **Left Or Right Handed:** The quad base is easily rotated from left to right side, so it can be used by left handed or right handed men or women.
- **Offset Foam Padded Handle:** Ergonomic Offset Cane is padded with soft foam for a comfortable grip. This is great for those with arthritis, carpal tunnel or sore joints who need extra cushioning.
- **Lightweight and Sturdy:** Weighing only 1.5 lbs., the quad cane is well constructed and sturdy to be exceptionally safe, balanced and durable.
- **Adjustable Height:** The height of the cane is adjustable between 28" and 37"

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



Come visit us!

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

A Non-Profit Faith-Based Organization

NorthernPinesAssistedLiving.org

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



Food Assistance

The next CSFP Food Distribution will be Wednesday, November 3rd from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

The next TEFAP Quarterly Food Distribution will be Monday, November 8th from 1-2:30pm at the American Legion Hall. Call (989) 358-4700 for more information.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

Michelson Memorial United Methodist Church is continuing to serve Free Monday Night Dinners from 5:00-6:00pm

Flu Shots Available

It's time for your flu shot. The CDC warns this upcoming flu season could be severe, so it's more important than ever to protect yourself against the flu. The best way to protect yourself and keep you from spreading the flu to others is to get vaccinated.

Remember, Medicare covers the flu shot, so you pay nothing out-of-pocket. You can receive your flu shot from one of the following providers:

- District Health Department #10 – call for an appointment — 989-348-7800
- Family Fare – walk in — 989-348-5335
- The Medicine Shoppe – walk in (9:30 am -12:00 pm) (2:00 pm -5:00 pm) 989-348-2000
- Walgreens – walk in or call for an appointment — 989-344-0374

Munson is also offering vaccine clinics on the following dates:

Grayling CHC:

- Flu - 10/22/2021 and 10/29/2021 from 8:30am-2:30pm
- COVID - offered on an as needed basis

Milltown Primary Care:

- Flu - 10/19/2021, 10/20/2021, 10/22/2021, 10/28/2021 from 8am-2:45pm
- COVID - not available

Roscommon CHC:

- Flu - 10/22/2021 and 10/29/2021 from 8:30am-4pm
- COVID - offered on an as needed basis

alzheimer's association®

Dementia Webinar Series

Region 9 Area Agency on Aging is hosting three one-hour webinar sessions presented by the Alzheimer's Association Michigan Chapter. Older adults and caregivers of all types, are welcome to attend.

November 12, 2021 from 1:00-2:00pm: Know the 10 Warning Signs. Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

December 10, 2021 from 1:00-2:00pm: Understanding and Responding to Dementia. Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

January 14, 2022 from 1:00-2:00pm: Effective Communication Strategies. Learn how communication takes place in those with dementia, how to decode verbal and behavioral messages, and identify strategies to help connect and communicate at each stage of the disease.

For more information or to register contact Brooke Mainville at 989-358-4616 or visit <https://forms.gle/yDyRfg5GpzYQj7Pp7>.



Social Security Benefit Increase

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.