



Crawford County *Senior Gazette* November 2026



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Happy Thanksgiving

A Local Veteran's View of Veterans Day, and the Lessons Learned from Sacrifice

Written by Carlie Wilson



Veteran's Day, a day of remembrance and a time to honor the sacrifices that the brave members of the armed services have made. Every year we celebrate with flag raising ceremonies, the wreath laying ceremony at Arlington National Cemetery and of course the day off of work, but how did Veteran's Day begin? To answer that question, we have to go all the way back to World War One. At the 11th hour of the 11th day of the 11th month in 1918, an armistice between the Allied Nations and Germany brought World War I to a halt. After years of devastating conflict, the guns fell silent. The agreement required Germany to disarm, surrender its U-boats and heavy artillery, and withdraw from occupied territory.

Although the armistice stopped the fighting, the war was not officially over. The war officially ended with the signing of the Treaty of Versailles on June 28, 1919. Still, November 11 remained etched in public memory as the moment the fighting ended, and peace began to take hold.

One year later, in November 1919, President Woodrow Wilson proclaimed the first observance of Armistice Day in the United States. In 1954, Armistice Day officially became Veterans Day, expanding the observance to honor American veterans of all generations and conflicts. **Continued on Page 9.**

Hours of Operation

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



SCAN ME

Find Us By Searching

Crawford County
Commission on Aging
& Senior Center



Our Mission

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



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

Smartphone Scan to our Website





Welcome to The Kitchen Corner

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

Old Fashioned Southern Potato Cakes

This recipe was originally published in Aunt Bee's Mayberry Cookbook in 1991 and it is likely the first thing I ever made in the kitchen as a small child. My dad spent years looking for the "perfect" potato cake recipe that tasted the way his mom made them and once he found this recipe he passed the tradition on to me like his mom did with him. Any time you make mashed potatoes for dinner, make a double batch and make these the next day. Keep this recipe in mind for the day after Thanksgiving to breathe some new life into your leftovers.

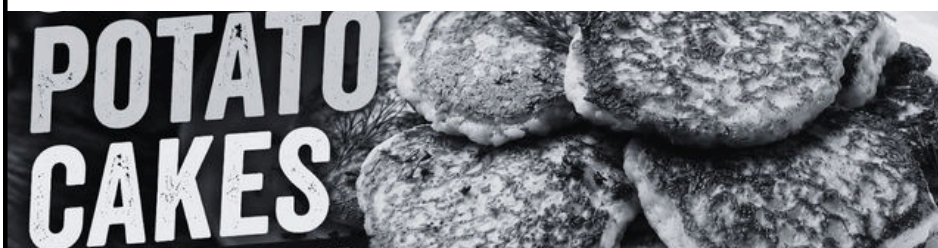
Ingredients

- 1 cup mashed potatoes (prepared with plenty of butter and seasoned to taste)
- 1/3 cup plain all-purpose flour
- 1 whole egg
- A small splash of water or milk (as needed for moisture)
- Vegetable (or any neutral) oil for frying

Instructions

1. Prepare the Potatoes: Make smooth mashed potatoes using fresh or instant potatoes, mixing in generous amounts of butter and salt/pepper so they are fully seasoned. Allow them to cool slightly. Or, let refrigerated leftover potatoes sit out for 30 minutes or so to take the chill off and then proceed.
2. Combine Ingredients: In a mixing bowl, combine 1 cup of the seasoned mash, 1/3 cup of plain flour, and 1 whole egg.
3. Adjust Consistency: Stir the mixture well. Gradually add a tiny splash of water or milk. The batter should be loose enough to drop or fall easily off a spoon but not pancake batter runny. If your potatoes are already thinned out with milk or cream you may not need to add more moisture.
4. Fry the Cakes: Heat a thin layer of oil in a skillet over medium heat. Drop the mixture by spoonfuls (up to 1/4c) into the hot pan, flattening them slightly. Cook until golden brown on one side, flip, and brown the other side. Serve warm.

Notes: These are great plain, but I also like to season with garlic and onion powders to taste and top with a dollop of sour cream and green onion. Any toppings you like on mashed or baked potatoes will be perfect here.



Nutrition Education: Food Safety While At Home

With the holiday season approaching, we are all looking forward to things like quality time with family and friends, holiday activities, and lots of food, but what if you are responsible for the food? How do you keep everyone safe?

The two main causes of foodborne illness are not cooking food to safe temperatures and leaving leftovers out of refrigeration for too long. Both situations can be avoided by observing 2 things, time and temperature.

To know if your food is safe you need to know what its temperature is. I recommend investing in a food thermometer to ensure nothing is undercooked, you can find these as low as 5\$-10\$ at most grocery, dollar, or hardware stores. Take the temperature of your food in the middle of the thickest part of it. If you made multiple things in 1 pan (like pork chops or chicken breasts) take the temperature of a few in different spots to make sure all are safe.

Cook Food to Safe Temperatures

- 165° -All poultry, ground meats, casseroles, and reheated leftovers. If food has been cooled and is being reheated as a leftover it doesn't matter what the food is, it should be heated to 165°
- 145° -Beef, Pork, Veal, Ham & Lamb Steaks, Chops and Roasts, Fish & Seafood
- 150°-Eggs
- 135°- Vegetables and Potatoes
- If you have food that isn't meat but is cooked with meat, it needs to be cooked to the same temperature as the meat. For example, when you cook your stuffing inside your Thanksgiving turkey the stuffing also needs to be 165° because juice from the meat is going to be in the stuffing and carries the same bacterial risk as the rest of the bird.
- Your refrigerator should be set between 33°-41° Anything that needs to be kept cold or served cold needs to be kept within these temperatures, like that cranberry sauce and the whipped cream for your pies.

Keep Leftovers out of the Danger Zone

The "Danger Zone" is what we call the range of temperatures (41°-135°) in which bacteria thrive and can double or even triple in a short amount of time, causing foodborne illness. If your leftovers have been sitting out and have fallen within these temperatures for more than 2 hours, throw them away.

Some foods, like a whole turkey, will not cool to a safe temperature within 2 hours, even in the refrigerator, without a little help. Break down the whole bird into its thighs, legs, and breasts and slice any large pieces of meat, then cover and refrigerate. Breaking food into smaller pieces lets the cold air reach more surface area, cooling it quicker. Pour hot liquids, like gravy, into a shallow, long container, like a roasting pan, before refrigerating. Once it is cool, you can store it in something more convenient.

Visit USDA.gov for more detailed information

The Grayling Community Garden and VFW Post 3736 is in Need of Volunteers

Members of the Grayling Community Garden hold a special place in their hearts for local veterans — not only for serving our nation and protecting our freedom, but also for providing the perfect space to grow a garden. The community garden began on land owned by VFW Post 3736 at 501 Madsen Street, a gift to the local VFW chapter from the Seator family. In 2017, the VFW built a small garage and brought electricity to the site, making it possible to install a well and sprinklers. Automatic irrigation remains one of the best perks for gardeners, along with the 8-foot deer fence that was made possible by an anonymous donor in 2024.

Over the years, many improvements have made the space more welcoming for community members of all ages and abilities. Now at the end of its 18th season, the garden is well-positioned to continue serving the community, and well-equipped for gardeners to grow nutritious fruits and vegetables — free of harmful chemicals — right here in Grayling. In 2026, thirty plots, four of them raised beds, were cultivated by individuals and community groups for \$25 per plot, which includes organic fertilizer, tools, equipment, and water. Volunteers tended the remaining plots, growing food for donation. This year over 220 pounds of fresh produce were donated to the Christian Help Center Food Pantry. Drip irrigation is being installed to supplement the automatic sprinkler system. It will be ready for the 2027 season and help make the entire garden more manageable and more sustainable.

Crawford County 4-H is looking for one or more volunteers to lead a youth Garden Club in 2027. Curriculum, resources, and guidance would be provided by MSU-Extension. The garden is always seeking help maintaining the grounds from April to October, and the leadership team welcomes individuals who wish to help year-round with organizational tasks. For garden membership information, click the "Special Programs" tab on the COA website, visit the Grayling Community Garden Facebook page, or contact graylinggarden@gmail.com. Donations are accepted at the COA. Thanks again to the VFW for making this all possible.

Angel Tree Applications Available Now

Angel Tree Applications are still being accepted through November 30th. Starting November 2nd, we invite all generous hearts to visit the Angel Tree and help fulfill the wishes of those in need. It's a great way to brighten the holidays for someone in our community. Questions? Call us at 989-348-7123. Let's come together and make this holiday season unforgettable!

Giving Tuesday 2026

We need your help! Last year, we set a record of \$5,745 donated during our Giving Tuesday Campaign. Together, let's break this donation record, and help keep our programs & services running for many years to come. You can donate in person, by mail, or online at www.crawfordcoa.org/make-a-donation. In the donation box, please note that your gift is part of the Giving Tuesday Campaign, which runs through December 1st. Thank you for your continued support.

Thank you, Judy!

A special thank-you to Judy for generously crocheting and donating blankets for our Veterans Day Program and Christmas participants. We appreciate the time, care, and thoughtfulness that went into making these blankets and helping make the season a little warmer for others.



Redeem this card for a
"Buy One Get One Free"
SPIKE BURGER
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Coupon Expires 11/30/26
Photo Copies Not Accepted

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989-348-7113

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

Upcoming Webinars on Behalf of Region 9 AAA

Dementia Webinar Series

- November 5, 2026: You Are Not Alone
- November 12, 2026: Caregiving During the Holidays
- November 19, 2026: The Three Golden Rules

Healthy Living Webinar Series

- February 4, 2027: Brain Health & Memory
- February 11, 2027: Making Your Home Work for You: Decluttering, Downsizing & Aging Comfortably
- February 18, 2027: Protect Yourself Against Fraud & Scams

Thank You JM Door

A big thank-you to Jerry with JM Door for generously allowing us to use their scissor lift to help decorate the Senior Center for Christmas! Your kindness makes it possible for us to add a little extra Christmas magic to the building and create a festive, welcoming space for everyone who walks through our doors. We appreciate your support and willingness to help make the season a little brighter.

New to Medicare

Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, for a New to Medicare Presentation on November 18th at 9:00 am.

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Please use only one Coupon per Family
Coupon Valid 11/1/2026-11/30/2026

November Featured Activities



Music for Life

**Thursday, November 5th
& Thursday, November 12th, 3:00 pm**

Enjoy an afternoon of music with Music for Life! Join us on Wednesday, November 5th, and Wednesday, November 12th, at 3:00 pm for a chance to relax, enjoy great music, and spend time with friends. Whether you're a longtime music lover or simply looking for something enjoyable to do, come join us for a wonderful afternoon at the Senior Center!

**Floral Design Classes - \$5.00
Fridays, Starting November 6th
12:30 pm**

Add a little color to your Friday with our Floral Design Classes with Nancy MacDonald! Learn to arrange flowers and create a beautiful design to take home and enjoy. Whether you're experienced with floral arranging or trying it for the first time, it's a great way to get creative and spend time with others. The cost is \$5.00 per person, so come join us and bring a little extra beauty into your day!

**Grief Group
November 10th, 10:00 am**

This grief support group offers a private and compassionate space for individuals who are currently grieving, as well as those who have experienced loss in the past. Open exclusively to those who have lost a loved one through death, the group provides both emotional support and educational guidance. Sessions will be held once a month on the second Tuesday and will last 90 minutes.

**Veterans Day Program with Lonnie Cook
Wednesday, November 11th, 9:30 am**

Join us as we come together to honor the men and women who have served our country at our Veterans Day Program on Wednesday, November 11th, at 9:30 am. Hosted by Lonnie Cook, the program will include a welcome ceremony, invocation, Pledge of Allegiance, a history of Veterans Day, readings, recognition of veterans, and a benediction. All are welcome to attend as we recognize the service, sacrifice, and dedication of our nation's veterans.

**Daylight Diamonds Line Dancing
Sundays, 3:00 pm**

Kick up your heels and join the Daylight Diamonds for an afternoon of line dancing! Whether you're an experienced dancer or just looking to learn a few steps, line dancing is a fun way to stay active, enjoy music, and meet new people. Come out, get moving, and enjoy a Sunday afternoon with friends!

Commission on Aging Board Meeting Schedule

Unless otherwise noted below, all meetings will be held at the Crawford County Commission on Aging & Senior Center, located at 4388 W. M-72 HWY, east of Grayling. All meetings are scheduled for 4:30 pm unless otherwise noted. The dates for the meetings for 2026-2027 are: November 17th, 2026, January 19th, March 16th, May 18th, July 20th, August 17th, and September 21st, 2027.

Hospice Information Presentation, November 17th

Join us to learn the truth about hospice care and help separate common myths from the facts. Discover how hospice focuses on comfort, dignity, quality of life, and support for both patients and families. This event is held in partnership with Hospice of Michigan and North Star Care Community, and will be held in the events room on November 17th at 1:00 pm. Please join us for this informational presentation.

Volunteers

Chris Aldridge
Mark Anderson
Meredith Anderson
Cheryl & Steve Batkoski
Nancy Billingham
Mary-Beth Brady
Debbie Carrigan
Carolyn Cochran
Sarah Corey
Jane Croze
Carolyn Diponio
Renee Deman
Kathy Dreffe
Donna Farren
Tom Fauntleroy
Rich Ferrigan
Linda Fielhauer
Anna Fradl
Tom & Janet Gaffke
Mary Geary
Janet Gilbert
Allison Goshorn
Karen Gribb
Sharron Hagerman
Sherry Haag
Donn Handy
Nancy Haywood
Ashley Hempel
Susan Hensler
Debi Hool
Cheryl Hopp
Annette Hritz
Liedewey Hunter
Cindy Johnson
Ron Johnston
Michael Jordan
John Kay
Ron & Eileen Kemerer
Glenn & Lorelei King
Alice Lee
Nancy Lemmen
Karen & Todd Leslie
Cathy Lester
Kristen Lietz
Dave & Mary LoPresto

Mike Lutz
Nancy MacDonald
Sandy Marshall
Dave Markle
Rick McBride
Dan & Karen McCarthy
Barb McNamara
Jessica Meek
Barb Miller
Brian Miller
Mike Miller
Tim & Olie Miller
Mark & Suzanne
Ostahowski
Jackson Pollock
Keith Radwanski
Al Reynolds
Chuck & Robin Rodgers
Jeff Rosenberg
Karen & David Ross
Jon & Gail Schultz
Jon Shazri
Sally Slicker
Janis Smith
Richard & Margelynn
Smith
Randy & Tanya Stephens
Ann Stephenson
Barb & Brad Summers
Gwen Summers
Tim & Susie Swedine
Samantha Szydzik
Ellen Thompson
Farrell Thomas
Ken Thurston
Scott Ulery
Becky Walrath
Zoella Wethington
Curtis Williams
Jan & Michael Williamson
Erika Wood
Ivy Fiona Wood
Laura Wood
Sandy Woods

November Birthdays

Sandra Marshall - 11/10
Maureen Rysso - 11/12
Orvetta Roggow - 11/21
Miriam (Kaye) Wisenbaugh - 11/26

Birthday Lunch is on Thursday, November 17th, 11:30 am - 12:30 pm. Want your birthday in the Senior Gazette? Stop by Reception to fill out the form to allow us to share.

Special Dinner Schedule 2027

Join us for Winter Picnic on January 21, Chinese New Year on February 18, March Madness on March 18, Spring Serenade on April 15, Mother's Day on May 20, Father's Day on June 17, Hawaiian Luau on July 15, Mexican Fiesta on August 19, Thursday Night Lights on September 16, Halloween on October 21, Thanksgiving on November 18, and Christmas on December 16.



The Crawford County Commission on Aging is supported by state and federal grants, Crawford County millage funds, and Crawford United. Even with this support, we could not do what we do without generous community members like you. You can donate online at crawfordcoa.org/make-a-donation, in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, MI 49738.

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

You can designate a charitable organization as the beneficiary of your life insurance policy, which can provide tax benefits while helping sustain the Commission on Aging's programs and services.

Charitable Trusts

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

Thank you for your consideration.

Sponsors

Silver Sneakers

Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic

by Linda Russell

Hearing

by Advantage Audiology

Birthday Lunch Flowers

donated by Family Fare

Legal Aid Offered

by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo

by The Grayling Pharmacy

Fit for the Aging

by Sami Szydzik of Stronger
Fitness

Memorials

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

General Donations

Penny Derenzy

Janet Gugin

Glenn & Lorelei King

Kelly Lako

Kirsten Lietz

Roger & Nancy Wilcox

Ron & Margaret Yon

Hometown Heroes

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

**Running Tally of Support: 108 Days,
\$33,290. Thank You!**

November 6th was by Keith Radwanski and
Erin Fanning, in memory of Stan and Kathy
Fanning.



Memorial Donations

Farrell Thomas donated in memory of his wife,
Linda (Brooks) Thomas

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

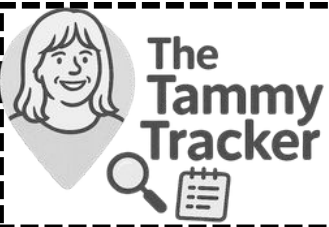
Method of Payment o Cash o Check Amount Enclosed \$ _____

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

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

All Gifts are Tax Deductible

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



Did You Know?

You gain one extra hour of sleep, and mornings become brighter with earlier sunrises, while evenings get darker sooner with time falling back.



TAMMY'S TIPS

Tips to Keep Your Furnace Running

To keep your furnace running safely and efficiently, follow these essential maintenance, troubleshooting, and energy-saving tips.

- Change your air filter
- Keep vents and registers open:
- Clear the area around the unit
- Schedule annual tune-ups:
- Use a programmable thermostat:
- Let the sun in: Open drapes on south-facing and west-facing windows during the day to let natural sunlight warm your rooms, and close them at night to trap the heat.

November pet safety: A Recipe for a Safe Thanksgiving and Holiday Season

Thanksgiving is a time for gathering with family and indulging in delicious meals, but many foods that are staples of the holiday table can be dangerous for pets. Not only should you avoid giving the following foods to your pets, but you should also stay vigilant to make sure nothing drops on the floor or is too close to the edge to allow your pets to grab something themselves.

- Turkey bones and skin
- Stuffing and gravy
- Mashed potatoes
- Chocolate and desserts

It's not all bad news though. Some foods are okay for your pet to enjoy, in moderation of course.

- Cooked, unseasoned turkey: In moderation, plain, boneless turkey meat can be a nice treat.
- Vegetables: Carrots, green beans, and cooked sweet potatoes (without added butter or seasoning) are safe and healthy options.
- Pumpkin: Plain, canned pumpkin (not the spiced pie filling) can aid digestion and be a tasty snack.

Medicare Open Enrollment Tips

- Gather your information: Have your Medicare card, current plan details, and insurance cards ready.
- Review medications: Check your prescriptions, dosages, coverage, and costs for the coming year.
- Check your providers: Make sure your doctors, specialists, and preferred hospitals remain in-network.
- Compare total costs: Look at premiums, deductibles, copays, and out-of-pocket expenses.
- Read your Annual Notice of Change: Review updates to your plan's coverage and costs.
- Watch for scams: Never share personal or Medicare information with unsolicited callers. Hang up if something feels suspicious.
- Ask for help: Contact a trusted Medicare counselor if you have questions, and don't feel pressured to make a quick decision.

Remember: Don't assume your current plan is still your best option. Coverage, costs, and provider networks can change each year. Take time to compare your options and avoid unexpected expenses.

Medicare Scams

You can encounter a Medicare scam by phone, email, text, social media—or even at your front door. Whether scammers pretend to represent Medicare, an insurance company, or a doctor's office, their goal is the same: to get their hands on your Medicare number and other personal information and use it for their own personal gain.

- What to watch for:
- Promises of free items or services
- Pressure to switch plans
- Requests to update your Medicare card
- Threats to cancel your coverage
- Claims that you're owed a "refund"

Call Tammy Findlay, SHIP Counselor, for any questions or concerns @ 989-348-7123.

When is the Medicare Open Enrollment Period?

- Every year, Medicare's open enrollment period is October 15 - December 7.
 - Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.
 - When can people get information about next year's Medicare plans?
 - Information for next year's plans will be available beginning October 15th.
 - Where can people find Medicare plan information or compare plans?
- Contact Tammy Findlay, SHIP Counselor at the Commission on Aging, 989-348-7123

November 2026 ~ Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	3 9a Friends of a Feather 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre	4 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	5 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Music for Life 3:30p Grayling Pharmacy Bingo	6 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 8 3p Diamond Dancers
9 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	10 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Grief Group 10a Zumba Gold B 12:30p Euchre 1p Cancer Support Group	11 8:30a Blood Pressure Checks 9:30a Veterans Day Program 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	12 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Music for Life	13 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 15 3p Diamond Dancers
16 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	17 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:15p Birthday Lunch 12:30p Euchre 1p Hospice Information Session	18 8:30a Blood Pressure Checks 9a New to Medicare 10a Silver Sneakers 11a Alzheimer's Support Group 12:30p Wii Bowling 12:30p Mahjong 1p Commodities	19 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice 4p-6p Thanksgiving Special Dinner	20 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 22 3p Diamond Dancers
23 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	24 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre	25 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Book Club 12:30p Wii Bowling 12:30p Mahjong	26 <u>Closed for Thanksgiving</u>	27 <u>Closed for Thanksgiving</u> <hr/> *29 No Diamond Dancers – Thanksgiving Break
30 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club				



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Wealth Advisor
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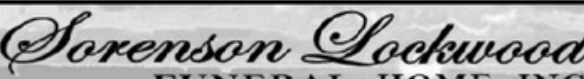
I can help with:

- Retirement Planning
- Long Term Care
- Estate Planning
- Investment Guidance

Available by Appointment at all NCACU Branches

Securities and advisory services are offered through LPL Financial (L.P.), a registered investment advisor and broker-dealer (member FINRA/SIPC).





Pre-Planned Funerals • Cremation Services
Markers • Monuments

Clinton Ross, Manager
Phone: (989)348-2951 Fax: (989)348-4968
1108 North Down River Rd, Grayling MI 49738
Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com



CORNELL AGENCY INSURANCE

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cornellinsurance.com

Trusted Choice
201 Huron St. | Grayling, MI



Help us create a permanent display celebrating and remembering the people, organizations, and community members who make Crawford County special.

Make your brick uniquely yours. Choose from three brick sizes and a wide variety of graphics, including all branches of the military. There are numerous logos and designs to choose from, or you can submit your own artwork.

More than a brick. It's a lasting legacy. Located near our new pickleball courts, this is not a pickleball fundraiser. Proceeds support Crawford County Commission on Aging programs, including Meals on Wheels, Advocacy, Fitness Classes, and more.

Show your support. Leave your legacy. Become part of our permanent display. You can purchase at:
www.polarengraving.com/crawfordcoa

Brick Size	Price with Text only	Price with Text & Clip Art
4" x 8" Grey	\$100	\$106
8" x 8" Grey	\$200	\$206
12"x 12" Grey	\$400	\$406
4" x 4" Replica Leather Coaster \$25, same text as your larger brick. This keepsake coaster is available for purchase only in conjunction with your engraved brick.		



4" BY 8"

REPLICA COASTER

8" BY 8"

REPLICA COASTER

12" BY 12"

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Featured Article (Continued): A Local Veteran's View of Veterans Day, and the Lessons Learned from Sacrifice

For William Lowes, the answer begins with something that has remained constant throughout his life: pride in being a veteran and an American.

"I'm a vet, I'm an American, and I will always be proud," Lowes said. "It don't get much better than that. I wish everybody felt like that."

Service runs through generations of his family. For Lowes, military service is a connection to the people who served before him, alongside him, and after him.

"Being a veteran is the best thing I ever did," he said.

During a visit to Gettysburg National Military Park with his wife, Cheryl, Lowes wanted her to understand what the ground beneath their feet represented.

"The first time I went to Gettysburg National Park, I took Cheryl with me," he recalled.

"When we got there, she started talking loud, and I said to her, 'This is hallowed ground.'"

As they continued through the battlefield, Lowes pointed out historic locations and explained the significance of the memorials and graves. When Cheryl noticed the markers bearing the word "Unknown," he explained that the men buried there had died without their identities being discovered.

The experience reflected a lesson that has stayed with him throughout his life: behind every conflict are real people, families, and lives that can never be replaced. History is not just a record of battles won and lost. It reminds us of the human cost of war and our responsibility to remember those who carried it.

But pride in his country does not mean Lowes believes its history is without hardship or mistakes. His own experiences, particularly those connected to the Vietnam era, taught him that patriotism and disappointment can exist side by side. "Korean and Vietnam vets weren't treated properly when we came home," he said, before taking a breath, "That's all I want to say about that. It's the truth."

For many veterans of those conflicts, returning home meant facing a country deeply divided over the war. The treatment they received did not always reflect the risks they had taken. Those memories remain part of the larger story of military service, reminding us of the sacrifices made by Veterans.

Lowes also carries personal memories of friends who did not make it home. He has visited the Vietnam Veterans Memorial in Washington, D.C., where the names of those killed or missing in action are engraved in the black granite wall. "I've been to the Wall in Washington, D.C., and I've left a few of my friends on it," he said. "For me, it's everything."

His words speak to a loss that those who have never experienced war may struggle to fully understand.

The names on the Wall represent individual lives, friendships, and futures cut short. For veterans who knew the people behind those names, remembrance is not an abstract act.

Yet Lowes' reflections also reveal that understanding can change with time. He acknowledged that it took him years to come to terms with the people of Vietnam and to reach a place of forgiveness.

"It took me quite a few years to where I understood the people of Vietnam," he said. "I learned to forgive them. I wish it had never happened."

"Sometimes our government does things that I don't understand," Lowes said. "In wartime, it's not the government that takes the loss; it's the general people and the civilians that get hammered. It's not right."

He remains firm in his willingness to defend his country if it were threatened, but his experience has also given him greater appreciation for the people caught in the middle of war. His pride in America has not prevented him from recognizing suffering elsewhere. Instead, his years of reflection have helped him hold both perspectives at once.

That understanding matters especially when disagreements can make it easy to see others as opponents rather than people with their own experiences, fears, and reasons for believing what they do.

For Lowes, one of the most lasting lessons of military service is the importance of learning to work together.

He remembers entering the military as an individual, with his own plans and ambitions. But within weeks of basic training, the focus shifted from what one person could accomplish to what an entire group could achieve together.

"You grow up in a hurry," he said. "When you enter the military, you're an individual. Then, eight to 10 weeks later, it's not 'I'm gonna do this,' it's 'we're gonna do this.' They tear you down and build you up as one whole unit that works together. That's what makes a good vet."

He explained that transformation is what makes the relationships formed during service so enduring.

"If you're an individual, and you're part of a team, and you're still an individual, you're not good for that team. You've got to come together. That's what made service so special to me. They're my brothers for life." Coming together does not mean every person is the same. It means recognizing that a shared responsibility can require people to set aside individual differences and depend on one another. In military service, that cooperation can be a matter of survival. In a community, it can be the difference between remaining divided and finding a way forward.

Lowes is also mindful that veterans carry different burdens after their service. Some struggle with experiences that others may never see or understand.

The effects of military experiences can follow people for decades, shaping their relationships, their decisions, and their understanding of the world. Recognizing that reality is part of respecting the people behind the title of veteran.

When asked what advice he would offer younger generations, Lowes returned to the lessons he has gathered through service and a lifetime of experience.

"Be true to yourself, okay. Life is too short to hold grudges. Life is too short to be mad all the time," he said. "Give it all you got, and good luck."

He also encouraged young people who are uncertain about college or their next steps to consider military service, describing it as an opportunity to mature, develop discipline, and learn how to be part of something larger than themselves.

Those lessons reach beyond the military. They apply to families, friendships, workplaces, and communities navigating differences of their own. People will not always agree on history, politics, or the decisions that shape their lives. But disagreement does not have to erase respect, and differences do not have to prevent people from recognizing their shared humanity.

For Lowes, the meaning of Veterans Day is inseparable from the people who served, the friends he lost, the family members who wore the uniform, and the lessons that have stayed with him long after his military career ended.

He does not suggest that the sacrifices of veterans can be repaid with a single day of recognition. Nor does he claim that the divisions surrounding war, or the wounds left behind, can be resolved easily. His own journey toward forgiveness took years.

But his reflections offer a place to begin: remember the people behind the history, recognize the human cost of conflict, respect those whose experiences differ from our own, and do not let anger become a permanent way of life. Lowes' words serve as a reminder that service is about more than the battles fought or the years spent in uniform: "I'm a vet, I'm an American, and I will always be proud."



November 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Mashed Potatoes and Gravy, Baked Beans, Orange	3 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Apple	4 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Pear	5 8:30a-9:30a Breakfast Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	6 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Egg Roll, Tropical Fruit Salad  Donated by Keith Radwanski & Erin Fanning in Memory of Stan and Kathy Fanning
9 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Roll, Pear	10 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Breadstick, Mixed Vegetables, Orange	11 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stew, Broccoli, Roll, Kiwi	12 8:30a-9:30a Breakfast Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Prince Charles Vegetables, Pear	13 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/Gravy, Peas and Onions, Banana
16 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Baked Beans, Kiwi	17 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Chicken Marsala, Garlic Mashed Potatoes, Italian Blend Vegetables, Applesauce	18 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Potato Crusted Whiting, Broccoli, Cheesy Mashed Potatoes, Apple	19 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes 4:00p-6:00p Thanksgiving Special Dinner Turkey, Cranberry Relish, Mashed Potatoes & Gravy, Green Bean Casserole, Stuffing, Dinner Roll, Optional Dessert: Pumpkin Pie	20 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Beef Pot Roast with Gravy, Garlic Mashed Potatoes, Carrots, Roll, Banana
23 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Swedish Meatballs, Egg Noodles, Peas and Onions, Orange	24 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	25 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Orange Chicken, Fried Rice, Sugar Snap Peas, Mandarin Oranges	26 <u>Closed for Thanksgiving</u>	27 <u>Closed for Thanksgiving</u>
30 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Macaroni & Cheese, Harvest Blend Vegetables, Strawberry Yogurt				
Light Bites – Dine in Only Cabbage Rolls, Red Skin Potato, Roll, Banana	Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes	Light Bites – Dine in Only Bourbon Chicken, Vegetable Egg Roll, Sugar Snap Peas, Kiwi	Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Orange	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Banana



Ralph Oppermann, D.D.S.
Jennifer Malicowski, D.D.S.

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Upcoming Online Classes from MSU Extension-November 2026

Serving up Food Safety - Shipping food gifts

November 2, 2026 12:00PM – 12:30PM Zoom Webinar

ONLINE: RELAX Alternatives to Anger Weekly Nov 2026

November 2, 2026 – November 23, 2026 12:00 to 1:00 pm

Wits Workout - The World Over

November 2, 2026 1:00PM – 1:30PM Online

Living Well with Diabetes--DIABETES Simplified

November 3, 2026 12:00PM – 1:00PM Online

Make a Spending Plan Work for You! - (Webinar) - 11-3-2026

November 3, 2026 12:00PM – 1:00PM Virtual - Zoom

Mindfulness Pebbles: Basics, November 3, 2026, 12pm ET

November 3, 2026 12:00PM – 1:00PM Online

ONLINE: Sleep Education for Everyone Nov/Dec 2026

November 3, 2026 – December 8, 2026

Every Tuesday, 7:00-7:30pm Online via Zoom

Mindfulness for Better SLEEP 11.4

November 4, 2026 8:30AM – 10:00AM zoom webinar

Stress Less with Mindfulness 11.4

November 4, 2026 11:00AM – 12:00PM zoom webinar

Diabetes PATH Online--Nov 4-Dec 9, 2026, 1:00-3:00 PM ET

November 4, 2026 – December 9, 2026

Wednesdays from 1:00-3:00 PM ET Online

Sleep Education for Everyone Program (SLEEP) - Virtual

November 4, 2026 – December 16, 2026 Online via Zoom

Preserving MI Harvest-Holiday Baking

November 5, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Type 2 Diabetes Basics 11.5

November 5, 2026 11:00AM – 12:00PM zoom webinar

Protecting Your Identity - 11-5-2026 - Webinar

November 5, 2026 12:00PM – 1:00PM Virtual – Zoom

Fall Webinar Session - Lifestyle Strategies to Boost Brain Health

November 5, 2026 12:00PM – 1:00PM Zoom

Mindfulness Pebbles: Breath, November 5, 2026, 12-1pm ET

November 5, 2026 12:00PM – 1:00PM Online

Mindful Moments: A Series of Mindfulness Workshops, Nov

2026

November 5, 2026 – November 19, 2026 Online via Zoom

Smart Food Choices - to help prevent and manage type 2

diabetes 11.6

November 6, 2026 1:00PM – 2:00PM zoom webinar

Wits Workout - Two Heads Are Better Than One

November 9, 2026 1:00PM – 1:30PM Online

Mindfulness Pebbles: Body, November 10, 2026, 12-1pm ET

November 10, 2026 12:00PM – 1:00PM Online

Thriving on a Fixed Income! (webinar)

November 10, 2026 4:00PM – 5:00PM Zoom

Preserving MI Harvest-Gifts for the Home Preserver

November 12, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Mindfulness Pebbles: Thoughts, November 12, 2026, 12-1pm

ET

November 12, 2026 12:00PM – 1:00PM Online

Buying a Used Car with Confidence - 11-12-2026 - webinar

November 12, 2026 6:00PM – 7:00PM Virtual - Zoom

Wits Workout - Comforts of Home

November 16, 2026 1:00PM – 1:30PM Online

Every Penny Counts: Savings Strategies Webinar - November

17, 2026

November 17, 2026 10:00AM – 11:00AM Virtual Zoom

Mindfulness Pebbles: Emotions, November 17, 2026, 12pm ET

November 17, 2026 12:00PM – 1:00PM Online

Enjoy the Holiday's on a Budget – November 18, 2026

November 18, 2026 12:00PM – 1:00PM Zoom Webinar

Mindfulness Pebbles: Practice, November 19, 2026, 12pm ET

November 19, 2026 12:00PM – 1:00PM Online

Wits Workout - Out with the Old In with the New

November 23, 2026 1:00PM – 1:30PM Online

Wits Workout - Child's Play

November 30, 2026 1:00PM – 1:30PM Online

To register for any event visit: <https://www.canr.msu.edu/rlr/>

and click on the Events tab

The Scoop with Jan: Ideas for Working Smarter and Not Harder

November is National Diabetes Month, a time when communities across the country raise awareness of diabetes. This month's focus is on taking action to prevent diabetes-related health problems.

Diabetes occurs when your blood glucose, or blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes-related health problems.

Tips to get started

Know your risk for developing diabetes.

You are more likely to develop type 2 diabetes if you are overweight or obese; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

Manage your blood glucose, blood pressure, and cholesterol levels.

Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use **devices to track their blood glucose** throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.

Take small steps toward healthy habits.

Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs.

You don't have to do it all at once. Start slow and build healthier habits from there.

Take your medicines on time.

Remember to take your medicines even if you feel healthy.

Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

Reach or maintain a healthy weight. If you are overweight or obese, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight. You may be able to prevent or delay diabetes by

losing 5 to 7 percent of your starting weight.

Take care of your mental health.

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress.

Consider talking to a mental health counselor or joining a support group.

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases



Loan Closet Spotlight: Walkers

The Crawford County Commission on Aging has walkers with or without wheels and seated walkers available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.



Do You Need an IRS PIN?

Have you received a letter from a company stating their database has been comprised? Consider applying for an IRS PIN, or if you want added protection of your Identity.

What is an IRS IP PIN?

An IRS Identity Protection PIN (IP PIN) is a 6-digit number assigned by the Internal Revenue Service. It acts as a safety lock for your taxes. It prevents scammers from filing fraudulent tax returns to steal your refunds or misuse your Social Security Number (SSN). Think of it as a private password for your tax return. Only you and the IRS know this number. If a scammer tries to file a tax return using your SSN without this exact 6-digit code, the IRS system will automatically reject it. This protects your hard-earned retirement income from identity thieves.

Key Rules for Seniors to Know

- **New Code Every Year:** Your IP PIN changes annually. A brand-new 6-digit number is generated for you every January for the upcoming tax season.
- **Once You're In, It's Mandatory:** Once you sign up for the program, you must use your IP PIN on every federal tax return you file moving forward.
- **Completely Voluntary:** You do not have to be a victim of fraud to get one. The program is open to any taxpayer who wants peace of mind.
- **Beware of Scams:** The IRS will never call, text, or email you to ask for your IP PIN. Only share it with your trusted tax preparer or enter it directly into authorized tax software when you file.

How to Get Your IP PIN

Seniors can obtain their PIN through a few different methods depending on what technology they feel comfortable using.

Option 1: Fast Online Setup

The quickest way to get your PIN is through the official IRS website.

1. Visit the official IRS portal and open the Get An IP PIN tool.
2. Verify your identity through ID.me, the secure service used by the government. This requires a government photo ID (like a driver's license) and a smartphone or webcam to take a quick selfie to prove it is really you.
3. View your 6-digit IP PIN instantly on the screen.

Option 2: By Mail or Phone (If Online Verification is Difficult)

If you do not have a smartphone or struggle with the online identity verification, you have other options:

1. **File Form 15227:** If your adjusted gross income is below \$73,000, you can mail or fax Form 15227 to the IRS. After verification, they will mail your PIN to your home.
2. **In-Person Verification:** You can make an appointment at a local Taxpayer Assistance Center. You will need to bring two forms of official identification, and they will process your request face-to-face.

What if You Lose or Forget Your PIN?

If you misplace your 6-digit number, do not panic. You can log back into the online IRS Get an IP PIN tool at any time to see it again. If you cannot use the online tool, you can call the IRS identity theft help line to request a replacement notice by mail. Keep in mind that a mailed replacement can take up to 21 days to arrive at your registered home address, which could delay your tax filing. Always keep your January IRS notice in a safe, memorable place with your other important financial documents.

Scam Awareness Resources for Your Community

By Hillary Hatch, Social Security Public Affairs Specialist

Scammers continue to impersonate government offices, threaten loss of benefits, and pressure individuals to quickly share personal information or send money. In this article, we are sharing best practices and resources to help you protect your personal information!



We encourage you to share these Social Security resources with your family and friends:

Scam Awareness Materials

Our Protect Yourself from Scams webpage at www.ssa.gov/scam provides:

- Examples of reported scams.
- Tips for recognizing fraudulent communications.
- Steps to take if you or someone you know has been targeted.
- Ways scammers are using fake social media accounts and Artificial Intelligence (AI) to trick people.

my Social Security Accounts

We also recommend creating and using your personal my Social Security account at

www.ssa.gov/myaccount. A secure online account helps you:

- Safely access your personal Social Security information.
- Review your earnings record and benefit estimates.
- Manage your benefits without relying on unsolicited contact.
- Reduce the likelihood of engaging with fraudulent outreach or fake websites.

By using an official my Social Security account, you will gain a trusted, secure place to handle your information, making you less vulnerable to misinformation or impersonation attempts.

How You Can Help Others

You can assist by:

- Encouraging people to rely on official SSA channels before responding to unexpected calls, emails, or texts.
- Sharing SSA's scam awareness webpage on social media.
- Helping family and friends set up their my Social Security accounts.
- Reporting suspicious activity to help strengthen nationwide monitoring.

We encourage you to review these resources and bookmark them for future use. Please share this information with friends and family to help us spread the word about scams.

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic - Appointments Only - \$25

Provided by Linda Russell - 4th Monday of the month, 9:00 am - 4:30 pm @ 4388 West M-72 Hwy, Grayling

Hearing Clinic - Appointments Only

By Advantage Audiology, call the COA Office for an appointment.

Blood Pressure Checks

Every Wednesday from 8:30 am - 10:00 am.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30-9:30 am.

Lunches: Mon-Fri from 11:30-12:30 pm.

Suggested donation for seniors 60+ is \$4.00

For those under 60, the cost is \$8.00.

Home Delivered Meals: (Meals on Wheels)

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

Senior Project Fresh:

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

Resources

Information / Assistance: (989) 348-7123
Our COA staff are ready to assist you in finding answers to your questions or available resources.

Legal Assistance:

by Jason R. Thompson, Law Office PLC
Free legal consultations available on the 3rd Thursday of each month from 1:00 pm - 5:00 pm
Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

Trained counselors help older adults understand their health insurance options and make informed decisions.

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:

Offered once each year.

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

Geri Fit:

Learn helpful skills to improve balance and strength.

Fitness Programs

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

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

Zumba Gold: Held on Tuesdays and Thursdays at 9:00 am and 10:00 am. Zumba Gold is a lower-intensity version of traditional Zumba, designed for older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson, and Cindy Johnson.

Cost of Programs

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

How We Served You in September 2026

Congregate Meals – 906

In-Home Services HDM – 2,629

Respite – 104.25

Homemaker – 268.25

Bathing – 48

Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

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

(989) 348-7123

Telephone Reassurance Service

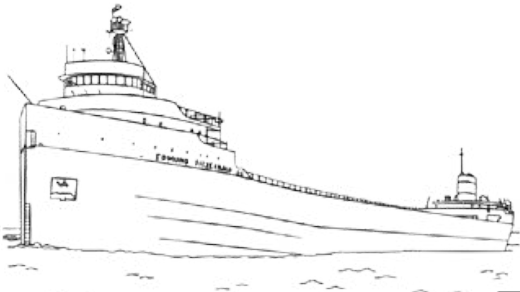
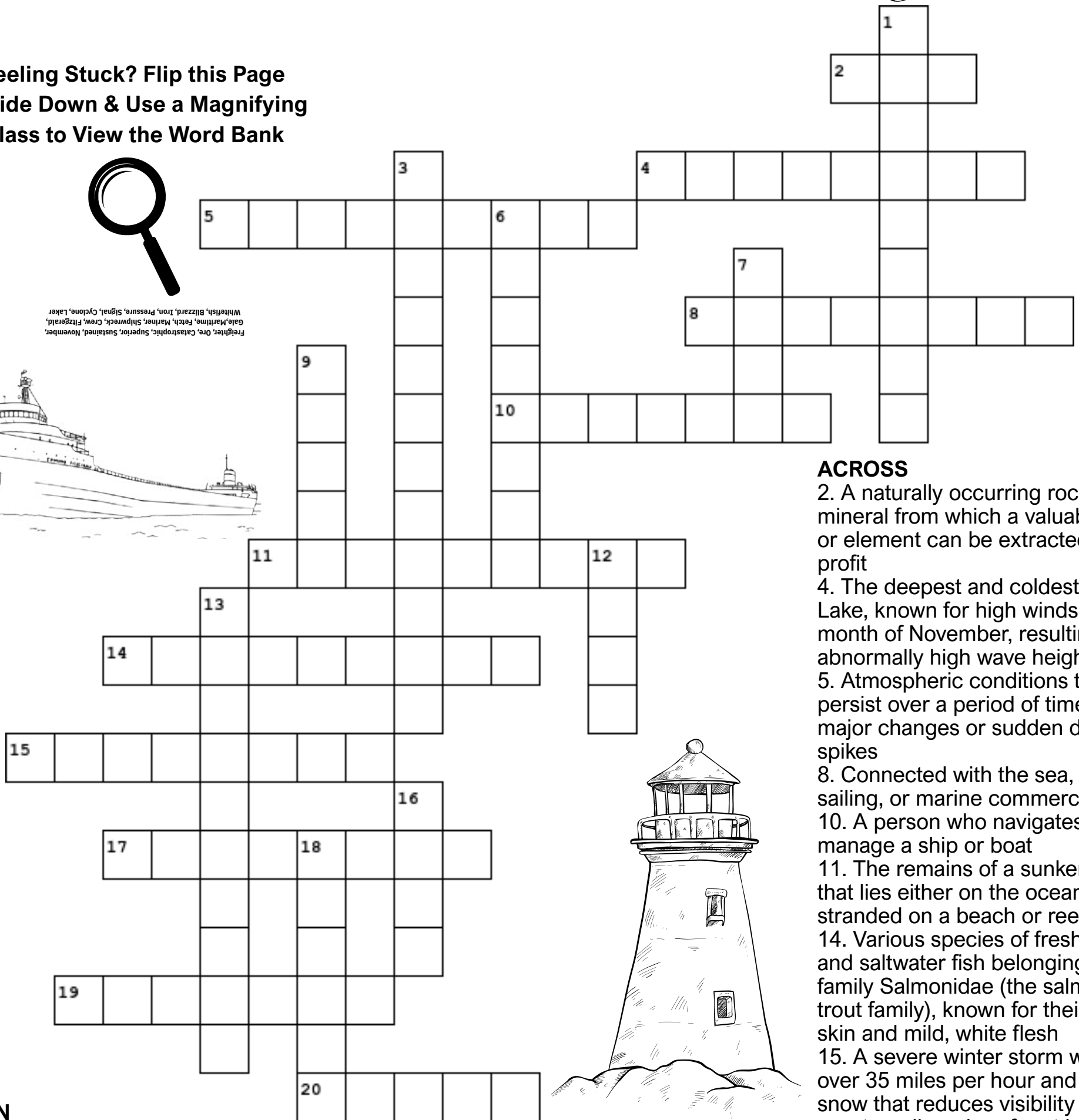
It is for any older adult in Crawford County who lives alone, or for anyone, whether or not they get COA services. A phone call is made on Tuesday or Thursday from 11:00 am to 1:00 pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123.

November Crossword: The Edmund Fitzgerald

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



Freighter, Ore, Catastrophic, Superior, Sustained, November,
Gale, Maritime, Fetch, Mariner, Shipwreck, Crew, Fitzgerald,
Whitefish, Blizzard, Iron, Pressure, Signal, Cyclone, Laker

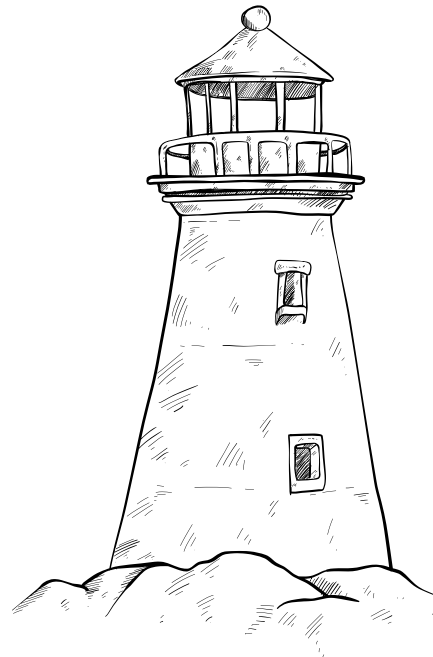


ACROSS

2. A naturally occurring rock or mineral from which a valuable metal or element can be extracted for profit
4. The deepest and coldest Great Lake, known for high winds in the month of November, resulting in abnormally high wave heights
5. Atmospheric conditions that persist over a period of time without major changes or sudden drops and spikes
8. Connected with the sea, shipping, sailing, or marine commerce.
10. A person who navigates or helps manage a ship or boat
11. The remains of a sunken ship that lies either on the ocean floor or stranded on a beach or reef
14. Various species of freshwater and saltwater fish belonging to the family Salmonidae (the salmon and trout family), known for their silvery skin and mild, white flesh
15. A severe winter storm with winds over 35 miles per hour and blowing snow that reduces visibility to a quarter mile or less for at least three hours
17. The force exerted by the weight of the air molecules in the atmosphere pressing down on the Earth's surface
19. A large-scale system of winds that rotates around a center of low atmospheric pressure
20. A cargo ship or bulk carrier specifically designed and built to navigate the locks, canals, and waters of the Great Lakes

DOWN

1. A cargo ship used to transport goods, merchandise, and materials from one port to another by sea
3. Involving or causing sudden, great damage, ruin, or disastrous failure
6. The eleventh and second-to-last month of the year in the Gregorian calendar, coming after October and before December.
7. A force of wind that causes rough, choppy waves, It usually measures between 32 and 63 miles per hour in speed
9. The uninterrupted distance or area over which the wind blows in a constant direction across a body of water without hitting any land or obstacles
12. The workers who run a boat, ship, or airplane
13. The last name for a namesake ship, sunk on November 10, 1975
16. A strong, hard, magnetic silver-gray metal used to make steel and tools
18. An internationally recognized method for indicating that a person, vehicle, or ship is facing grave and imminent danger and requires immediate help



Fall Word Search Puzzle



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

<ul style="list-style-type: none">🍁 Hibernation🍁 Frostbite🍁 Migration🍁 Harvest🍁 Evergreen🍁 Overcast🍁 Gloomy🍁 Precipitation🍁 Solstice🍁 Barometer	<ul style="list-style-type: none">🍁 November🍁 Twilight🍁 Chilly🍁 Deciduous🍁 Dormant🍁 Constellation🍁 Veterans🍁 Armistice🍁 Remembrance🍁 Patriotism	<ul style="list-style-type: none">🍁 Sacrifice🍁 Service🍁 Poppy🍁 Salute🍁 Commemoration🍁 Pilgrim🍁 Mayflower🍁 Plymouth🍁 Cornucopia🍁 Gratitude	<ul style="list-style-type: none">🍁 Abundance🍁 Cranberry🍁 Stuffing🍁 Partridge🍁 Football🍁 Acorn🍁 Squirrel🍁 Woodpecker🍁 Pinecone🍁 Mistletoe	<ul style="list-style-type: none">🍁 Lantern🍁 Bonfire🍁 Flannel🍁 Scarecrow🍁 Almanac🍁 Permafrost🍁 Avalanche🍁 Equinox🍁 Friday🍁 Ephemeral
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Senior Gazette Staff

Editor — Brian McLaughlin
Contributing Writers:
Carlie Wilson, Kate Moshier,
Tammy Findlay, Todd Lako, Sarah
Pollock, and Jan Williamson.

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To be added to our mailing list, please contact us at (989) 348-7123.

Support Groups & Resources:

Alcoholics Anonymous

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

St. John's Lutheran Church

Thursday 7:00 pm - 8:00 pm
Sunday 12:00 pm - 1:00 pm

Alzheimer's Support Group

3rd Wednesday, 11 am
The Brook of Grayling, 503 Rose St.

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

Choices Group

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

Healthy Relationships Group

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

Long COVID - Support Group

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

Narcotics Anonymous

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

Grief Share Ministry

Grayling E Free Church
Monday 2:00 to 4:00 p.m. at the library external conference room.
Information can be found at:
griefshare.org. Contact
information is: Jon Schultz, 989-390-0831,
ausableman@gmail.com

Hope Begins Here

308 Lawndale St
(989) 745-6090
Drop-in Mental Health Assistance Center. Offers a haven for people with mental health disorders

November Gazette, Page 16

"Since my hip replacement, I'm active again."

After a successful hip replacement with Munson Orthopedic Institute, Grayling resident Kent U. is walking with a steady gait again—and living the retirement he always imagined.



See what's possible at
munsonhealthcare.org/MOI



Kent U.
Hip Replacement Surgery, Dec. 2025

Matter of Balance Returns in January!

The program includes eight two-hour classes presented to a small group of 8-12 participants, led by our trained coaches. You must attend all classes to receive the certificate. The class is on Tuesdays and Thursdays from 9:30 am - 11:30 am. The focus of the program includes:

- Learning to view falls as controllable.
- Setting goals for increasing activity levels.
- Making small changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Call the Senior Center at 989-348-7123 to sign up. Dates for the class are January 12, 14, 19, 21, 26 & 28, and February 2 and 4, 2027.

