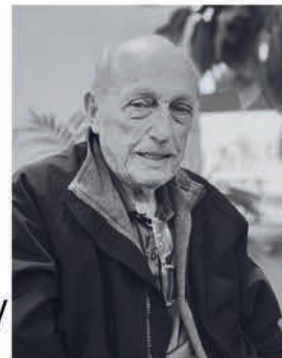


Crawford County *Senior Gazette* November 2025

Pg 2: Changes to Pantry Bingo
Pg 2: Giving Tuesday Update
Pg 2: Letter from the Director
Pg 3: Coming Attractions
Pg 3: Trip Survey
Pg 4: Hometown Heroes
Pg 5: COA Volunteers
Pg 5: November Events Highlight
Pg 6: The Tammy Tracker
Pg 7: MSU-E Activities
Pg 7: The Scoop with Jan Williamson
Pg 8: Meal Calendar
Pg 9: Activity Calendar
Pg 10: Thanksgiving Cross Word Puzzle
Pg 11: Featured Article Continued
Pg 12: Services Offered
Pg 13: Thanksgiving Word Search
Pg 14: Nutrition Education Article
Pg 14: Turkey Neck Gravy Recipe
Pg 16: Save-A-Lot Coupon
Pg 16: Spikes Keg'O'Nails Coupon

From Korea to Crawford County by Toby Neal

When you meet Bob Gerring, you notice two things right away: his laugh and the way he talks about life as if every chapter were an adventure. At 89 years old, Bob still moves (literally) through his days with purpose. He volunteers at the Crawford County Commission on Aging, washes dishes on Tuesdays, delivers Meals on Wheels when they need a hand, and proudly points out that he's "never delivered a meal to anybody older than me."



That sense of humor, paired with a deep humility, has carried Bob through a lifetime of service - to his country, to his family, and to the people around him. His story, like so many of our veterans', is one of quiet courage, deep love, and a road that opened one door after another simply because he chose to walk through them.

"I'm just a South Michigan kid," Bob says with a grin. Born and raised in Wyandotte, with a few years spent in Roseville, Bob never expected that life would take him across the country, or across the world. After high school, he joined the U.S. Air Force, serving four years as a medic and later as a psychiatric technician. "Nothing fancy," he says, though his career would soon prove anything but ordinary. Bob's military years spanned the tail end of the Korean War era. "Technically, the fighting was over when I got there," he says, "but I got the Korean GI Bill." He trained at Fort Sam Houston and served at bases from Biloxi, Mississippi, to Sheppard Air Force Base in Texas, even spending a year in Korea managing a small maintenance shop. "I couldn't build anything," he jokes, "but I could get the materials and find people who could."

It was in the Air Force that Bob met the love of his life - Patricia Gerring, an officer and nurse who, by regulation, wasn't supposed to fraternize with enlisted airmen. "She was an officer when you weren't supposed to co-mingle," he laughs.

Continued on Page 11

Hours of Operation

Monday - Friday
8:30 a.m. - 4:30 p.m.
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



A Letter From **THE DIRECTOR**

I'm often asked how the Senior Center does so much with so little. Of course, my answer is always "Excellent Management", but the real secret is or are the dozens and dozens of dedicated, hardworking Volunteers that make all of the programs we offer possible. This past month, on October 2nd, we celebrated our Volunteers with a fun, thank you party and get together.

Kate made sure everyone was well fed with a delicious Mexican buffet and taco bar, and after dinner, as the attendees sampled the well-appointed dessert table, I gave a presentation referencing a large portion of the feats our Volunteers have accomplished this past year. The numbers are so phenomenal, I felt I had to share some of them with the rest of you. We had over 220 hours of Building and Maintenance help, 500 hours of Senior Companion time, and 175 hours of Telephone reassurance. They made approximately 4,000 Happy Birthday calls, 52 hours of friendly visitor, and over 400 hours of office and reception help. In physical fitness programming alone, we had 600 hours' worth of volunteer time, which equated to 7,000 client hours of hard work trying to stay fit and active. We had in excess of 300 hours of Bingo calling, which translated into more than 2,700 excited BINGO winners.

We haven't even gotten into the big numbers yet. Our commodities program handed out 2,084 boxes of shelf-stable food to help decrease food insecurity in the county. With an average weight of 40lbs per box, our Volunteers carried 83,360 pounds of food out to the cars of our clients. In our kitchen area, we had 1120 hours worked, helping to prep, serve, bus, and wash the dishes of 8,600 congregate meals, including 2,050 meals served at our monthly special dinners. And finally, our big one. Home Delivered Meals, known as Meals on Wheels, had 2,791 volunteer hours, which includes driving their own vehicles 10's of thousands of miles. There were over 1,000 individual routes driven and 40,496 meals delivered. If you add up all of the hours worked and multiply them by our starting rate, not including any taxes or benefits, Volunteer hours worked are equivalent to almost 20% of our existing payroll.

So the real answer to how do you do so much with so little is, while others operate on 100% of their budget, I'm blessed to operate at 120% of budget, thanks to our wonderful, hardworking, dedicated Volunteers, and 120% kicks 100%'s butt every time. Thank you, Volunteers, we love you.

Signed,

Brian McLaughlin



Changes to Pantry Bingo

Starting in November, Pantry Bingo is introducing an exciting new way to win: Bingo Bucks! This system is designed to make prizes more fun, flexible, and valuable for every player.

Here's how it works: every time you win a bingo, you earn one Bingo Buck. At the end of the event, you can redeem your Bingo Bucks in our prize store. For example, if you win five games during a session, you walk away with five Bingo Bucks. Then, you can redeem your Bingo Bucks for prizes or save them for bigger prizes. This gives players more control over their winnings and lets them choose the prizes they want most.

We want everyone to have fun and a chance to win. With Bingo Bucks, multiple winners are allowed in each round, and special games award double Bingo Bucks, giving players the chance to rack up rewards faster.

We also know that the cost of prizes can fluctuate, and we want every player to enjoy consistent, high-quality rewards. Bingo Bucks make that possible while keeping the game exciting and interactive.

With Bingo Bucks, Pantry Bingo isn't just a game—it's an experience. Win more, choose your prizes, save your rewards, and enjoy every round. Come play, win, and see why this is the most exciting change in Pantry Bingo yet! Try the new and improved Pantry Bingo beginning Friday, November 7th at 1:00 pm.

Giving Tuesday 2025 GIVING TUESDAY

Giving Tuesday is a global movement that brings together individuals, communities, and organizations to encourage generosity and celebrate the power of giving.

When you donate to the Crawford County Commission on Aging & Senior Center, you're helping local older adults stay active, connected, and supported. Every dollar provides nutritious meals, wellness programs, and a welcoming place for seniors to gather and thrive.

Your gift isn't just a donation—it's a gesture of care for the people who built our community. Together, let's make sure they always have a place to belong. You can donate in person 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 2nd.

Region 9 Area Agency on Aging Webinars for November 2025

Dementia Caregiver Support Group:

- First Wednesday of the Month, this Month is November 5th
- Meets via Zoom from 5:00 - 6:30 pm
- Meeting ID: 876 5118 1524
- Dial In: 1-312-626-6799

Relatives Raising Relatives Children (Kinship) Caregiver Support Group:

- Second Thursday of the Month, this Month is November 13th
- Meets via Zoom from 10:00 am - 11:30 am
- Meeting ID: 876 5118 1524
- Dial In: 1-312-626-6799

General Caregiver Support Group

- First Monday of the Month, this Month is November 2nd
- Meets via Zoom from 5:30 pm - 7:00 pm
- Meeting ID: 876 5118 1524
- Dial In: 1-312-626-6799

This month's topic is
Caregiving During the
Holidays.



Coming Attractions: Save the Dates



Veteran's Coffee Hour Date

Date: Thursday, November 13th

Time: 10:00-11:00 AM

At the American Legion Post #106

More Info: (989) 344-3861



Board Meeting Schedule Fiscal Year 25-26

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 town).

All meetings are scheduled for 4:30pm unless otherwise noted.

- | | |
|------------------------------------|------------------------|
| • November 18 th , 2025 | • July 21st, 2026 |
| • January 20th, 2026 | • August 11th, 2026 |
| • March 17th, 2026 | • September 15th, 2026 |
| • May 19th, 2026 | |

Crawford County Commission on Aging
4388 W M-72 Hwy (east of town), Grayling, MI
(989) 348-7123

Special Dinner Schedule 2026

January 15th

Winter Picnic

February 19th

Chinese New Year

March 19th

St. Patrick's Day

April 16th

Spring Serenade

May 14th

Mother's Day

June 18th

Father's Day

July 16th

Hawaiian Luau

August 20th

Backyard BBQ

September 17th

Thursday Night Lights

October 22nd

Halloween

November 19th

Thanksgiving

December 17th

Christmas

Secretary of State Mobile Office

The next visit is scheduled for
December 22nd from
10:30 am - 3:00 pm.

To schedule an appointment,
please call 989-348-7123. For
pricing information, please
contact your local Secretary of
State for updated information.

Services include, but are not
limited to, license renewal, plate
renewal, handicap placard
renewal and more.

Grayling

Pharmacy Bingo

The First Thursday of the
Month Following Penny
Bingo!

Everyone is invited to play
Grayling Pharmacy Bingo.
Play FREE to win Grayling
Pharmacy Coupons. These
coupons can be used to
make purchases at the
Grayling Pharmacy.



Versiti Blood Drive

Next scheduled drive is

Monday, December 8th

All blood drives run from
11:00 am—3:30 pm.

Donating blood is vital
because small hospitals
often have limited supplies
and rely on donations. Each
donation helps ensure that
patients in our community.

Visit

https://donateblood.versiti.org/donor/schedules/drive_schedule/11620222 to register.



2026 Trip Survey

The Commission on Aging is
collecting survey information
to determine a schedule for
trips in 2026. To fill out the
survey, please either visit
this link:

https://docs.google.com/forms/d/e/1FAIpQLScNAf08Lm-S06_A8yd2uacoebcoCaua62hUFxcBsVTe3za8Vg/viewform?usp=header

or scan the QR code below
using your smartphone. To
scan the QR code, simply
open your camera, hold the
camera over the QR code,
and then click on the link
that appears on your screen.
Thank you for helping us
decide on trips for 2026.



COA Holiday & Party Schedule

November 18th, 2025

Friends-Giving

December 30th, 2025

Noon-Years Eve

February 12th, 2026 Valentine's
Day

May 22nd, 2026

Memorial Day

June 19th, 2026

Juneteenth Celebration



Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies and Crawford United we could not do what we do without also having the support of people just 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 IRS, 401(k) or 403(b). A change of beneficiary form is required from your plan administrator.

Life Insurance Beneficiary

You can assign a charitable organization as the beneficiary of your life insurance policy which can provide tax benefits while helping to sustain arts and culture.

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 everyone receives a meal, in-home services, and the advocacy needed to support the needs of 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 Russel

Hearing Clinic Offered

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

Housing Counseling

by Laurie Jamison

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 to provide and initiate programs that promote the well-being and independence of all older adults of 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

Ausable Towing & Recovery

Destiney's Garden

Pam Greer

Huntington Bank

Glenn & Lorelei King

Connie Ketchum

Kirsten Lietz

Dennis & Mickie Meyers

Susan Phillips

Tom & Deb Rawlings

Laura Rippey

Mark and Shirley Sanders

Susan Smith

Thank You, Donors

Hometown Heroes

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

Running Tally of Support:

71 Days, \$21,890.00

Thank You!

Be a hometown hero by sponsoring a day of Meals on Wheels in honor of or in memory of someone special. Your gift provides nourishing meals and heartfelt connection to local seniors while celebrating the people and moments that matter most. Call 989-348-7123 to find out what it takes to be a Hometown Hero and make a difference in your community today.

Memorial Donations

Farrell Thomas donated in memory of
Linda (Brooks) Thomas.

Roxie Chumack donated in memory of
Ron Rysso.

Helen Stairs donated in memory of
Ron Rysso.

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.

Get Involved at the COA

Looking to stay active, keep your mind sharp, and enjoy the company of friends?

The Senior Center has something for everyone! Check out some of these regularly scheduled activities and see what you can get involved in!

- Chess Club: Every Monday @ 1:00p
- Diamond Art Club: Every Monday @ 2:00p
- Euchre: Every Tuesday @ 12:30p
- Mahjong: Every Wednesday @ 12:30p
- Fit for the Aging: Every Friday @ 10:45a

No matter which activity you choose, you'll find new friends, fun challenges, and plenty of reasons to smile. Why not try them all?

November Birthdays

Denyce Krolcyk 11/01
Kay Ellen Leslie 11/05
Sandra Marshall 11/10
Maureen Rysso 11/12
Thelma Stevens 11/12
Orvetta Roggow 11/21
Miriam (Kaye) Wisenbaugh 11/26

Birthday Lunch is on Thursday,
November 20th, 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.

Stuff Your Calendar Full of Activities this November



Cardio Drumming Tuesdays, Starting November 11th 2:30 pm - 3:30 pm

Get your heart pumping and your energy flowing with Cardio Drumming! This fun, upbeat workout combines music, movement, and rhythm for a full-body exercise that feels more like a dance party than a workout. The class is instructed by Sherry Haag and Nancy Lemmen. This class is part of a grant, and requires all participants to attend all 10 sessions. Please do not sign up for a slot in the class if you cannot make a 10-week commitment. Please call 989-348-7123 to sign up.

Veterans Day Program November 11th 9:30 am - 11:00 am

Join us this Veterans Day as we come together to honor and thank those who have served our country. Lonnie Cook from Heartland Hospice will host this meaningful gathering, offering a time for reflection, gratitude, and connection. All are welcome to join in showing appreciation for our veterans and their dedication.

Friends-Giving Celebration November 18th (* NEW DATE) 12:45 pm

Celebrate Friends-Giving with us, a time to enjoy good company, fun trivia, and plenty of laughs! In the spirit of Thanksgiving, we invite you to bring a favorite snack to share while we test our knowledge and enjoy some friendly competition. It's the perfect way to kick off the holiday season with friends old and new!

Free Christmas Photography November 24th, 25th, and 26th

Come out with your friends or your family and get free portraits taken at any time during the day on the 24th, 25th, or 26th of November. Photos will be taken by Brian McLaughlin and will be provided free to those who get their photos taken.

Volunteers

Meredith Anderson	Beverly O'Connor
Nancy Billingham	Suzanne Ostahowski
Sue Cameron	Mark Ostahowski
Ben & Pam Carr	Ron Pagereski
Debbie Carrigan	Dave Phelps
Carolyn Diponio	Lois & Dave Platt
Diana Doremire	Keith Radwanski
Kathy Drefts	Al Reynolds
Donna Farren	Chuck & Robin
Dave Felker	Rodgers
Rich Ferrigan	Jon & Gail Schultz
Linda Fielahuer	Karl Schreiner
Janet Gilbert	Randy & Tanya
Bob Gerring	Stephens
Sherry Haag	Ann Stephenson
Donn Handy	Dave Stephenson
Sharron Haggerman	Valerie Sloane
Susan Hensler	Arlene Smith
Cheryl Hopp	Richard Smith
Donna Hubbard	Cheryl Starr
Leidewey Hunter	Sami Sydzik
Cindy Johnson	Brad Summers
Michael Jordan	Farrell Thomas
John Kay	Ellen Thompson
Ron & Eileen Kemerer	Ken Thurston
Kirsten Lietz	Scott Ulery
Alice Lee	Carol Wilder
Nancy Lemmen	Laura Wood
Cathy Lester	Ernie & Ruthann
Jim Lawless	Windolph
Judy Marchlewicz	Sandra Woods
Sandy Marshall	
Dave Markle	
Janet McBride	
Dan & Karen McCarthy	
Rick McBride	
Barb McNamara	
Max Meisner	
Mike Miller	
Tim & Olie Miller	
Toby Neal	
Wayne & Rosemary	
Nelson	



The Angel Tree is Coming to the COA

Help make an older adult's Christmas wonderful. The COA will have an Angel Tree set up in the lobby starting on November 11th. The Angel Tree will be filled with tags, each one representing a different older adult and their list of needed items. Come in, choose a tag that fits your budget, and take it with you. To get on the Angel Tree, please come into or call the Senior Center to fill out an application. Applications will be considered on a first come, first serve basis. Please call 989-348-7123 for more information.



Retirement Communities

Big Rapids • Boyne City • Cedar
Springs • Cheboygan Gaylord •
Gladwin • Grayling • Houghton Lake
Newaygo Portland • Rogers City •
Roscommon • Standish
• West Branch



The
Tammy
Tracker

To prepare for the fall season in Michigan, seniors should focus on home safety by raking leaves, ensuring good lighting, and checking home heating and carbon monoxide detectors.



Tammy
Unpacks

Medicare Information

The annual Open Enrollment for Medicare Part D starts October 15 and goes through December 7. This is the window of opportunity for beneficiaries to evaluate their drug costs for 2026 with one of our SHIP counselors and choose a new Part D or Medicare Advantage Plan that would start on January 1, 2026. Open Enrollment for Medicare Advantage Plans starts January 1 and will continue through the months of January, February, and March 2026.

All Medicare beneficiaries should review their plan each year during Open Enrollment to be sure that they are getting the best plan possible at the lowest cost for their prescriptions. Please call Tammy Findlay, Crawford County Commission on Aging Advocacy/Resource Coordinator, @ 989-348-7123 for an appointment.



SHIP

State Health Insurance
Assistance Program

Navigating Medicare



TAMMY'S
TIPS

To ensure Christmas tree safety, place your tree at least three feet from heat sources, keep it well-watered, and always turn off lights before leaving or sleeping. Inspect lights for damage, use fire-retardant decorations, and never use lit candles on or near the tree. Plug lights into different circuits to avoid overloading, and never connect more than three strands of mini lights unless the manufacturer says otherwise.



Monthly Commodities

Commodities will be available for pick-up on Wednesday, November 19th, between 1:00 and 3:00 pm. If you are currently receiving commodities or plan to pick them up, please be sure to collect your items by the end of the day on Friday, November 21st. To find out if you're eligible and to get signed up, contact Tammy Findlay at 989-348-7123.

New to



Medicare

Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor on Wednesday, November 12th at 9:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. Understand the potential risks of late enrollment and gaps in coverage.

Senior Pet Awareness Month?

The month of November is commonly associated with the Fall season, the changing of the weather, and Thanksgiving. But November is also known for something even more important. The month of November is designated as National Senior Pet Awareness Month, also known as National Adopt A Senior Pet Month. As the names imply, this month-long holiday is dedicated to helping and promoting senior pets in finding a loving and permanent home. The holiday was founded as a means to raise awareness about senior animals and remind people that senior pets are actually excellent candidates for adoption.



TAMMY'S
TIPS

To stay safe on ice and snow, dress in layers, wear slip-resistant footwear, take short, shuffling steps, and keep your hands out of your pockets to maintain balance. For driving, reduce speed, increase following distance, brake gently, and be aware that bridges and shaded areas can be icy even when it's not freezing.

Is your car ready for winter travel? It's not too late to winterize your car. Check out these car care tips to prepare you for winter driving:

- Check your tires and replace with all-weather or snow tires, if necessary.
- Keep your gas tank full to prevent ice from getting in the tank and fuel lines.
- Use a wintertime fluid in your windshield washer.
- Make an emergency kit to keep in your car. Include water, snacks, a first-aid kit, blankets, a flashlight, extra batteries, a portable cell phone charger, and emergency flares.



TAMMY'S
TIPS

State Emergency Relief (SER) through the Michigan Department of Health and Human Services (MDHHS) may help low-income households pay part of their heating or electric bills, assist in keeping utilities in service, or have service restored. Low-income customers may be eligible for other assistance through the Michigan Energy Assistance Program. Seventy percent of MEAP funds must be expended during the crisis season, but additional funding may be available after May 31st. Customers should contact their utility to see what programs are available in their area.

The Scoop with Jan Williamson

As we age, it is very common to require prescription medications. Over time, the number of medications we take each day may increase. As this happens, we need to figure out how to manage our medication schedule to be sure we are taking them as ordered by our doctor. Here are some ideas for managing our medications.

Make a list of ALL medications you take regularly. This list should include prescriptions, over-the-counter (OTC) medications, herbal remedies, vitamins, and other supplements. Be sure to also list medications that are not pills, such as patches, inhalers, injections, creams, and ointments.

- Your list should include the dose and how often you take the drug.
- Bring the list with you to all healthcare professional visits.
- Update the list every time you see your Dr. or a new medication is ordered.
- Update the list after any hospitalization and review with Dr at next visit.

Decide on a medication plan that works for you

- Store your medicines in the same place so it is easy to get to them.
- Medication boxes can be helpful to organize taking multiple medications. They are also helpful in keeping track of time to take medications and as a reminder that you have or haven't taken your meds each day.
- Some pharmacies will pre-package medications in blister packs with time and date to take each dose. This can be especially helpful for adults living alone or have memory issues.

Talk with your Healthcare provider or pharmacist about your medicines.

- Go over your list of medications and questions with them. This is especially important after you've been in the hospital or have seen another provider.
- Be honest with your provider about taking medications. If you have made a decision to NOT take a medication, your provider needs to know. They are basing their decisions for healthcare on your medicine list. If it's not accurate they may be ordering tests, etc., that are not appropriate for your problems.

Ask your pharmacist!

- Directions for taking your medications.
- What to take or not take (e.g., food, drink, other medicines).
- Possible side effects.

Develop support systems to help you with your medication management

- Set the alarm on your clock, computer, or phone for your medicine times.
- Create a buddy system with a friend or family member to remind you to take medications each day.
- Ask Pharmacy to provide "easy opening" bottles if regular child-proof bottles are a problem.
- Ask for large print labels if your vision is a challenge.
- If medications are too expensive.
- Ask the pharmacy for ideas about discount programs.
- Ask your healthcare provider for referral to their medication discount staff.
- Contact your Commission on Aging and ask to speak with a SHIP (Medicare) counselor.



Upcoming Online Classes from MSU Extension-November 2025

Walk with Ease Self-Paced Series

November 3, 2025 – December 8, 2025

Serving Up Food Safety - Fruit Butters

November 3, 2025 12:00PM – 12:30AM Zoom Webinar

Chronic Disease PATH Telephone Toolkit

November 3, 2025 – December 8, 2025 Telephone

ONLINE: Sleep Education for Everyone Nov/Dec 2025

November 3, 2025 – December 8, 2025 Every Monday, 7:00-7:30pm Online via Zoom

Top 10 Credit Tips

November 4, 2025 12:00PM – 1:00PM Online via Zoom

November Diabetes Series--Diabetes Simplified

November 4, 2025 12:00PM – 1:00PM Online

Mindfulness Lunch & Learn: Begin with a Breath

November 5, 2025 11:00AM – 12:30PM Zoom

Preserving MI Harvest- Holiday Baking

November 6, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Thriving on a Fixed Income! (Webinar) - November 6, 2025

November 6, 2025 10:00AM – 11:00AM Virtual – Zoom

Mindful Moments: A Series of Mindfulness

Workshops

November 10, 2025 12:00PM – 1:30PM Online

Serving Up Food Safety - Holiday Baking Precautions and Planning

November 10, 2025 12:00PM – 12:30AM Zoom Webinar

Michigan Cottage Food Law - November 10, 2025

November 10, 2025 6:00PM – 8:00PM Zoom Webinar

Mindfulness for Better SLEEP, 7pm, Nov. 11-Dec. 16

November 11, 2025 – December 16, 2025 7:00pm ET Online

Mindfulness Lunch & Learn: Brief Practices in Mindfulness

November 12, 2025 11:00AM – 12:00PM Zoom

Protecting Your Identity - November 12, 2025

November 12, 2025 12:00PM – 1:00PM Zoom

Preserving MI Harvest- Gift of Preservation

November 13, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

November Diabetes Series--Smart Food Choices

November 18, 2025 12:00PM – 1:00PM Online

Mindfulness Lunch & Learn: Be Kind to Your Mind

November 19, 2025 11:00AM – 12:00PM Zoom

November Diabetes Series--Keep Moving to Prevent Health Problems

November 25, 2025 12:00PM – 1:00PM Online

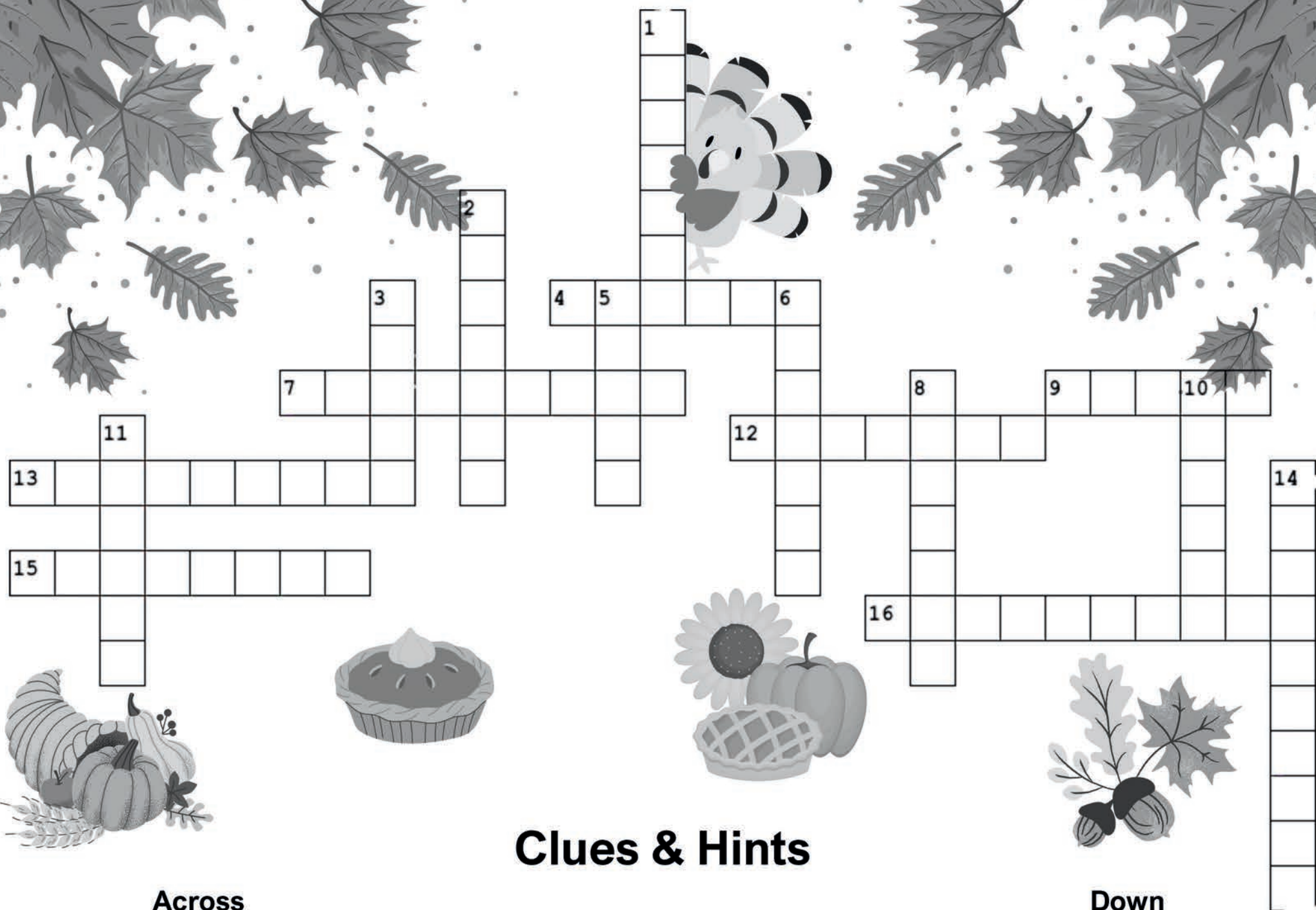
To register for any event visit:

<https://www.canr.msu.edu/rlr/> and click on the Events tab

November 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetable Blend, Banana	4 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango, Berry Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe and Honeydew	5 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Kiwi Smoothie 11:30a-12:30p Lunch Lemmon Pepper Chicken, Baked Potato, Brussels Sprouts, Fresh Orange	6 11:30a-12:30p Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Lunch Honey Mustard Chicken Thighs, Herbs De Provence Potatoes, Fresh Pear	7 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetables, Vegetable Egg Roll, Kiwi
10 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Dinner Roll, Fresh Pear	11 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango, Berry Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Fresh Orange	12 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Kiwi Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	13 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks 4:00p-6:00p Thanksgiving Special Dinner Turkey Stuffing, Mashed Potatoes, Green Bean Casserole, Dinner Roll, Cranberry Relish, Pumpkin Pie	14 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Fresh Orange
17 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	18 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango, Berry Smoothie 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Dinner Roll, Banana	19 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Kiwi Smoothie 11:30a-12:30p Lunch Herb Seasoned Pork Loin, Mashed Sweet Potatoes, Dilled Cauliflower, Dinner Roll, Cinnamon Apples	20 8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	21 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe, Green Beans, Carrots, Four Berries Blend
24 MEAL DAY 8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	25 MEAL DAY 8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango, Berry Smoothie 11:30a-12:30p Lunch Parmesan Fish, Brown Rice, Prince Charles Vegetables, Fresh Pear	26 MEAL DAY 8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Kiwi Smoothie 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	27 CLOSED FOR THANKSGIVING 	28 CLOSED FOR THANKSGIVING 
Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce	Light Bites – Dine in Only Mojo Chicken, Red Grapes	Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana

November 2025 - Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	4 9a Zumba Gold A 9a Friends of a Feather Quilting Group 10a Zumba Gold B 12:30p Euchre	5 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling	6 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3:30p Grayling Pharmacy Bingo	7 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
10 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	11 9a Zumba Gold A 9:30a Veteran's Day Program 10a Zumba Gold B 10a Grief Support Group 12:30p Euchre 2:30p Cardio Drumming	12 8:30a Blood Pressure Checks 9a New to Medicare 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling	13 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4-6p Thanksgiving Special Dinner	14 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
17 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 1p Pantry Bingo	18 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 12:45p Friendsgiving Party 2:30p Cardio Drumming 4:30p COA Board Meeting	19 8:30a Blood Pressure Checks 10a Silver Sneakers 11a Alzheimer's Support @ the Brook 12:30p Mahjong 1:00-3:00p Wii Bowling 1-3p Commodities	20 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 1p-2:30p Huntington Bank Fraud Workshop 1p Penny Bingo 1p Legal Advice	21 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo Moved to 11/17
24 All Day Christmas Photography 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	25 All Day Christmas Photography 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2:30p Cardio Drumming	26 All Day Christmas Photography 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling	27 CLOSED FOR THANKSGIVING 	28 CLOSED FOR THANKSGIVING 
Daylight Savings Time Starts on Sunday, November 2nd! Don't forget to set your clocks back one hour on Sunday, November 2nd! To make the transition easier, try adjusting your sleep schedule gradually by going to bed 15-20 minutes earlier for a few nights before the time change. And while you're at it, enjoy that extra hour of sleep on November 2nd.		Huntington Bank Presents: Fraud Fest With Fraud on the rise, it's important to stay ahead of it by becoming informed on the newest and most common tricks used by scammers. Come to the Senior Center from 1:00 pm - 2:30 pm on November 20th to learn more and grow your knowledge on fraud.		



Clues & Hints

Across

- 4. Turkey's dangling neck feature
- 7. Straw guardian with a Wizard of Oz role
- 9. Banquet or blowout
- 12. Mayflower passenger
- 13. Bog-grown fruit, bright red
- 15. Grateful state
- 16. Turkey chemical said to induce drowsiness

Down

- 1. Reap what you sow
- 2. Innards for stock, not stuffing
- 3. Drippings turned to sauce
- 5. Oak seed
- 6. Fall's celestial starting line
- 8. Place for cider's raw material
- 10. Gourd or to crush
- 11. Macy's morning tradition
- 14. Overflowing horn, but not the musical kind

To Reveal the Answers, Flip this Newspaper and Use a Magnifying Glass to Check your Work!



Harvest, Giblets, Gravy, Wattle, Acom, Equinox, Scarecrow, Orchard, Feast, Squash, Parade, Pilgrim, Cranberry, Cornucopia, Thankful, Tryptophan

From Korea to Crawford County (Continued)

"The day after I got discharged, we got engaged." Gerring shared that Pat would often joke that his proposal "was more like a proposition than a proposal."

Bob didn't quite get down on one knee, but threw the idea out there, knowing what he wanted and who he wanted to be with.

She, of course, accepted and they were married on base shortly after, a young couple who had already learned the discipline of service, ready to build a life together. Bob and Patricia's partnership spanned 58 and a half years. Together they raised five sons, traveled the country, and created a family legacy that still bears the marks of their shared values: faith, service, and an unshakable work ethic.

After leaving the military, Bob attended Midwestern State University in Wichita Falls, Texas, earning his degree through the GI Bill. He worked nights at the state hospital "eleven to seven for four years," he recalls, while studying by day and raising two young children. "I told my boys when they were little," he says, "If you want to go to college, you're going to have to do what I did - join the military, get the GI Bill." And that's exactly what they did."

Three of Bob and Patricia's sons went on to serve: one in the Marines, one in the Army, and the youngest in the Michigan National Guard and 82nd Airborne. "The boy that passed away, he got commissioned because his mother was an officer," Bob recalls. "He wanted to show he could be too."

For Bob, service was never about glory, it was about opportunity. The military wasn't just a calling; it was a path forward. It gave him education, discipline, and perspective to build a successful career in the federal government's Department of Justice, rising through the ranks all the way to the Senior Executive Service before retiring. "I had a very successful career with them," he says. "I went right up through all the ranks." When the new administration eliminated his position, he was offered a slightly lower grade, or the option to retire. "I took the right to retire," he says with a smile. "Never regretted it."

After retiring at just 47, Bob and Patricia began what he calls their "best years." For three decades, they traveled across the United States, six months at a time, in a series of campers that grew along with their ambitions. "We started with a pop-up," Bob says. "Then a 20-footer. By the fourth year we had a great big fifth wheel. We went to the West Coast fifteen years in a row." Over those decades, they camped in every state in the union except Hawaii and (technically) Alaska. "We even spent a night in Alaska, but we had to fly there," he laughs.

"And we square-danced all over the country. Waltzes, polkas, fox trot, two-step, you name it." Those travels were more than sightseeing; they were a continuation of the life Bob and Pat had started together in uniform - one built on exploration, adaptability, and shared joy. "It was a good life," he says simply.

"We did all right."

When Patricia passed away eight years ago, Bob admits the world got smaller. "The first two years were pretty tough," he says. But his son in Frederic gave him some advice that reignited his spark: "Dad, you used to do a lot of tenting. Why don't you go back to it?" So, at 83, Bob packed up and took off again, this time alone, on a cross-country camping trip that led him right back to Northern Michigan. "I wound up here in August," he says. "And I've been coming back ever since."

Each spring he returns earlier, first in June, then May, then April. "Next year," he says with a chuckle, "I intend to be here the first of April." He splits his time between Florida and Grayling, though Michigan, he says, "has my heart."

"I'd move back here tomorrow if it made sense," he admits. "The weather doesn't bother me. The people are super."

Bob's days now are filled with movement, from Silver Sneakers, Zumba, volunteering, and endless conversation. "I'm not very good at Zumba," he says, "but I like it. I stay in the back so nobody can see me." He talks about the friendships he's made through the Senior Center with gratitude that feels almost

sacred. "Everybody, you can't believe how nice they are," he says. "The women outnumber us two to one, but the guys who are there, they're all super nice."

Bob plans to "retire" from Silver Sneakers

on his 90th birthday. He says it with a wink: "That's my goal, to dance that day. That'll be my last dance."

In talking with Bob, it's clear that his legacy isn't medals or titles, it's the ripple effect of a life lived with integrity and curiosity. His story reflects what many in the retirement community already know: that service doesn't end when you hang up the uniform. It just changes form.

Through his years in the Air Force, the federal government, and later as a volunteer, Bob lived by one simple rule: keep moving, keep giving, keep laughing, and keep laughing. "I'm proud of what I did," he says, "but I'm prouder of what came from it. My boys, my wife, the life we built."

For Bob Gerring, serving in the military wasn't just a job, it was the foundation of a lifetime of discovery. From Wyandotte to Wichita Falls, from Korea to Crawford County, every stop along the way has been one more reminder that life's greatest rewards come from showing up for your country, your family, and your community. As he puts it, with that trademark grin: "It's been a good life. A really good life."



"Since my knee surgery, life is different!"

After years of knee pain, Indian River resident Erica is back in her garden with the help of Munson Orthopedic Institute.

Watch her journey from pain to full recovery and start your own at:
munsonhealthcare.org/MOI



Erica M.
Knee Replacement Surgery
December 2024

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic - appointments only \$25 per visit - by Linda Russell — 4th Mondays, 9:00 am - 4:30 pm - 4388 West M-72 Hwy, Grayling

Hearing Clinic - appointments only by Advantage Audiology. Call COA Office for appt.

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--12:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, 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 to assist you in finding available resources.

Legal Assistance:

by Jason R. Thompson, Law Office PLC

Free legal consultations available the 3rd Thursday of each month from 1-5pm

Housing Counseling

Get housing advice from Laurie Jamison from Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.

Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

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

Medical Transportation: COA can assist in arranging transportation for seniors who have no other means and refer to hired car services too.

Senior Gazette: This monthly newspaper which 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 phone call or home visit plus this is a safety check too.

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.

Tai Chi: Helps people with or without arthritis to improve balance.

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. 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. It is a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of 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. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. However, our needs are greater than covered by these sources. Your support through donations helps us to help more. We are grateful!

How We Served You in September 2025

At the Senior Center

We served a total of 801
Congregate Meals

In-Home Services

HDM – 3,174

Respite – 72

Homemaker – 183.25

Bathing – 25

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
Is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm 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

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

to add events to calendar email: peyton@blarneystonebroadcasting.com



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

- | | | | | |
|--------------------|---------------|--------------------|-----------------|-------------|
| • Autumn | • Enjoying | • Mashed Potatoes | • Pies | • Squash |
| • Beans | • Equals | • Massachusetts | • Planting | • Succotash |
| • Bradford | • Feast | • Massasoit | • Plymouth Rock | • Thursday |
| • Buckskin | • Festival | • Maize | • Pumpkin | • Tribes |
| • CapeCod | • Forefathers | • Mayflower | • Puritans | • Turkey |
| • Chief | • Friendship | • Mohican | • Savory | • Venison |
| • Colony | • Gravy | • Native Americans | • Seeds | • Wampanoag |
| • Color | • Green Bean | • November | • Settlers | • Wampum |
| • Corn on the Cobb | • Harbor | • Pecan | • Spice | • Wigwam |
| • Crops | • Harvest | • Pequot | • Squanto | • Yams |



THE KITCHEN
CORNER

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.

Nutrition Health & Wellness Education: Food Safety 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 highly 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.

Turkey Neck Gravy

I am a believer that (most of the time) if you try a food and don't like it, it's likely the way it was prepared and not the food itself, and it's best to be open to trying it again in a different way. This is one of those recipes for me! You couldn't pay me to eat a turkey neck, but turkey neck gravy? Delicious.

Turkey Gravy Recipe:

- 6 cups water
- Turkey neck & giblets
- 1 bay leaf
- 4tbl. butter
- ¼ cup all-purpose flour
- 1 ½ tsp. dried sage
- Salt & Pepper to taste



1. While turkey is roasting, make stock: Place neck and giblets in a medium saucepan with water and bay leaf. Simmer on medium heat for 2 hours. Strain stock and discard meat.
2. Heat 2 tablespoons butter in a saucepan on medium heat. Stir in flour; cook and stir for about 5 minutes. Whisk in stock until smooth. Simmer, whisking constantly, until gravy is thickened, about 10 minutes. Stir in sage, salt & pepper

Pro tip: Skim some fat out of the turkey pan and replace half of the butter with it and reserve some pan drippings to add to your stock for extra flavor.

Senior Gazette Staff

Editor — Brian McLaughlin

Contributing Writers

Toby Neal, Kate Moshier,
Tammy Findlay, Sarah Pollock, Jan
Williamson, and Carlie Wilson

The Senior Gazette is published
monthly by the Crawford County
Commission on Aging.

The publication is distributed free
to Crawford County residents by
direct mail and at local
businesses.

*“Views and comments expressed
in the Senior Gazette are not
necessarily the comments or
views of the Crawford County
Commission on Aging, its staff or
its board. The Senior Gazette is
funded by advertising dollars, but
the Commission on Aging does
not necessarily endorse any one
business or organization.”*

For advertising or addition to the
mailing list, contact us at
(989) 348-7123.

Commission on Aging Board Members

Karl Schreiner, Chair

Shannon Sorenson, Vice-Chair

Sandy Woods, Secretary

Laurie Jamison, Commissioner

Mark Ostahowski, Member

Jason Thompson, Member

Cheryl Wolken, Member

Staff

Brian McLaughlin, Director

Todd Lako, Facility Maintenance

Tammy Findlay, Advocacy & Resource
Coordinator

Carlie Wilson, Senior Center Manager

Lynn Cheney, Office Manager

Receptionists: Helen Nolan & Patty
Lemmons

Kate Moshier, Nutrition Manager

Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services
Manager

Jan Williamson, RN

Kathy Meisner, Program Assistant
Homemakers:

Abby, Danette, Jill, Kathy, and Susan

The Harvest Special Dinner Recap & Preview

Thank you to everyone who came out to
celebrate Fall at our Harvest special
dinner in October. We have continued our
over 200 participant streak with 209
people served and even had 18 new
people in for their very first special
dinner! We hope you continue to bring
your friends and family with you, and to
ensure the comfort of your whole family,
we now have brand new high-chairs
available for the little ones. Thank you to
Glenn & Lorelei King and Tom & Deb
Rawlings for seeing the need and
donating them. This month, I would like
to thank our lobby team. Thank you,
Lorelei, Susan, and Sherry, for
welcoming our guests with kindness and
enthusiasm and directing the lobby traffic
with efficiency. This wouldn't work
without you. Thank you for epitomizing
festivity and having so much fun with
your outfits. I always look forward to
seeing what you come up with!

For our Thanksgiving special dinner on
November 13th, you can expect a
traditional holiday meal with turkey, gravy,
cranberry relish, stuffing, mashed
potatoes, green bean casserole, a dinner
roll, and pumpkin pie. We will have more
than enough food for everyone so,
please, bring your friends and family with
you to celebrate and give thanks. The
Door Prize this month is a Retro Electric
Blender and Retro Hand Mixer, donated
by the Haag Family. We hope to see you
for dinner!

Our volunteers are what really make
these events special and whether
serving, setting up, cleaning, or
decorating, they make it fun! Would you
like to join the team? Please fill out our
online volunteer application at
crawfordcoa.org or grab a paper copy
from reception.



Support Groups:

Alcoholics Anonymous

St. Francis Episcopal Church, Grayling
Sun. (O/ST) / Tue. (C/D) / Fri. (C/B) @ 7:00
pm

Mon. / Fri. (C/D) @NOON

Wed. (W/C/D) (Women's) @ 7:00 pm

St. John Lutheran Church, Grayling

Sat. (B/C) @ NOON / Thurs. (C/D)@7:00 pm

Frederic Twp. Hall

SAT. @ 6:00 pm (C/H)

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

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders
at River House Inc. in Grayling

who have experienced domestic violence
(directly / indirectly) sexual abuse or bullying.

River House info: (989) 348-3169

Grayling Al-Anon

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

Healthy Relationships Group

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

Long COVID - Support Group

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

Narcotics Anonymous

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

Weight Loss & Support group

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

Faith Based Grief Group

Wednesday, 6-8pm—(Aug 2 to Oct 25 Class)

Grayling Baptist Church,

705 Madsen St. (989) 390-0831

www.griefshare.org/about

www.griefshare.org/groups/169551

Even Though Our Name has Changed, We are Still the Staff You Love.

Grayling Pharmacy

500 N. James St, Grayling
(989) 348-2000
Formerly Known as

The Medicine Shoppe
PHARMACY

Sorenson Lockwood
FUNERAL HOME INC.
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

Thompson Treusch
LAW OFFICE PLC
Jason Thompson - (989) 745-6625
<https://www.facebook.com/JasonRThompsonlaw/>

ADVANTAGE
AUDIOLOGY
& HEARING
CENTER
Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com
Gaylord Office
321 E. Main Street
P: 989-448-2500
Grayling Office
306 State Street
P: 989-745-6667

AuSable Family
Dental, P.C.
Ralph Oppermann, D.D.S.
Jennifer Malicowski, D.D.S.
800 E. Michigan Ave., Grayling, MI
(989) 344-2525 Fax (989) 348-9629

Northern Pines
ASSISTED LIVING
A program of Baruch Senior Ministries
A Non-Profit, Faith-Based Organization
Come visit us!
• Independent Living
• Assisted Living
• Memory & Specialized Care
• Respite & Short Term Care
NorthernPinesAssistedLiving.Org
130 Mary Ann Street, Grayling 49738
P: (989) 344-2010 F: (989) 344-2011

BrightStar Care
A Higher Standard
• Our experienced caregivers make your daily chores easier
• Access to a team of skilled nurses for your in-home care needs
• Competitive rates and a higher standard of care
• Free assessments by professional and licensed nurses
BrightStar Care is Independently Owned and Operated
231-929-7827

DENHOLM FAMILY
CHIROPRACTIC
6838 M-93 HWY S
Grayling, MI
P: (989) 348-6600
F: (989) 348-3537
Robert Boykin, D.C.
rboykindc@gmail.com

Interested in Advertising in The Senior Gazette?

Looking to boost your business visibility in Crawford County while making a real difference in your community? Look no further than the Crawford County Senior Gazette. With ad rates starting at just \$55/month, it's affordable and effective:

- Business Impact Ads – \$220/month
- Business Builder Ads – \$110/month
- Business Card Ads – \$55/month

Sign up for a full year and get a FREE index ad for one month, plus the chance to submit a free educational article about your business! Have questions? Contact Carlie at 989-348-7123 for information.

McLEAN'S ACE HARDWARE
For all your hardware, paint, plumbing, electrical, lawn & garden, and animal needs
Store Hours: Monday-Saturday, 8:00 a.m. - 5:30 p.m.
Sunday, 10:00 a.m. - 3:00 p.m.
Call: 989-348-2931
Fix It and Save a Buck!
Conveniently Located Next Door!
Contact the Repair Shop!
Call 989-348-1003
Ace is the place with the helpful hardware folks

TwoRiverDeli
Slicing Meat's & Cheese's to Order
Fresh & Frozen Pasties
989-344-5554 tworiverdeli.com
Check out our new location @ 600 N James St. Grayling

EA
CORNELL AGENCY INSURANCE
"For All Your Insurance Needs"
989-348-6761
cornellinsurance.com
201 Huron St. | Grayling, MI

Here's Your Sign...

It's Time To Talk To A Wealth Advisor!

Get Help With:

- Financial Planning
- Investment Strategies
- Pre- and Post-Retirement Planning
- Portfolio Reviews

Hunter Mires, CRPC®
Wealth Advisor
505 Clyde Street
(989) 910-5112

Spike's
THE MEETING PLACE OF THE NORTH
KEG 'O' NAILS
GRAYLING MICHIGAN
Redeem This Card for a
"Buy One Get One Free"
Spike's Burger
(DINE IN ONLY). NO PHOTO COPIES.
Coupon Good 11/1/2025-11/30/2025

Save a lot
Half Gallon of Milk: \$1.49, Whole, 2%, 1%
or Skim, Limit 2 with Coupon
Please use only one Coupon per Family
Coupon Valid 11/1/2025-11/30/2025

northcentral
FINANCIAL SERVICES
Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. North Central Area Credit Union and North Central Financial Services are not registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using North Central Financial Services and are employees of LPL. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, North Central Area Credit Union or North Central Financial Services. Securities and insurance offered through LPL or its affiliates are:
NOT INSURED BY NCUA OR ANY OTHER GOVERNMENT AGENCY
NOT CREDIT UNION GUARANTEED
NOT CREDIT UNION DEPOSITS OR OBLIGATIONS
MAY LOSE VALUE