

Crawford County Senior Gazette October 2018

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Featured Article

Howard Taylor
"No Intention to Stop"

They say if you can find a way to make a living by doing what you love, you'll never work a day in your life. Although Howard Taylor is no stranger to work, he is, without a doubt, a master of making a living by doing things he enjoys.

Born on a farm in 1937 in Liberty Township, Howard was an only child with a strong interest in music and theatre; two pursuits that became the focus of his career. He was in first grade when he met the kindergartener who would eventually become his wife. "Her mother was actually my first teacher," he said. "We never dated in school. In fact, she married my cousin, and I was the best man in their wedding. I married too, but then years later, after we'd both divorced, we got together and have now been married for 30 years. It definitely couldn't get any better!"

Howard graduated from Manton High School and then continued his education; first at CMU, majoring in Music and Theatre, and then at MSU where he earned a degree in secondary school administration. It was in 1965 that an offer to teach in Grayling kicked off his 26-year career in the local school system. Community education followed, and Howard eventually became the Community Ed director. All the while he was directing community



theatre as well as kids' theatre in the summer.

Howard also was the organizer of the Michelson Singers, a popular local group of vocalists that for 20 years entertained locally, toured the Mid-west, and also toured in Europe. He arranged much of the music for the group as well. "On our "grand finale" trip to Europe, we participated in an Advent Festival. It was all big choirs from all over. We

were 10 singers and a keyboard player. While we were waiting to go on, our tour guide asked 'Do you really want to do this?' I said, 'Absolutely!' We went on stage and sang a Dixieland version that I had scored of a song called, *On That Hallelujah Night*. We got a standing ovation from 1200 people that night. That was a proud moment."

Playing trumpet in a jazz band "all over Michigan" and also on some Caribbean islands for three seasons was another highlight of his musical experiences.

After retiring from teaching, Howard started, and ran, a pair of businesses for a while; a travel agency and a charter bus company. "They kind of overlapped," he said. "We took a lot of people to see a lot of places in those days. It was fun." In the meantime, he "began to acquire some things."

"Raised on a farm as I was I always had an interest in old engines. I found out about an old

BENEFITS

How to
RESEARCH
MEDICARE



See pg16



See pg11

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

HOURS OF OPERATION

Monday & Wednesday
8:30am to 6pm

Tuesday & Thursday
8:30am to 7pm

Friday
8:30am to 4pm

308 Lawndale St
Grayling, MI 49738

Phone (989) 348-7123
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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

**For advertising or addition to the mailing list, contact us at
(989) 348-7123 or
director@crawfordcoa.org**

Crawford County Commission on Aging Congregate & Home Delivered Meals Menus Revised to Meet Updated Nutritional Guidelines



Effective October 1st, our menus, both Congregate and Home Delivered Meals, have been updated to bring us in compliance with the new State Nutritional Guidelines. We didn't have an opportunity to bring many new menu items to you, but the menus we are serving are even more nutritious than before. In addition to the previous limitations of calories, fat and sodium we are now also restricting sugars and carbohydrates. You will notice that several menu items have been removed such as baked ham, liver and onions and pork riblet sandwich. For Home Delivered Meal sack lunches, we have also removed all the lunch meat. We will now be purchasing beef and turkey, roasting it ourselves and then slicing it for sandwiches.

Please let us know what you think of the changes as you eat meals in

October. The suggestion box at the Senior Center is a great way to let us know for Congregate Meals. Please be specific with your comment and note the day of the week and meal (lunch or dinner) so we can track your comments back to the menu. For Home Delivered Meal customers, please give us a call at (989) 348-7123.

Our next goal is to create some new entrees for the menu. We will also be working on creating a "2nd meal option" for our Congregate customers. Once completed, you will be able to choose from a "hot meal" (current menu) and a new "soup/salad/sandwich" menu. We hope to have these goals accomplished sometime in the next year, so stay tuned!



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ARE WE READY! Sewers! Stuffers! Start your engines! Its time for the Annual PILLOW PROJECT!

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

you like). We need patterns to be traced and cut out, material to be cut and sewn and pillows to be stuffed. So whether you cut or sew or stuff, we need you! There is lots of work for everyone!

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



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

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In Memory of **Nova Anderson**

Memorial Donations made by:

Joyce Sorenson
Roy Bryant
Dolores Norton
Ed Daniels

In Memory of **Josephine Kersch**

Memorial Donations made by:

Betty Richards

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

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



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

Only Available
in Black with Gold
Lettering

2x4 Actual Size
\$50 Donation

1x5 Actual Size
\$25 Donation

2x5 Actual Size
\$100 Donation

Senior Center Wish List...

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

Important Phone Numbers

Social Security
1-800-772-1213 or
1-866-739-4802

Medicare - 1-800-633-4227

Veterans Administration
1-800-827-1000

Alzheimer's Assistance
1-800-272-3900

Crawford County
Commission on Aging
& Senior Center

**Make a Donation
Today & Create
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for a Lifetime!**

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: ☐ \$25 to \$49 ☐ \$50 to \$99 ☐ \$100 to \$249
☐ \$250 to \$499 ☐ \$500 to \$999 ☐ \$1000+

Method of Payment: ☐ Cash ☐ Check Gift Amount \$ _____

- ☐ I would like to receive monthly emails about activities and events.
☐ I would like to be contacted about planned gifts.
☐ I would like to volunteer for the Commission on Aging & Senior Center.

All Gifts are Tax Deductible

Name _____
Mailing Address _____
City/State/Zip _____
Home Phone () _____ Cell Phone () _____
E-Mail Address _____

Thank You

Our Sponsors

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InTeliCare Health Services, LLC

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Birthday Dinner Flowers Donated by
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 - The Brook
 - Grayling Nursing & Rehabilitation Community

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Grayling Nursing & Rehabilitation
Community

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Tom & Deb Rawlings
Betty Richards
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Jason Small
Dale & Gloria Ruckle
Carol Schultz
Joyce Sorenson
Devere & Marge Wolcott

Thank you

Sponsoring Agencies



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

★★★★★★★★★★★★★★★★★★★★
★ **Volunteers and** ★
★ **Contributions** ★
★ **received after** ★
★ **September 7th will** ★
★ **be acknowledged in** ★
★ **the next edition of** ★
★ **the Senior Gazette.** ★
★★★★★★★★★★★★★★★★★★★★

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





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Vera Trimble
Ceriell VandeCastele
Nicole Wethington
Bev Wilson
Barb Wotring

Fire Safety SAVES LIVES

Fire Safety Presentation
Thursday, October 25th at 5:45pm
At the Crawford County
Commission on Aging & Senior Center



Winter is approaching. This means that with the increased use of furnaces, wood stoves, etc. there is a greater possibility for a house fire. What can you do to help keep yourself safer from that possibility? On Thursday, October 25th at 5:45pm, join Justin Wethington, a highly experienced firefighter from the Grayling City Township Fire Department, as he explores the various safety options you may consider. He will discuss the importance of smoke and carbon monoxide detectors, portable fire extinguishers, cooking safety, home escape plans and what to expect when you call 911. Join us for a Chicken Cordon Bleu dinner with mashed potatoes, green beans and a banana (served between 4:30pm and 5:30pm) prior to the presentation. Dinner is a \$3.00 suggested donation for those people age 60 and older and the cost for a person under 60 is \$5.00.



Walk with Ease

Walking regularly can help reduce many different types of chronic pain. Walk with Ease is a six-week, evidence based program that includes:

- Safe walking indoors
- Discussion on osteoarthritis, rheumatoid arthritis, and fibromyalgia
- Managing pain and stiffness
- Tips on proper clothing and equipment
- Monitoring physical problems
- What to do when exercise hurts
- How to anticipate and overcome barriers
- Stretching and strengthening exercises

DATE & TIME:

12:00pm-1:00pm
October 1, 4, 5, 10-12, 15, 18, 19, 23, 24,
26, 29, 30, & 31
November 5, 6, & 7

LOCATION:

Grayling City Hall
1020 City Blvd.
Grayling, MI 49738


COST: FREE

REGISTER:

Call (989) 344-3264 ext. 1 or email
wethingn@msu.edu



MICHIGAN STATE UNIVERSITY | Extension



October Birthdays
Gayle McCollom 10/8
Biggs Sheryl 10/8
Diane Hatley 10/9
Marjorie Roper 10/11
Verna Hogle 10/13
Gene Hogle 10/14
Marie Hatfield 10/15
Beverly Ohsowski 10/17
Kirsten Lietz 10/19
Marlene Jackson 10/21

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

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We can help!

Free!
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1-800-QUIT-NOW
1-800-784-8669

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

Stay in the Know!

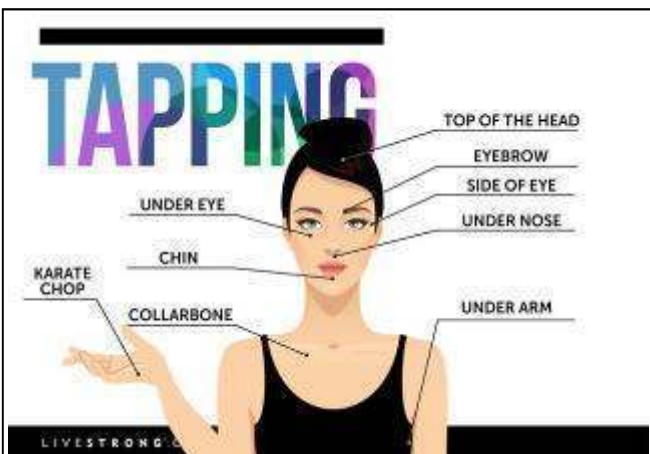
Sign up for FREE e-mail news about the Senior Center activities



Receive the latest information about the Senior Center activities, delivered directly to your home via e-mail.

Signing up is easy; just send an email to **director@crawfordcoa.org**

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



Tapping Workshop

Crawford County Commission on Aging & Senior Center

Thursday, October 11th at 5:45pm

Tapping is a combination of ancient Chinese Acupressure and modern Neuroscience that is effective in easing anxiety and pain, and changing negative thought patterns. Join Marian Long, RN, MSN as she explores the art and science of Tapping, and how to use it for yourselves and others. You will learn a simple technique of tapping with your fingertips on specific meridian points while talking through emotions, thoughts or memories. Everyone is invited to join us for this free, helpful and informative experience!

Marian Long has been a nurse for 35 years, in outpatient clinics, hospital, long term care, home care, hospice, and nursing education. She is certified as a Holistic Nurse, Nurse Coach and Healing Touch Instructor, and loves teaching people ways to become and stay healthy.

Come early before the workshop for a Shepherd's Pie Dinner. Those 60 years of age and over dinner is a suggested donation of \$3.00. Those under 60 the cost is \$5.00.

Howard Taylor

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



tractor near Grayling, and I wanted it. The catch was, the person who had it said I had to "take what it was attached to" if I bought it. That happened to be a sawmill," he said. "So, I bought it."

Howard's wife, Gloria, was not as keen about that very large addition to what was becoming quite a collection of stuff. "She said, 'Too bad you have all this stuff and no one to appreciate it.' There was a bit piling up," he said. "But we had this land, so I had the sawmill and



tractor brought here." That "here" is what became, over time, Wellington Farm Park.

The thing about teaching is, real teachers never stop teaching. They might not stand in a classroom anymore, but they find other

ways. The farm park, which now consists of 26 buildings, sees approximately 10,000 visitors each year, and is a hands-on, it's-ok-to-touch museum that takes visitors back to 1932 and the heart of the Great Depression. What began in 1977, as a way to share a growing collection of historical artifacts, has become much bigger than Howard could have imagined.

"Four of the buildings here are historical restorations. In the Wellington Post Office we have some things on loan from the National Postal Museum. In the Classic Cartoon exhibit, there are things from the Dick Tracy Museum. We have items that the Henry Ford Museum has asked for." It is plain to see that Howard Taylor is proud of what he's built. "We're strictly hands-on here," he added. That

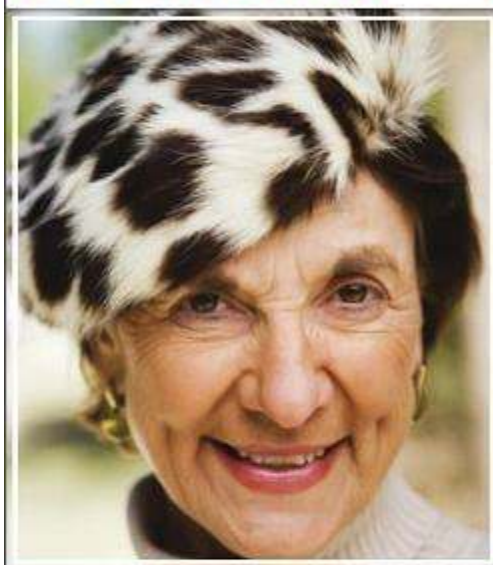


goes for him, too. All the brooms that are sold in the gift shop are his handiwork.

"I took a class at Shaker Village to learn broom-making. I have a broom shop on site now. That's new."

What's not new is that Howard Taylor loves what he does. It may look like a lot of hard work, and it is, but "living in 1932" every day incorporates his love of theatre; allowing people to experience an earlier time and farm life as though they have travelled through time satisfies his love of teaching, and a variety of events on the farm generally include live music...because that is Howard's first love. And he "has no intention to stop."

The Friends



The Freedom

The Brook

At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

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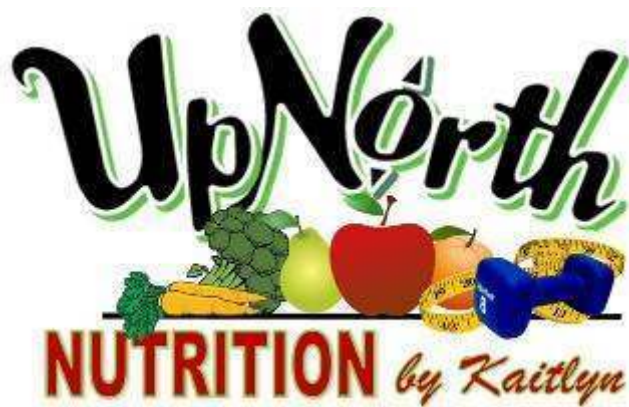


Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin
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Grayling Vikings Senior FREE Athletic Pass



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



Written by Kaitlyn Grieb, Fitness & Wellness Coordinator

Vitamin B12

Vitamin B12 also known as cobalamin, is a nutrient that plays an essential role in nerve function, the formation of red blood cells, and DNA production. Since our bodies do not produce Vitamin B12 we have to obtain it through food or supplement sources. It can be found in large amounts in a wide variety of animal-based foods including meat, cheese, and milk. In animal sources such as meat, Vitamin B12 is bound to a protein and requires hydrochloric acid for adequate absorption. However, synthetic B12 which is found in supplements does not require hydrochloric acid for absorption because synthetic B12 is not bound to a protein.

As we age, the ability to adequately absorb Vitamin B12 decreases due to weakening of the stomach lining causing low levels of stomach acid. Symptoms that are associated with a B12 deficiency include lightheadedness, cognitive impairment, and nerve complications like numbness or tingling. Most people in the United States have an adequate consumption of Vitamin B12, but if you do not consume animal products or have a medical condition that affects nutrient absorption, supplementation of B12 could be effective. If you are considering supplementing B12 you should consult with your doctor as many factors play a role in your overall health and well-being.



Do you have concerns about falling?

A MATTER OF BALANCE

is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by a trained facilitator.



YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and Balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

**October 1, 4, 8, 11, 15,
18, 22, & 25**

**10:00am to 12:00pm
Michigan Works Office
4595 Salling, Grayling**

For more information or to register please contact Karl Schreiner at the Crawford County Commission on Aging 989-348-7123.



things to Collect that Make a Huge Difference

Grayling Elementary School

collects: **Box Tops** for Education, and **Aunt Millie's School Spirit Program** for many things including field trips, special programs & assemblies and parent/child activity nights.

The American Legion

collects: **Pop Tabs** for a program called Tabs for Tots which goes to purchase pediatric equipment for Munson Hospital Grayling and the various EMS vehicles in the Legion's district.

The Lion's Club

collects **used eyeglasses** to be sent directly to those in need in countries abroad and **used hearing aids** to be refurbished by Munson Health System and distributed to people who are unable to afford them.

The COA and The Medicine Shoppe

have a **medical equipment** loan closet. If you have any that you are not using, we will be happy to pass them on to others who need them. See page 13 on how to properly dispose of used medications.

We also accept old **American flags** to be properly disposed of. You can deliver them all to the Commission on Aging & Senior Center and we'll get them to the right organization.

The Medicine Shoppe
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- **Prescription Delivery Service**
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989-348-2000
500 N. James St. • Grayling



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698



MUNSON HEALTHCARE
**Crawford Continuing
Care Center**

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317
munsonhealthcare.org

Grayling Save a Lot

Purchase of
J Higgs Potato Chips 99¢
Assorted Varieties

Valid Oct 1, 2018 thru Oct 31, 2018 Limit 2 Please with coupon

2333 S. I-75 Business Loop 989-348-6690

Look for printable coupons at www.Save-A-Lot.com

Add Years to Your Life & Life to Your Years

ONGOING ACTIVITIES

Aerobic Drumming
Coming Soon

Bible Study
Tuesdays, 10am

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

Bridge
Mondays, 1pm

Clogging, Beginning
Mondays, 12:30pm

Clogging, Regular
Mondays, 1:30pm

Computer Club
Assistance by Appointment

Color Craze
Thursdays, 10am

Crafting
Wednesdays & Thurs, 10am

Dinner
Mon.-Thurs., 4:30pm-5:30pm
\$3.00 age 60+ \$5.00 under 60
Birthday Dinner once a month

Euchre
Tuesdays, 1pm

Exercise
Thursday, 10am
Friday, 10am

Flower Arranging
Monday, 10am

Legal Assistance
4th Wednesday, 1-4pm

Lunch
Mon.-Fri., 11:30am-12:30pm
\$3.00 age 60+ \$5.00 under 60
Frederic Satellite 2nd Fri.
Lovells Satellite 3rd Fri.

Mahjong
Wednesdays, 1pm

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

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

Soup (2 choices per meal)
Lunch Monday-Friday starting
at 11:30am. Dinner Monday-
Thursday starting at 4:30pm.
\$1.00 per bowl
Also available to go

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

Unlucky 7's
Wednesdays, 2:30pm

Wii Bowling
Wednesdays, 1pm

Zumba Gold
Tuesdays, 10am

Winners for the Hog Roast Dinner - The door prize of a ceramic bird and towel set was won by Dee Niedzielski. Mary Short won the 50/50 in the amount of \$44.50 which she donated to the COA.

Harvest Dinner

Thursday, October 18th from 4-6 pm

Cornish Hens w/Cherries Jubilee
Green Bean Almondine
Mandarin Salad
Mashed Sweet Potato
Apple Pie

No Reservations Required!

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

Suggested
donation
for 60+
\$3.00.
Under 60
cost is \$5.00

Support Groups

11th Step Meeting - Open Meeting

Mondays, 7pm

St. Francis Episcopal Church, Grayling

Alzheimer's Support Group

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 348-7123

Celebrate Recovery

Tuesdays, 6pm

Free Methodist Church, M-72 West, Grayling

For more info call Roger at 989-245-2561

Choices (Anger Management)

Mondays, 2:30-4pm at **River House**

For more info call 348-3169

Diabetes Support Group

4th Tuesday 4:30pm, Milltown Rm

Munson Healthcare Grayling Hospital

For more info call 344-4826

Empowerment Group for Women

Thursdays, 4:30pm-6:00pm, at **River House**

For more info call 348-3169

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon

Sunday, Tuesday, Friday at 8pm

Women's Meeting, Thursdays at Noon

At St. Francis Episcopal Church, Grayling

Saturdays - Noon

At Grayling Township Hall

Thursdays, 7pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more AA info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am & 8pm

Women's meeting, Thursdays at Noon

St. Francis Episcopal Church, Grayling

For more info call Greg at 348-1382

Healing Together (Grief Support Program)

3rd Thursday 4:00pm

The Brook of Grayling, 503 Rose St.

For more info call 1-989-343-2470

Munson Hospice Grief Support Group

4th Monday, 11am

Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more info call Patsy 989-348-3073

Narcotics Anonymous

Tuesdays 6:30pm,

Houghton Lake **Alano Club**, 2410 N. Markey Rd.

For more info call Ted 989-429-8100

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 348-1398

Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Mon - Thurs.

Lunch & Dinner suggested donation
of \$3.00. Under 60 cost \$5.00.

2 Choices of Soups served daily

Soup is available starting 11:30/4:30
To go soup is also available

Bowl of Soup
\$1.00 per bowl

Piece of fresh
fruit 50¢

Milk 30¢ with
a bowl of soup

| | |
|--------------------------|------------------------------|
| Piece of fresh fruit 50¢ | Milk 30¢ with a bowl of soup |
|--------------------------|------------------------------|

Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg
Please call the
Senior Center at 348-7123 to make

| Sun | MONDAY <i>Cream of Broccoli</i> | TUESDAY <i>Potato</i> | WEDNESDAY <i>Cream of Mushroom</i> | THURSDAY <i>Navy Bean & Ham</i> | FRIDAY <i>Chili</i> | Sat |
|-----------|--|--|---|--|--|-----------|
| | 1 10am Matter of Balance @MiWorks 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – BBQ Chicken, Parsley Potatoes, Carrots, Strawberries | 2 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries | 3 9:30am Commodities @ St. Mary's 10am Crafting 11:30am-12:30pm Lunch - Hot Roast Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce | 4 10am Matter of Balance @MiWorks 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Ravioli Squares, Tossed Salad w/Tomato, Italian Blend, Grapes 11:30-6pm Foot Clinic-Need Appt 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 5:45pm How to Research Benefits | 5 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 1pm Pantry Bingo 1pm Pool – 9 Ball | 6 |
| 7 | 8 10am Matter of Balance @MiWorks 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Swiss Steak, Mashed Potatoes, Italian Blend, Grapes | 9 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet on a Bun, Broccoli & Cauliflower, Pear 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Chicken Fajita w /a Tortilla Shell, Green Beans, Tossed Salad w/Tomato, Apple | 10 10am Crafting 11:30am-12:30pm Lunch - Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Beef Gravy, Broccoli, Strawberries | 11 10am Matter of Balance @MiWorks 10am Crafting & Color Craze 10am No Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Hamburger on a Bun, Green Beans, Tossed Salad w/Tomato, Burst O' Berries 1pm Medicaid; Just in Case @ Nature Center 1pm Wii at Belle Oakes 1pm Penny Bingo 4:30-5:30pm Dinner – Shepherd's Pie, Carrots, Grapes 5:45pm Tapping Workshop | 12 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Cranberry Chicken Breast, Peas & Carrots, Apple 12pm Frederic Satellite 1pm Pantry Bingo 1pm Pool – 9 Ball | 13 |
| 14 | 15 Open Enrollment Begins 10am Matter of Balance @MiWorks 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1-4pm Hearing Clinic-Appt. Req'd 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Beef Stew, Asparagus, Tossed Salad w/Tomato, Watermelon | 16 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Spaghetti & Meatballs, Tossed Salad w/Tomato, Grapes | 17 10am Crafting 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple | 18 10am Matter of Balance @MiWorks 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30-12:30pm Lunch – French Dip Sandwich, Redskin Potatoes, Corn, Burst O' Berries 1pm Penny Bingo 1pm Wills, Powers of Attorney, & Guardianship / Conservatorship @ Nature Center 4-6pm Harvest Dinner – Cornish Hens w/Cherries Jubilee, Green Bean Almondine, Mandarin Cranberry Salad, Mashed Sweet Potato, Apple Pie | 19 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 12pm Lovells Satellite 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball | 20 |
| 21 | 22 10am Matter of Balance @MiWorks 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks | 23 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Green Beans, Pineapple Chunks 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Celebrating Birthdays at 5pm Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad w/Tomato, Kiwi, Cake & Ice Cream 5:45pm Cornhole | 24 10am Crafting 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1-4pm Legal Assiat-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear | 25 10am Matter of Balance @MiWorks 10am Crafting & Color Craze 10am No Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Prince Charles Vegetables, Kiwi 1pm Penny Bingo 3pm Medicine Shoppe Bingo 1pm Advance Directives @ Nature Center 4:30-5:30pm Dinner – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Banana 5:45pm Fire Safety Presentation 6pm Chair Yoga | 26 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprouts, Grapes 1pm Powerful Tools for Caregivers @ Library 1pm Pantry Bingo 1pm Pool – 9 Ball | 27 |
| 28 | 29 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Smothered Pork Chop, Carrots, Broccoli & Cauliflower, Banana | 30 9am COA Free B-Fast Pres. 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Broccoli, Strawberries 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – **Breast of Crow, Guts of Goblin, Green Worms, & Eyeballs 5:45pm Halloween Party | 31 10am Crafting 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Lasagna, Tossed Salad w/Tomato, Apple | <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i> October 2018 At-A-Glance Meal & Activities Calendar</p> </div> | | |

Assistance to Help You Maintain Your Independence SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by Advantage Audiology

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Mon -Thurs. Suggested donation for seniors 60+ is \$3.00 and for those under 60, \$5.00 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

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

Quarterly @ American Legion Hall

1-2:30pm Nov, Feb, May, & Aug

Resources

Computers

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

Information and Assistance

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Cost for Services

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



***How We
Served You in
August 2018!***

At the Senior Center

- We served **1,033** Congregate Meals
- We served **263** Soups
- Activities/Events Attendance **834**
- Average # of Daily Visitors **61**

In-Home Services

- Delivered **2,503** home delivered meals.
- Provided **91.75** hours of respite care.
- We provided **379** hours of homemaker services.
- We provided **39.50** hours of bathing assistance services.



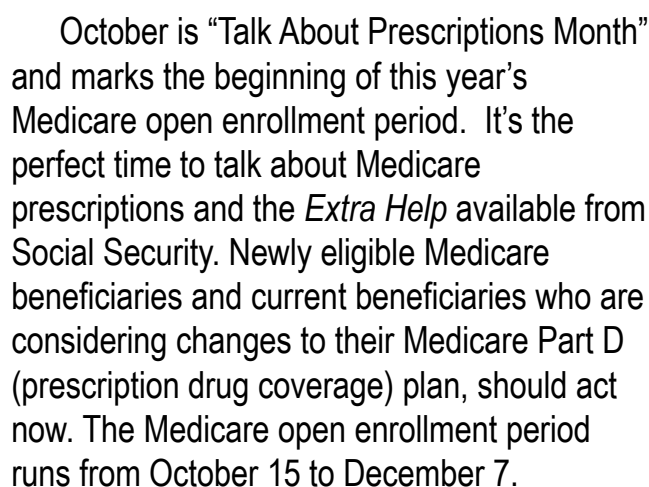
**Tune into the Chemical Bank Creating Community
Chemistry Calendar to listen for our Calendar of Events!**



**Airing daily
on these
fine stations!**



LET'S TALK ABOUT MEDICARE



The Medicare Part D prescription drug plan is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the prescription drug coverage.

While all Medicare beneficiaries can participate in the Medicare Part D prescription drug plan, some people with limited income and resources may be eligible for *Extra Help* to pay for monthly premiums, annual deductibles, and prescription co-payments. The *Extra Help* is estimated to be worth about \$4,000 per year. Many Medicare beneficiaries qualify for these big savings and don't even know it.

To figure out whether you are eligible for

the *Extra Help*, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and have:

- Income limited to \$18,210 for an individual or \$24,690 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:
 - ◇ Support other family members who live with you;
 - ◇ Have earnings from work; or
 - ◇ Live in Alaska or Hawaii; and

Resources limited to \$14,100 for an individual or \$28,150 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application or get more information by visiting www.socialsecurity.gov/medicare. To apply for the *Extra Help* by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Extra Help with Medicare Prescription Drug Plan Costs* (SSA-1020).

And if you would like more information about the Medicare Part D Prescription Drug Program, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

While we're on the subject of open seasons, the open enrollment period for qualified health plans under the Affordable Care Act is November 15 to February 15. Learn more about it at www.healthcare.gov.

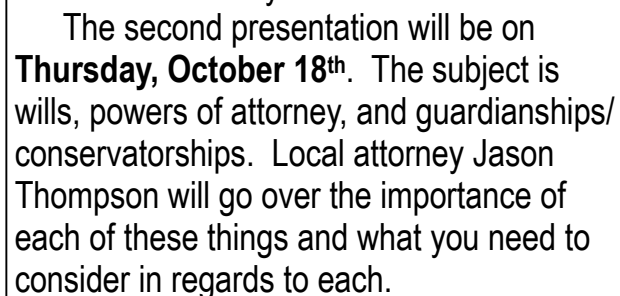
This Medicare open enrollment season, while you search for the Medicare prescription drug plan that best meets your needs—see if you qualify for the *Extra Help* through Social Security. That's a winning prescription worth talking about.



October 11th - Medicaid; Just in Case
October 18th - Wills, Powers of Attorney, &
Guardianship / Conservatorship
October 25th - Advance Directives

The Commission on Aging & Senior Center is hosting 3 presentations for older adults and their caregivers to help them plan for the future. All 3 presentations will be from 1-3 pm at the Grayling Nature Center located at the City Park near the American Legion.

The first presentation will be on **Thursday, October 11th** given by Todd Balkema of the Jordan Balkema Law Firm in Gaylord. He will discuss issues surrounding the potential need to plan for receiving Medicaid if a person needs to enter a nursing home or who will be the spouse still living at home. As an elder law attorney, Todd deals with these issues on a daily basis. His expertise has been invaluable for many older adults.



Steve Peterson of Munson Healthcare Grayling Hospital will give the third presentation on **Thursday, October 25th** in which he will discuss the importance of having an advance directive. Time permitting he will also be able help you fill out an advance directive so that you are better able to make your wishes known.

While geared toward older adults, all presentations are open to the public. Please contact Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 348-7123 to register for these classes.

11

Random Word Search Puzzle

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

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

1. overpopulated
2. despondence
3. apishness
4. ozonizer
5. refinancing
6. edeline
7. frogfish
8. kissability
9. saline
10. tympanitic
11. rawly
12. lobsouse
13. jackleg
14. outmeasuring
15. unjudgable
16. nigritude
17. oscillated
18. laik
19. spirituel
20. unwrathful
21. tiling
22. unmasterful
23. gravitationally
24. disconcerted
25. slipperwort
26. darogha
27. unembowered
28. superdelegate
29. rident
30. haikal
31. script
32. diploe
33. demasculinise
34. sepaline
35. exhibitory
36. shaaban
37. alcahest
38. cayes
39. indignant
40. liter
41. emulsified
42. splanchnicectomy
43. supermolecule
44. palliasse
45. hydrocarbon
46. upkeep
47. cheloid
48. rotproof
49. jupon
50. preconceding

Cook's Corner

Classic Bisquick Peach Cobbler

INGREDIENTS

- 1 cup Bisquick Mix
- 1 cup milk
- 1/2 teaspoon ground nutmeg
- 1/2 cup butter or margarine, melted
- 1 cup sugar
- 1 can (29 ounces) sliced peaches, drained, or Fresh Michigan Peaches



INSTRUCTIONS

Heat oven to 375°F. Stir together Bisquick Mix, milk and nutmeg in ungreased square baking dish, 8x8x2 inches. Stir in butter until blended. Stir together sugar and peaches; spoon over batter. Bake 50-60 minutes or until golden.

Submitted by Rosemary Patrick



Get fit where you sit! With Instructor Nicole Persing Wethington
Thursday, October 25th at 6pm

At the Crawford County Commission on Aging & Senior Center

Chair yoga will help improve flexibility, strength, balance, and focus. Enjoy the many benefits of yoga without sitting or lying on the floor.

Join us for this free class which gently strengthens and stretches the whole body, all while seated.

Sorenson Lockwood
 FUNERAL HOME INC.
Pre-Planned Funerals Cremation Services
Markers Monuments
 Terrie L. Lockwood, Manager/Owner
 Phone: (989)348-2951 Fax: (989)348-4968
 1108 North Down River Rd, Grayling MI 49738
 Web: sorensonlockwood.com
 E-mail: sorensonlockwood@gmail.com

MUNSON HEALTHCARE
 Grayling Community Health Center
 Rehabilitation Services
 1250 E. Michigan Ave., Suite C
 Grayling, MI 49738
 (989) 348-0314
munsonhealthcare.org/graylinghospital

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

October is Healthy Lung Month

By Nicole Persing-Wethington, from Michigan State University Extension

Many people struggle with lung conditions including asthma, chronic obstructive pulmonary disease (COPD), emphysema, lung cancer, and pulmonary hypertension. The Centers for Disease Control and Prevention estimates that fifteen million people have been diagnosed with COPD, and millions more with additional chronic respiratory conditions.



Many respiratory diseases can be prevented or managed. The American Lung Association recommends these tips to keep your lungs healthy:

- Avoid exposure to tobacco smoke. Smoking is the major cause of lung cancer and COPD. It can also exacerbate other chronic lung conditions, like asthma.
- Avoid air pollutants and chemicals; they can damage your lungs. You can also test your home for radon, which is the second leading cause of lung cancer. Test kits are available at District Health Department #10 for \$10.
- Wash your hands with soap and water to

prevent infection. Proper hand washing can help reduce the spread of infectious respiratory disease, including the cold and

flu, by roughly 80 percent (CDC). Weakened lungs pose a greater risk of infection.

- Get regular checkups. If you are having trouble

breathing, your healthcare provider can screen you for conditions and listen to your lungs to ensure they are working properly.

- Aerobic exercise improves your lung capacity. The definition of aerobic is "relating to, involving, or requiring oxygen." Aerobic exercise is an activity that increases your heart rate and breathing. You can try walking, cardio-drumming, or Zumba at the Commission on Aging. Breathing exercises can also help. Besides taking deep breaths, try pursed lip breathing. Breathe in through your nose, and breathe out through pursed lips for twice as long.

Make sure that you are caring for your lungs, so you can breathe a little easier.

Stress Less with Mindfulness



Commission on Aging is partnering with Michigan State University Extension and offering the class *Stress Less with Mindfulness*. This series introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: On purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes. By offering alternative ways of relating to everyday life

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

DATE & TIME:

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

LOCATION:

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

COST: FREE

REGISTER:

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



MICHIGAN STATE UNIVERSITY | Extension



Everyone is invited to come and celebrate Halloween at the Senior Center

**Tuesday, October 30th
at 5:45pm**

There promises to be lots of spooky fun and entertainment. Including:

A Costume Contest - Come dressed in your best Halloween costume! Prizes will be given to *Most Original, Funniest, Ugliest & Prettiest* costumes.

Jail Time - Have you played tricks on Halloween? You may have thought you got away with it. Be prepared to pay a price for your actions!!!

And much, much, more!!!

Join us for dinner from 4:30pm to 5:30p where diners over age 60 eat for a suggested donation of \$3.00 and those diners under 60 eat for a cost of \$5.00. Dinner will be Breast of Crow, Guts of Goblin, Green Worms, & Eyeballs.* The party will follow.

*(Mediterranean Chicken Breast, Sweet Potato, Green Beans, & Grapes)



Drop Off Your Old, Unused & Expired Medications

All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders

Anytime at Crawford County Sheriff's Department and Grayling City Hall. During business hours at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!



Craig B. Denholm, DC

6838 M-93 Highway
Just South of M-72 West
Grayling, MI 49738

989-348-6600

www.denholmfamilychiropractic.com

Medicare Drug Plan and Medicare Advantage Plan Marketing

Insurance companies which sell Medicare private plans are required to follow certain rules when they promote their products. The rules are designed to prevent these plans from presenting misleading information about the costs or benefits of a particular plan.

Certain marketing activities are allowed by Medicare.

Companies may market their plan(s) through direct mail, radio, television and print advertisements. An agent may also visit your home if you invite her for a marketing appointment.

Activities that are not allowed by Medicare:

- Insurance agents may not call you about these plans if you did not give them permission to do so. They may not send you unsolicited emails. They may not visit you in your home, nursing home or other place of residence without your invitation. These agents may not ask for your financial or personal information (such as your Social Security number, Medicare number, or bank information) if they call you.
- Agents may not provide gifts or prizes worth more than \$15 to encourage you to enroll (any gifts or prizes that are worth more than \$15 must be made available to the general public, not just to Medicare recipients). They



may not disregard federal and state consumer protection laws for telemarketing, the National Do-Not-Call Registry or do-not-call-again requests. Private plans may not be marketed at educational events or in health care settings (except in common areas). You may not be sold life insurance or other non-health products at the same

appointment (known as cross-selling) unless you request information about such products. Agents may not compare their plan to another plan by name in advertising materials.

- Insurance agents are not allowed to use the term "Medicare-endorsed" or suggest that their plan is a preferred Medicare plan. They may use Medicare in their names as long as it follows the plan name (e.g. The Acme Medicare Plan and said usage does not suggest that Medicare endorses that particular plan above other Medicare plans. Lastly, agents may not imply that they are calling on behalf of Medicare.

If you believe that an insurance agent/company has violated these guidelines, call Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 989-348-7123 for assistance in filing a complaint.

Powerful Tools for Caregivers

A class for Family Caregivers

This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.



Powerful Tools for Caregivers is a highly effective, evidence-based, self-care educational program for caregivers which builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants will learn to

minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment.

Region 9 Area Agency on Aging and the Northeast Michigan Community Service Agency are putting on this class at the Crawford County Library, 201 Plum Street, Grayling MI on Fridays from **1:00pm to 3:00pm beginning October 19, 2018** and continuing until November 30, 2018.

Class size is limited and registration is required. To register, please call Brooke Mainville at 989-358-4616 or email her at mainvilleb@nemcsa.org.



The Double Up Food Bucks program doubles the value of federal Supplemental Nutrition Assistance Program (SNAP or food stamps) benefits spent at participating farmers markets and grocery stores. This helps people bring home more fruits and vegetables while also supporting local farmers. The program provides SNAP recipients with a one-to-one match to buy healthy, fresh fruits and vegetables when they use their Bridge Card at participating locations. Anyone who receive SNAP benefits is automatically eligible.

Double Up Food Bucks at a farmers market can only be used to purchase Michigan grown fruits and vegetables. At the grocery store, Double Up Food

Bucks can be used to purchase any fresh fruits and vegetables. When you go to the farmers market, the market staff will help you. You buy SNAP-eligible foods with your Bridge Card and you will get free Double Up Food Bucks tokens for Michigan grown fruits and vegetable, up to \$20 a day.

When you go to the grocery store you shop for fruits and vegetables at the participating store. If you buy \$1 worth of fresh fruits and vegetables with your Bridge card, you will get \$1 FREE Double Up Food Bucks for any fresh fruits and vegetables, up to \$20 a day.

The Grayling Farm Market and Family Fare are the two participating entities in the County.

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Senior Gazette

ADVERTISE WITH US

Call **348-7123**

Reaching Seniors and Beyond!

COA FREE Breakfast Presentation

Tuesday, October 30th at 9am

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

Is Hearing Loss Only a Normal Process of Aging?

With Dr. Ryan T. Hamilton, Au. D. from Advantage Audiology and Hearing Center

When I am describing the results of a hearing test with a patient, they often assume that they acquired the hearing loss as a normal process of aging. This is too often accepted as the reason for many things that can ail us.

Truth be told, the habits we have, healthy or unhealthy, are really what are contributing to this aging process. These habits affect our overall health system positively or negatively. Healthy habits over years can delay the onset of the aging process. As far as our hearing sensitivity is concerned, there are sensory receptors called otocilia (or hair cells) in the cochlea (the organ of hearing sensitivity). These hair cells are highly susceptible to noise exposure, and that is a subject that requires its own article. Plain and simple, protect your



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Fax: (989) 745-6668
2375 Business Loop I-75
Grayling, MI 49738

hearing from noise, every time you're around loud noise. Wear hearing protection while shooting, working in a factory, mowing the lawn, cutting wood and

Breakfast Menu

Omelette Station,
Hashbrowns, Muffins,

anything else that may damage your hearing. These hair cells are not replaceable and cannot be regrown at this time.

Another way these hair cells can be damaged over time is thru your cardiovascular system. In most cases, if you have a healthy heart, eat healthy foods, and exercise regularly your cochlea will continue to receive a good supply of

oxygen from your blood vessels. These blood vessels are very small. If you have thick blood, like those with diabetes, you will acquire hearing loss more rapidly as a result of your cochlea not receiving adequate oxygenation. If you are a smoker, not only are your cochlea not receiving adequate oxygenation, but you are also sending carbon monoxide and numerous other ototoxic compounds into your blood stream which ultimately end

up poisoning your cochlea (along with the rest of your body). Eating a balanced diet of healthy foods (spinach, almonds, salmon for example) that include vitamin B-12, C, D, and E as well as taking these vitamins regularly in supplement forms can contribute to a healthy hearing system. Also, magnesium relaxes the blood vessels to allow better blood flow to the inner ear.

I hope that this information helps to



raise your awareness of the foods you are consuming and how your diet can affect how well you age. A healthy lifestyle including regular exercise can also help your hearing system and delay

the onset of hearing loss. Please feel free to email rahamiltonaud@gmail.com with any questions you may have about your hearing.

For more about hearing as we age, join Dr. Ryan Hamilton from Advantage Audiology and Hearing Center, for a free breakfast and presentation at the Crawford County Commission on Aging and Senior Center at 9am on Tuesday, October 30th, 2018.

Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care services will have you feeling better faster than ever.



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Grayling Physician Network

Grayling

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308 Lawndale St.
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

director@crawfordcoa.org



BENEFITS

How to
RESEARCH
MEDICARE
BENEFITS



Thursday, October 4th at 5:45pm
at the Crawford County Commission on
Aging, 308 Lawndale St., Grayling

Medicare recipients may sometimes be confused about their Medicare benefits. Have you wondered how you can look up the various Medicare benefits? If you would like to learn how to “do it yourself,” then join Karl Schreiner and other MMAP counselors for a seminar on how to research Medicare benefits. You will learn how to navigate the **Medicare.gov** page and how to set up a **MyMedicare** account which helps you keep track of your personal health information.

While the demonstration will be online and shown on our large-screen TV, you are welcome to bring in a laptop, tablet or smartphone and sign into the COA guest wifi so you can “do it yourself.”

Join us for dinner prior to the seminar. Dinner is a suggested \$3.00 donation for those 60 and older and a \$5.00 cost for those under 60.

Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located
Behind
Burger
King

**Must be a
first time
meal.**



Medicare Open Enrollment Appointments are coming to a Township near YOU!

**October 15th
through
December 7th**



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

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

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

Karl will be at the following townships during the following times and days starting October 15th:

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

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

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

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



Looking for a
way to stay
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Grayling
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