

Crawford County *Senior Gazette* October 2019

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Featured Article

Tom Cojocar

*"Making a Difference,
One Ghost at a Time"*

When Tom Cojocar moved from the southern reaches of Michigan to Grayling 33 years ago it was to follow work in the oil fields. Born in Wyandotte in 1958, Tom is the middle child, with six sisters and two brothers. Married to his wife, Marie, for 40 years, it's easy to understand why this father of three and grandpa to five (so far) holds family close to his heart.

In some ways, he's a typical "up-north" guy. He loves hunting, camping, and fishing, which is why he bought acreage on Steffan Bridge Rd. where he's lived with his family for 20 years. When the work with the oil company dried up, he took a job at Lear Automotive, a factory job that allows for a decent life, though it will never make him rich. And that's what makes the other side of Tom Cojocar remarkable.

About 16 years ago Tom was leaving what was, at the time Glen's Market, when he saw flyer advertising a "haunted trail" in Mio. "I decided to volunteer to help with it," he said. "And it was fun! I found myself thinking 'I could do this' so I talked to my wife about it, and talked to some friends who agreed to help me." Then Tom, who has also "been Santa" and worn the face and clothes of "Pillows the Clown" for many years, created the Forest of Fear.

Tom and his friends spent months in the woods surrounding his home, clearing trails and building structures that would

become props for the scary experience. He decided to make it affordable, charging just \$5 per person to take the 20-25 minute, tiki-torch-lit walk through the forest...and get spooked by zombies, scarecrows, creepy clowns, witches, and more. "The tiki torches give it that eerie feeling," he said. "And we only use one or two electronic scares. We make everything, and I have a whole bunch of good people,

about 40 of them, who volunteer their time to do the rest."

In their first year, the Forest of Fear had about 400 visitors. During last season, which was their 13th year, more than 3,000 took the trail that meanders through a false cemetery, has two tunnels, and even

has escorts available for people who are too afraid to go alone. To say that Tom has been successful with this endeavor is an understatement.

But the story doesn't end there, because Tom isn't content to just give people a fun experience at a low cost. He decided, from the start, to donate all the profits to local charities. He has kept that commitment and it is no small sum that he has funneled back into the community. Over the course of 13 years, Tom has given over \$80,000 to local schools, food banks, Project Graduation (both in Grayling and Roscommon), funds for warm wear (mittens, coats, boots, etc.), the COA, and more.

Many, if not most, people might wonder why. Why doesn't he charge more? Why does he give it all away? Why does he work so hard for three months every year and take no gain? "Because it's fun," he said, in his quiet way of talking. "I always loved Halloween but was never



**Senior Center Building
Relocation Update
See pg 2**



**Witch Paint Party
See pg 6**



**Halloween Party
See pg 14**

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

HOURS OF OPERATION

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

**Tuesday & Thursday
8:30am to 7pm**

**Wednesday
8:30am to 6pm**

**308 Lawndale St
Grayling, MI 49738**

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

**www.crawfordcoa.org
Director
@crawfordcoa.org**

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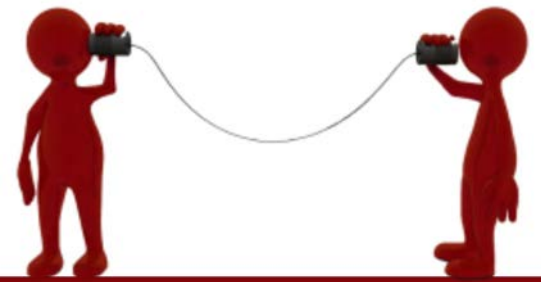
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The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

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

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



Communication Corner... **Notes from the Director**

Senior Center Building Relocation Update

The Crawford County Commission on Aging (COA) has entered into a purchase agreement with the owners of the old May Day Windows building located at 4388 E. M-72 right outside of Grayling. The sale is anticipated to close around Thanksgiving depending on approval of a USDA Rural Development Loan and Grayling Township approval for a special use permit.

Lifespan Design Studio, LLC was hired to complete a feasibility study for the project. This nationally known architectural, consulting firm specializes in the planning, design and renovation of senior centers and other facilities that serve older adults. Their portfolio includes more than six-dozen senior center projects in 27 states.

Lifespan Design worked with the COA to design this 12,000 square foot

building which has expanded space for parking, offices, an exercise studio, a multi-purpose activity room and a conference room/meeting space. The dividable dining room will allow the COA to provide space for it's existing meal participants but also be expandable to a larger space to host big events such as our monthly special dinners and volunteer appreciation dinner. This will potentially be rentable space with catering services available.

The COA Board will be reviewing funding options including a USDA Rural Development Loan, fundraising (capital campaign, fundraisers, private donations, grant funds, etc.), and a new millage bond. Current estimate for the total project is \$2 million.

If you'd like more information, please contact Director, Alice Snyder at (989) 348-7123 or director@crawfordcoa.org.

-Alice Snyder, Director

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Roberta Kelley, On-Call Homemaker

Oct. 15th - Dec. 7th
2019



Medicare
Open Enrollment

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

There may be new, more affordable plans available that might give better coverage.

It is important for EVERY Medicare recipient to review his/her coverage and be certain that the plan you will have for 2020 is the best plan for you.

Starting Monday, October 7, you can call Tammy Findlay at the Commission on Aging & Senior Center to make an appointment with one of our trained counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year. Appointments will take begin the week of October 21st.

You can also do this review yourself by going online to the Medicare website. If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show or talk you through it over the telephone.

Crawford County residents with further questions can call 989-348-7123.

Mike & Judy Barnes
Lenora Beckett
Arlene Czuba
Tom & Janet Gaffke
Joann & Keith Gave
Janet Gildner
William & Vickie Hart
Tom Jarosz
Glenn & Lorelei King
Cathy Lester
Kirsten Lietz
Rita Lone
Cheryl Melroy
Wayne & Rosemary
Nelson

Carolyn, Kelly,
Wallace, James,
Timothy & Tammy
Mephram, & Kimberly
Pollard

*Ron & Ronda
Rakoczy*

Tom & Deb Rawlings
Pat Sanders

Persis Sopariwala

Joyce Sorenson

Angel & Derick
Vardenberg

Sandy Woods

**Blarney Stone
Broadcasting**

***In Memory of
Christine Sayad***



Christine was a shining example of our values to treat all people with compassion, dignity, and respect and to encourage and welcome diversity and individuality. Christine touched every life she encountered with a bright spirit, a supportive word and a sincere, caring love for those she worked for, those she worked with, and those she served. She truly will be missed!

We would like to thank Christine's family for choosing to request that donations in honor of her memory be made to the Commission on Aging & Senior Center.

Thank You

Blood Pressure Checks by
InTeliCare Health Services, LLC

Blood Pressure/Sugar Checks by Munson Home Health Care

Birthday Dinner Flowers Donated by
Family Fare

Bingo Coupons Donated by
The Medicine Shoppe

Hearing Clinic Offered by
Advantage Audiology

Foot Clinic Offered by
Comfort Keepers

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Pantry Bingo Sponsored by
Friends & Family of Christine Sayad

Stretch to Fitness & Equipped to be
Fit Sponsored by
Munson Rehabilitation Services

Zumba Sponsored by
Grayling Nursing & Rehabilitation
Community

Shirley Bordeaux
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Bruce Jerome
Dorothy Peacor
Deb & Tom Rawlings
Joyce Sorenson
Ceriell Van DeCastelee
Norma Werda
Nancy & Roger Wilcox
Feeny Ford of Grayling
Napa Moore's Automotive
The Medicine Shoppe

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

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Reams of Copy Paper
- Laundry Soap
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size

We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

***Make a Donation
Today & Create
Golden Opportunities
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 _____

Donations & Payments of \$25.00 or more...





Cynthia King-Baldwin “Staying True to Herself” By Cheri Carpenter

If you receive your Senior Gazette in the mail each month, one of the people you may thank is Cyndi King-Baldwin. Born in Troy Michigan, Cyndi is the youngest of seven children, having grown up with five sisters and one brother, who she was extremely close to.



Cyndi was definitely a rambunctious child and reminisces about the time she dyed her hair blond then shaved her head to avoid being grounded by her mother. At the age of twelve, Cyndi's

parents bought property and a cabin in Kingsley, Michigan where they would eventually move and where Cyndi would grow up, marry, and start a family. She started waitressing and discovered she liked it enough to do it for the next thirty years. Cyndi spent her free time guiding her daughter through Brownies and Girl Scouts and also enjoyed sewing, knitting and crocheting. Life took an unexpected turn for Cyndi when she ended her marriage and moved to Georgia, briefly, eventually retuning to Kingsley where she would meet her second husband and move to his home state, Ohio, for eighteen years. After her husband passed away, Cyndi decided to move back to Michigan to be closer to her daughter, her son, and her grandchildren.

Cyndi started coming to the Senior Center to use some of their services and eventually decided she'd like to volunteer. She spends several hours each month folding, taping and labeling between 250 and 300 copies of the Senior Gazette to get them ready for mailing. When she's not volunteering, Cyndi spends her time walking, watching television and playing with her cat Precious. She also enjoys spending time with her daughter (her son having passed away a year ago), her four grandchildren, and her four great-grandchildren. "Be true to yourself. A lot of people aren't true to themselves." These are Cyndi's words of wisdom and it's obvious she has followed them throughout her life.



Walk in the Woods Fall Colors Walk your Way to Fitness!

The Walk in the Woods program is back! Come explore the beautiful fall colors while adventuring on trails around Crawford County. Join us on **Fridays at 10am until the end of October** to explore the trails we ventured on during the summer. We will walk as a group throughout the woods and experience the same trails but in a different season! Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled. Do not forget to bring water to stay hydrated during our trail adventures. Come join the fun and experience the great outdoors as the fall colors come to life! This program will run from September until the end of October. The dates along with the trail locations are listed below.

If you do not have a Recreation Passport on your vehicle for exploring Michigan's great outdoors a \$16 cost per vehicle will be incurred to get into the state parks. We will try to carpool depending on your location to decrease the cost. If you have any questions or need more information please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123. You can join at any time!

Check out our Walking Schedule!

October 4 - Gahagan Nature Preserve

October 11 – Hanson Hills

October 18 - Marl Lake

October 25 – Wellington Farms



Michele Arnholt
Tiffany Bean
Sheryl Biggs
Nancy Billingham
Rheo Chartrand
Wendy Clarkson
Jane Conklin
Marcus Dedenbach
Dick Dodge
Lyn Dodge
Diana Doremire
Greg Dulkowski
Molly Francis
Mary Jo Gingerick
Susan Hensler
Bill Hollenbeck
Karen Hollenbeck
Donna Hubbard
Tom Jarosz
Linda Jensen
Ron Kemerer
Dennis Kemerer
Kay Ellen King
Glenn King
Lorelei King
Cyndi King-Baldwin
Sandy Lakanen
Karen Leslie
Kirstin Lietz
Susan Lynch
Sharlene Mascarello
George Mascarello
Julia McClain

Barb McCray
Dean McCray
Ann Mitchell
Judy Morford
Stephanie Nagel
Greg Nelson
Dee Niedzielski
Marcus Niedzielski
Bill Nuckolls
Chelsea Partello
Sharen Perkins
Nancy Pletzke
Pat Potter
Deb Rawlings
Tom Rawlings
Jack Richards
David Ridal
Pat Sanders
Christine Seager
Tom Seames
Richard Smith
Nancy Smitz
Mark Snyder
Joyce Sorenson
Dianne South
Cheryl Starr
Judy Steffen
Vera Trimble
Katrina Verlac
Nicole Wethington
Barb Wotring
Shawano Center

October Birthdays

Gayle McCollom 10/8
Sheryl Biggs 10/8
Diane Hatley 10/9
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!



Beginners Basket Weaving Workshop

Do you want to create a basket to put your fresh biscuits or buns in for the holiday season or perhaps create a basket to keep your knitting supplies in?

Come join us for a Beginners Basket Weaving Workshop on **November 21st at 12pm** at the Crawford County Commission on Aging & Senior Center. The class will be approximately 3 to 4 hours long.

No experience is necessary but the ability to maneuver your fingers to tighten the basket is essential. Janet Gross will lead you through a step-by-step class on basket weaving and you will have the choice to create a square or round basket. Make it your own by using different color reed throughout your basket!

This event is **\$15 per person** and includes all the supplies/material you will need to create your own basket. We will provide snacks and beverages at the event. Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date.

For more information or to register for this event please contact the Senior Center at 989-348-7123. Space is limited; call to reserve your spot today.



Sorenson Lockwood
FUNERAL HOME INC.
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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

Tom Cojocar

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

very good at it. I've never been through a haunted house or woods. I don't want to pay to get scared! But lots of people do, and I know I could charge more... a lot more... but this is Grayling. I want it to be an affordable event so that whole families can come together."

"I enjoy being outside, and I enjoy building the stuff. It's not work, you know? I give the money away because it wouldn't feel right in my belly to keep it. It wouldn't be fair. I have all these volunteers... What would that say if I didn't give back to the community? We have a meeting every year to discuss where the funds should go. It feels good. It warms my heart to hear that the community appreciates what we do."

Tom gets a tear in his eye when he talks about the dedication of the volunteers who "pour their heart and soul into this." He said he "knows there are some of them that would take it over to keep it going if [he] didn't want to anymore."

He said that people give him things that he can use to build the scares and he has, in turn, allowed organizations to borrow items for their own events. "The train museum gave me a whole bunch of mannequins," he grinned, "That was really cool. I'm so thankful for that! Sometimes I get home from work and find a bag full of Halloween stuff on my

doorstep."

Every two years Tom changes the trail system, moves the features around, and switches things up. "I like to keep it fresh. That's part of the fun. If it was the same every year people would know

what was going to happen next!" He said the Forest of Fear isn't really designed for little kids, but "we scare according to who's coming through" and he uses a wireless microphone system to communicate with the people at the front gate. "It's pretty scary... we keep a chart of how many people (adults) actually wet their pants. Last year there were 17!" He looked both proud and embarrassed by that.

Tom appears in the woods as the Grim Reaper and/or the Headless. He also calls himself "The Voice of the Woods," as the wireless system allows him to speak to visitors as they pass through the forest. The Forest of Fear is open from dark – 11 pm every weekend in October, and Tom said he's never had any trouble. "I've never needed

to boot anybody out or anything like that."

Last year, in recognition of his efforts, Tom was nominated for Citizen of the Year which both pleased and humbled him. "I don't do this for recognition. I just like to do it, and I like knowing that it makes a difference. I don't know what I'd do without it."



Line Dancing Everyone is invited!

We're a little bit Country, a little bit Rock N Roll and maybe even a little bit Disco.

Starting October 1st, Line Dancing will be moving to **Tuesdays at 11am** with instructor Susan Lynch at the Crawford County Commission on Aging & Senior Center. Join us for a low-impact cardiovascular exercise with choreographed steps that improve balance, flexibility, and motor coordination. Bring your cowboy boots, or any hard-soled shoes, and let's dance!



FREE Food Distribution
for residents of Crawford County

Sponsored by
Mount Hope Lutheran Church
905 N. I-75 Business Loop
Saturday, **Oct 5th**,
beginning at 10am

Hot Dog Lunch following

Dress for outdoor distribution
Picture ID (Driver's License) Required
Bring bags & boxes for your food



Paint Party & Pumpkin Brownies

Come join us along with Cathy Spencer from *Art with Heart Painting Parties* to paint this Dancing Witch. **No experience is required;** Cathy will walk you through step-by-step to paint this witch! Even if you have never held a paintbrush before, you will be able to create a painting that you will be proud to display in your home.

This event will be held on **October 15th from 4:30 to 6:30pm** at the Crawford County Commission on Aging & Senior Center. Come make this design your own by using a variety of colors and bringing out your inner artist! **This event is \$25 per person and includes all the supplies/materials you will need to paint your work of art.** We will have pumpkin brownies and apple cider at the event.

Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date.

For more information or to register for this event please contact Kaitlyn Grieb at 989-348-7123. **Space is limited; call to reserve your spot today.**



**Wednesday, October 16th
from 1-3pm**

Smart911 is a system that allows you to provide 9-1-1 call-takers and first responders with critical information that you want them to know in any kind of emergency. When you call 9-1-1, your profile will appear on the call-taker's screen. This person can then see your address(es), home information, medical information, description of your pets and vehicles, and emergency contacts. The amount of information you provide is up to you. You may update it or remove it at any time you wish. Smart911 is a national service so your profile will be available to any participating 9-1-1 call center in the United States. Your profile is secure so you do not need to be concerned about the wrong person seeing it. One thing to remember is that you should log in to the system every 6 months to make certain that your information is up-to-date.

Personnel from the Crawford County Central Dispatch office will be at the Commission on Aging & Senior Center, 308 Lawndale, on **Wednesday, October 16th from 1-3pm** to assist Crawford County residents in setting up their profile. No appointment is necessary. If you would like more information about the program, please call Tammy Findlay at (989) 348-7123.



Autumn Wreath Workshop

As the days of Autumn get cooler and the smell of freshly-made apple cider fills the air, come by the Senior Center to participate in a wreath-making workshop. Come join us along with Heather Bennett from *Creative by Nature* to design this Autumn-inspired wreath. Heather will lead you step-by-step to create this wreath that would be perfect to display on your front porch or inside your home to bring out the warm Autumn colors!

This event will be held on **November 5th from 5 to 6:30pm** at the Crawford County Commission on Aging & Senior Center. This event is **\$25 per person** and includes all the supplies/materials you will need to create this wreath. Payment can be made at the Crawford County Commission on Aging & Senior Center prior to the class date.

For more information or to register for this event please contact the Commission on Aging at 989-348-7123. **Space is limited; call to reserve your spot today.**

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

Brookretirement.com
989-745-6500



Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin
Grayling • Houghton Lake • Newaygo • Roscommon • West Branch

Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study
Tuesdays, 10am

Bingo
Medicine Shoppe Bingo
one Thurs per month 3pm
Penny Bingo, Thurs 1pm
Pantry Bingo, Fridays 1pm

Birthday Dinner
Tuesdays, once per month

Craft & Chat Club
Wednesdays & Thurs, 10am

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

Wii Bowling
Wednesdays, 1pm

Fitness

Aerobic Drumming
Golden Beats, Mondays, 10am

Clogging
Beginning, Mondays, 12:30pm
Regular, Mondays, 1:30pm

Exercise Classes
Stretch to Fitness, Thurs, 10am
Equipped to be Fit, Fridays, 10am

Line Dancing
Tuesdays, 11am

Water Aerobics
Must call to register
Tues 5:30pm & Weds 9am
& Weds 10am
@ Grayling Super 8
\$5.00 charge per class

Yoga
Chair Yoga, Thursdays, 6pm
(See Calendar)
Gentle Yoga, Tuesdays, 1pm

Zumba
Zumba Gold Tuesdays, 10am

Table Games

Bridge
Mondays, 1pm

Euchre
Tuesdays, 1pm

Mahjong
Wednesdays, 1pm

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

Free Hearing Clinic

There is a Free Hearing Clinic sponsored by Advantage Audiology & Hearing Center at the Senior Center on the 3rd Monday of every month. Appointments are currently being made for October 21st from 1-4pm.

Crawford County Residents ages 60

and over can receive a free hearing evaluation and/or a hearing aid cleaning and inspection with Dr. Ryan Hamilton. Call 989-348-7123 today to make an appointment.



Winners of the Hog Roast Dinner were Bev Wilcox who won the solar-powered pig light and Jerry Dill who won the 50/50 in the amount of \$67.00.

Harvest Dinner

Thursday, October 10th from 4-6

Garlic Roasted Cornish Hens
Honey Glazed Carrots
Wild Rice w/ Green Onions
Cranberry Relish Salad
Cherry Cobbler

Door Prize Sponsored by
The Sweet Life of Grayling

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

No Reservations Required!

Suggested
donation
for 60+
\$3.50.
Under 60
cost is \$5.50



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 989-348-7123

Choices (Anger Management)
Mondays, 4:30-6pm at **River House**
For more info or to register call 989-348-3169

Healthy Relationships & Empowerment for Women
Thursdays, 4pm-5:30pm, 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, 8pm in the Crawford Rm,
Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699
or visit www.area34district12.org

Grayling Al-Anon
Tuesdays 11am

Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

Munson Hospice Grief Support Group
3rd Friday, 11am
Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)
Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Overeaters Anonymous
Call Patsy 989-348-3073

Narcotics Anonymous
Wednesdays, 8pm,
St. Francis Episcopal Church, Grayling
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 989-348-1398

Senior Center Meal Program
Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Tues - Thurs.
Lunch & Dinner suggested donation
of \$3.50. Under 60 cost \$5.50.

Satellite Meals
Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg.
*Please call the
Senior Center at 348-7123 to make
a reservation for a Satellite Meal.*

Stay in the Know!

Sign up for **FREE** e-mail news about the Senior Center activities
Receive the latest information about the Senior Center events, classes, and programs 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 patron's contact information.
Like us on Facebook for updates!

Like and follow us on Facebook to see information about new events and programs.
facebook.com/CrawfordCOA/
Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.

Free Congregate Meal For Seniors 60+
Commission on Aging & Senior Center
308 Lawndale, Grayling
Located Behind Burger King
Must be a first time meal.


Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	Crawford County Commission on Aging & Senior Center October 2019 At-A-Glance Meal & Activities Calendar					10am Mt. Hope Food Truck
		1 BLT Wrap 9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 5pm Write Your Life 5:30pm Water Aerobics GraylingSuper8	2 Mediterranean Chicken Wrap 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	3 Roast Beef Pita 9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 10:30am Mushroom House Trip 11:30am-12:30pm Lunch – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 6pm Chair Yoga with Dianne	4 Egg Salad Pita 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Gahagan 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball	
6	7 Chicken Caesar Wrap 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	8 Roast Beef & Cheese Wrap 9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5pm Write Your Life 5:30pm Water Aerobics GraylingSuper8	9 Chicken Salad Pita 9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	10 Tuna Salad Wrap 9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm PATH @ MSUE 1pm Penny Bingo 1pm Wii Bowling at Cheboygan 4-6pm Harvest Dinner – Garlic Roasted Cornish Hens, Honey Glazed Carrots, Wild Rice w/ Green Onions, Cranberry Relish Salad, Cherry Cobbler	11 Roast Beef Wrap 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Hanson Hills 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball	12
13	14 Roast Beef Wrap 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	15 BLT Wrap 9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce 4:30pm Paint Party 5pm Write Your Life 5:30pm Water Aerobics GraylingSuper8	16 Mediterranean Chicken Wrap 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 1-3pm Smart 9-1-1 Signup 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear	17 Roast Beef Pita 9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 1-4pm Legal Assist-Appt. Required 1pm PATH @ MSUE 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 5:45pm Halloween Family Feud 6pm Chair Yoga with Dianne	18 Egg Salad Pita 10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Marl Lake 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball	19
20	21 Chicken Caesar Wrap 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12:30 Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30 Clogging	22 Roast Beef & Cheese Wrap 9am Tai Chi 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 5pm Write Your Life 5:30pm Water Aerobics GraylingSuper8 6pm COA Board Meeting	23 Chicken Salad Pita 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1-4pm DHHS Asst. Appointments 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear	24 Tuna Salad Wrap 9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 1pm PATH @ MSUE 1pm Penny Bingo 1pm Wii Bowling w/ St. Helen 4:30-5:30pm Dinner – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 5:30pm Franklin D. Roosevelt Discussion 6pm Chair Yoga with Nicole	25 Roast Beef Wrap 10am Pinochle 10am Equipped to be Fit 10am Walk in Woods @Wellington Farm 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball	26 Drug Take Back Day
27	28 Roast Beef Wrap 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging	29 BLT Wrap 9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes Cake & Ice Cream 5:30pm Water Aerobics GraylingSuper8	30 Mediterranean Chicken Wrap 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick	31 Roast Beef Pita 9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Witches Run Away Chicken, Mashed Ghostly Potatoes, Snake Pea Eye Balls, Bloody Good Watermelon 1pm Penny Bingo 4:30-5:30pm Dinner – Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 5:30pm Halloween Party	 The Crawford County Commission on Aging & Senior Center accepts donations using your bridge card!	

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

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

- Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am -

12:30pm and Dinner is provided from 4:30pm -

5:30pm Tues. -Thurs. Suggested donation for

seniors 60+ is \$3.50 and for those under 60,

\$5.50 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November, February

Resources

Computers

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

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- **Housekeeping**
- **Bathing Assistance**
- **Respite for Caregivers**

Classes

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered twice each 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 2019!

At the Senior Center

- We served **1,056** Congregate Meals
- Activities/Events Attendance **1,181**
- Average # of Daily Visitors **70**

In-Home Services

- Delivered **2,182** home delivered meals.
- Provided **156.5** hours of respite care.
- We provided **391.25** hours of homemaker services.
- We provided **81.50** hours of bathing assistance services.



Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or
go to Q100-FM.COM or
email calendar@blarneystonebroadcasting.com



Supporting Crawford County's Senior Citizens

4786 North Down River Rd.
P.O. Box 668
Grayling, MI 49738

(989) 348-7321
(800) 968-2722
Fax (989) 348-7698

Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Beware of False Social Security or Medicare Advertisements

Scammers have become more aggressive and sophisticated in the digital age. With millions of people relying on Social Security and Medicare, scammers target audiences who are looking for legitimate program and benefit information. Scammers sometimes try to scare people into giving out their personal information. Never give someone who called you any personal information unless you absolutely know who they are.

The law that addresses misleading Social Security and Medicare advertising prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising can't claim that they represent, are somehow affiliated with, or are endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare).

People are often misled by advertisers who use the terms "Social Security" or "Medicare." Often, these companies offer

Social Security services for a fee, even though Social Security offers the same services free of charge. These services include getting:

- A corrected Social Security card showing a person's married name;
- A Social Security card to replace a lost card;
- A Social Security Statement; and
- A Social Security number for a child.

If you receive misleading information about Social Security, send the complete ad, including the envelope (if applicable), to:

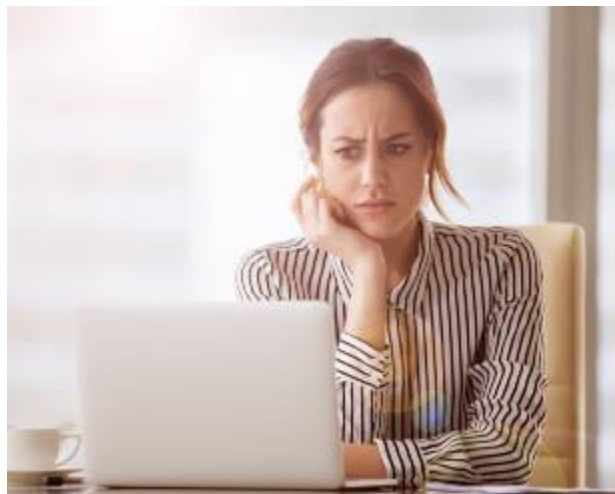
Office of the
Inspector General
Fraud Hotline
Social Security
Administration
P.O. Box 17768
Baltimore, MD
21235

You can learn more about how we combat fraudulent advertisers by reading our publication *What You Need to Know*

About Misleading Advertising at www.socialsecurity.gov/pubs/EN-05-10005.pdf.

You can also view and share our anti-fraud information at www.socialsecurity.gov/antifraudfacts as well as this YouTube video www.youtube.com/watch?v=8N96ORODZm8.

Remember, our information is easy to email and post on social media. Please let your loved ones know about these types of scams. Sharing this article with friends and family can save them from financial and emotional hardship.



National Prescription Drug Take Back Day: October 26th

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

- **City Hall**—24 hour, free, outdoor drop box
1020 City Blvd

- **Crawford County Sheriff's Department**
—24 hour, free, outdoor drop box
200 W. Michigan Ave.
- **Medicine Shoppe Pharmacy**
—During business hours
500 James Street in Grayling
- **Munson Hospital Grayling**
—Medsafe drop available in main lobby
1100 E Michigan Ave

Although October 26, 2019 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home. **Together, we can make difference!**



VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape..

What's Your
SUPERPOWER?



Drivers

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

Becoming a Meals on Wheels Driver

is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags.

Senior Gazette Delivery drivers assist monthly with the distribution of the Senior Gazette and monthly flyers in the community throughout Grayling and the surrounding regions.



Kitchen

Servers are needed to serve Dinner from 4:30pm– 5:30pm. Plates are prepared by kitchen staff and delivered by our volunteer servers. No roller skates required!



Our **Dishwashers** help the kitchen stay on top of dishes, cleaning the kitchen area, and also occasionally help with making sandwiches, cupping fruit, etc.

We are also in need of a **Stock Person** to help with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

If you are interested in volunteering contact Alice Snyder at 989-348-7123.

\$10.00

Senior Discount on Septic Tank Cleaning

Jack Millikin, Inc.
4680 North Down River Rd.
Grayling, MI 49738



Call us today at
989-348-8411
to make an Appointment!

\$10.00

Senior Discount on Septic Tank Cleaning

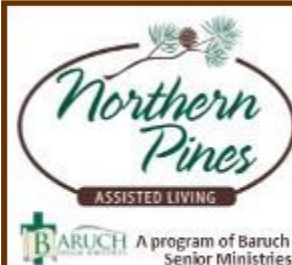
\$10.00

Coupon cannot be used with any other offer or discount.

1941 **78 years** 2019

Expires 12/31/19

\$10.00



Come visit us!

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

A Non-Profit Faith-Based Organization

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

Random Word Search Puzzle

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

No doubles this time!

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

1. activate
2. aphasic
3. assurer
4. bonnily
5. burliest
6. busiest
7. bypassing
8. calvary
9. cannonball
10. cattleya
11. centreboard
12. cuttable
13. damaris
14. disbarment
15. dowelling
16. ebonized
17. epopee
18. fructidor
19. helical
20. impasses
21. kitchenet
22. lanceted
23. lazarus
24. lunula
25. lyricised
26. monacan
27. nonstringent
28. ottoman
29. porbandar
30. porously
31. prandial
32. premorning
33. preprudent
34. presumise
35. presurvey
36. pylaeus
37. raspiest
38. redating
39. reserpine
40. senussi
41. showerlike
42. sphenodon
43. steadier
44. subsheriff
45. subsulfate
46. supersaint
47. uncaustic
48. undetained
49. uniting
50. voluptas

Cook's Corner

Mock Apple Cobbler

1 hour to prepare—serves 8-10



INGREDIENTS

For the filling:

- 7-8 medium zucchini, peeled and chopped
- 2/3 cup lemon juice
- 1 cup granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves

For the crust/topping:

- 4 cups flour
- 2 cups granulated sugar
- 1 1/2 cups (3 sticks) unsalted butter, chilled and cubed
- 1 teaspoon cinnamon

DIRECTIONS

- 1) Preheat oven to 375°F and lightly grease a 9x13-inch baking dish.
- 2) In a medium mixing bowl, whisk together the flour, cinnamon, and 2 cups sugar.
- 3) Cut in the butter until it resembles coarse crumbs. Set aside.
- 4) In a large saucepan over medium heat, combine the zucchini and lemon juice and cook until the zucchini is tender, about 15 minutes.
- 5) Stir in the 1 cup of sugar, the cinnamon, nutmeg, and cloves, and cook for 1 more minute. Remove pan from heat and set aside. (Do not drain any of the liquid.)
- 6) Scoop out a 1/2 cup of the flour mixture and mix it in to the cooked zucchini.
- 7) Press 1/2 of the remaining flour mixture into the bottom of the prepared baking dish.
- 8) Spread zucchini mixture over, and sprinkle remaining flour mixture over the top.
- 9) Bake until golden brown and bubbly, about 35-40 minutes.
- 10) Sprinkle with additional sugar if desired. Enjoy!

Submitted by Mary Garcia

Grayling Save a Lot

Purchase of

Crystal 20 Bottled Water
24-Pack, Limit 2 w/Coupon \$1.49

Valid Oct 1, 2019 thru Oct 31, 2019

2333 S. I-75 Business Loop

348-6690

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



MUNSON HEALTHCARE

Crawford Continuing Care Center

your choice for short & long term care

5-Star Rated



Call us today! **348-0317**

munsonhealthcare.org

1100 E. Michigan Ave · Grayling, MI 49738

FREE
Classes offered
at the COA!



Tuesdays @ 10am

Helping to make it possible, our Sponsor



GRAYLING

NURSING & REHABILITATION
COMMUNITY

331 Meadows Drive, 989.348.2801

Art and Mindfulness

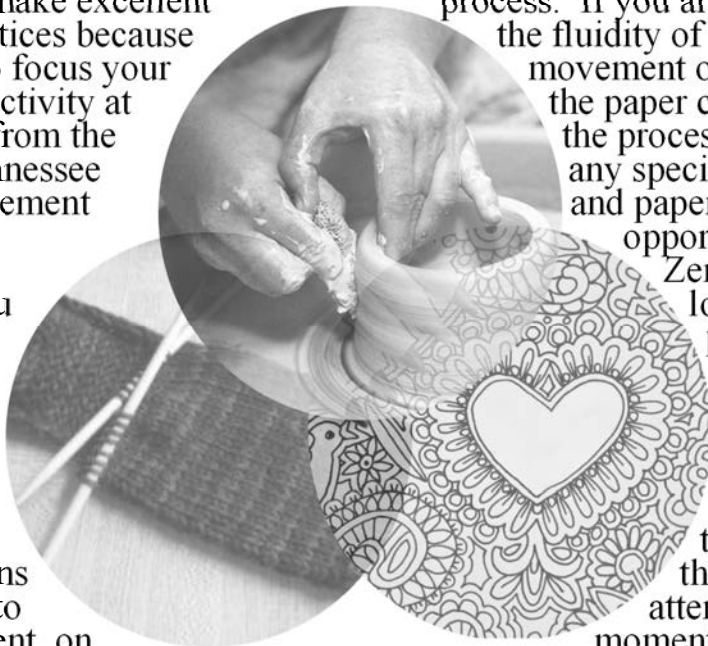
By Nicole Persing-Wethington, from Michigan State University Extension

When is the last time you drew a picture? Painted? Created an object from modeling clay? For many of us, the answer may be quite some time ago. Creative outlets make excellent mindfulness practices because they allow you to focus your attention on the activity at hand. Research from the University of Tennessee shows that engagement with visual arts increases mindfulness. You do not have to be an accomplished artist to include art in your mindfulness activity; remember that mindfulness means paying attention to the present moment, on purpose, and non-judgmentally.

Painting, drawing, coloring, knitting, crocheting, sculpting, photography, quilting, or another means of artistic expression can be done as a mindfulness

practice. Focus on your materials; noticing the colors, textures, shapes, and movement. Give yourself time to observe and fully experience the process. If you are painting, notice the fluidity of the paint, the movement of the brush, how the paper changes throughout the process. You do not need any special supplies; a pen and paper offer a great opportunity to doodle. Zentangle is a lovely mindfulness practice where lines and patterns are drawn and repeated. The goal in art-based mindfulness is not the end result, but the process of paying attention to the present moment and relaxation.

Check out the artistic class offerings through the Commission on Aging to try something new.



Stress Less with Mindfulness

Help manage your stress as we go into the holiday and winter season! 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.

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. We cover mindful breathing, mindful movement, mindful eating, physical processes in the brain and body, and mindful laughter.

DATE & TIME:

5 Week Series,
Thursdays 10-11am
Nov 7, 14, 21 & Dec 5, 12

LOCATION:

MSU Extension Office
501 Norway St., Grayling

COST:

Free! Thanks to a grant through MSUE!

REGISTER:

Call the Commission on Aging
at (989) 348-7123.



Tai Chi for Arthritis & Fall Prevention

Tai Chi is practiced throughout the world as an effective exercise for health. It consists of gentle movements that are relaxed and slow in tempo. Tai Chi can be performed standing or seated.

Tai Chi Has Been Shown To:

- Improve Balance
- Increase Muscular Strength
- Improve Mobility
- Increase Flexibility
- Decrease Pain
- Prevent Falls

Come join us at the Crawford County Commission on Aging & Senior Center for an 8-week evidence-based Tai Chi program. These eight, one-hour sessions are led by a trained facilitator. Each session includes a warm-up, followed by one or two movements per lesson, and completing each class with a cool-down. The class meets **Tuesdays and Thursdays starting October 1st through November 21st from 9-10am** at the Senior Center, 308 Lawndale Street in Grayling.

**October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
November 5, 7, 12, 14, 19, 21
9:00am to 10:00am**

Registration is required. For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging at 989-348-7123.

Funding provided by grant through MSUE!



PATH for Chronic Pain Free Workshop starting October 10th

MSU Extension and The Crawford County Commission on Aging & Senior Center invite you to participate in a 6-week workshop called PATH (Personal Action Toward Health) for Chronic Pain.

Chronic Pain PATH is helpful for anyone who is managing long-term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing.

Chronic Pain PATH is a **FREE 6-week workshop** designed to educate and empower individuals in management of chronic pain and maintaining active and fulfilling lives.

Come join us starting **October 10th from 1 – 3:30 pm** and continuing thereafter every Thursday (excluding October 31st) for 6-weeks at MSU Extension in Grayling. For more information or **to register for the class please contact Kaitlyn Grieb at (989) 348 – 7123.**



MUNSON HEALTHCARE Grayling Community Health Center

Rehabilitation Services

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munsonhealthcare.org/graylinghospital

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Fall 2nd Menu Option Now with Soup

This menu features a wrap/pita with delicious homemade soup and a piece of fruit. It also comes with milk just a hot meal. Suggested donation for those 60+ is \$3.50 and costs \$5.50 for those under 60.

See the menu below for details about each 2nd menu offering: check 2nd menu entrees at the top of each day in the calendar to find which meal is being served. The meal will be offered at both lunch and dinner that day.

Although the 2nd menu option cannot be purchased to go, those who eat lunch at the Senior Center can take the wrap/soup meal home for dinner as a 2nd meal. If you eat at the Senior Center during the week, you can also take them to go for the weekend! Give us a call or stop by reception for details.

Roast Beef Wrap
Chicken Noodle Soup
Orange

BLT Wrap
Vegetable Soup
Banana
Kiwi

Mediterranean Chicken Wrap
Broccoli Cheddar Soup
Pear

Roast Beef Pita
Beef Vegetable Soup
Grapes

Egg Salad Pita
Bean Soup
Banana

Chicken Caesar Wrap
Chicken Rice Soup

Roast Beef & Cheese Wrap
Tomato Soup
Orange

Chicken Salad Pita
Beef Barley Soup
Apple

Tuna Salad Wrap
Potato, Bacon, & Cheddar Soup
Orange

Roast Beef Wrap
Minestrone Soup
Grapes



HALLOWEEN PARTY **OCTOBER 31, 2019** **AT 5:30 PM**

Come one, Come all if you dare,
To join us for a Halloween scare!

Something is brewing,
and it'll be ghoulishly fun...
A wicked good time
for everyone!

Disguise yourself
in spooktacular attire,
You never know
what will transpire!
Play chilling games
and have a howling good treat,
This will be a night to remember
that can't be beat!

Fly on your broomsticks
or float like ghosts,
Over to the Commission on Aging
and we will be your host!
As the full moon rises
on Halloween night,
Attend at your own risk,
we promise we won't bite.

Join us before the party for a
Smothered Pork Chop Dinner from
4:30-5:30pm. Suggested donation for
those ages 60+ is \$3.50 and the cost
for those under 60 is \$5.50.



Reaching Seniors and Beyond!



Haunted Halloween **Family & Friend Feud** Sponsored by **The Grayling Restaurant**

It is time to play Spooktacular Family Feud! We surveyed 50 people and they all said to come join us at the Crawford County Commission on Aging & Senior Center for a game of Family & Friend Feud Halloween Edition. Goblins, Ghosts, Witches, and Ghouls, you are all invited on **October 17th at 5:45pm** to see if you can guess the most popular answers to the survey questions. However, be careful not to strike out! If your team moves onto the Fast Money round you will have a chance to win a **\$75 gift certificate from Grayling Restaurant**. We hope to see you at this haunted event; it will be a howling good time!

Sign up your teams of 5 players or register as a single player by calling Kaitlyn Grieb at the Crawford County Commission on Aging at 989-348-7123. Don't forget to include your team names.

You can join us for French Dip Sandwich dinner prior to the games. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60.

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Breakfast Presentation

Winter Weather Safety and Emergency Preparedness

Tuesday, October 22nd at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Jim Keysor, Meteorologist in Charge at National Weather Service, Gaylord

With one of the most active winter weather seasons in the United States, residents of Northern Michigan have to be prepared for unpredictable and sometimes severe winter weather. Michigan is one of the few states in the country which experience lake effect snow. Lake effect snow occurs when cold air crosses the still relatively-warm waters of the Great Lakes, picking up moisture and depositing it over northern Michigan. With the lakes unfrozen for much of the winter, the lake effect snow machine creates staggering snowfall totals of more than 15 feet in some locations. This makes northern Michigan a unique and challenging location for winter weather for both residents and weather forecasters.

Join Jim Keysor, Meteorologist in Charge at the National Weather Service Office in Gaylord, Michigan. Jim has over 26 years of experience in the National Weather Service, working at offices in Paducah, Kentucky; Cheyenne, Wyoming; and Gaylord, Michigan. He was the Warning Coordination Meteorologist at the National Weather Service Office in Gaylord for 15 years before becoming the Meteorologist in Charge in 2018.

This presentation will explain how lake effect snow develops, as well as highlighting several

historic winter events such as the 1922 devastating ice storm, the crippling blizzard of 1978, the 60" snow in Sault Ste. Marie in 1995 and the 100" week of snow in Petoskey in 2001. It will also feature tips on winter weather safety and preparedness, as well as a winter outlook for this upcoming year. If you want to learn more about winter weather in northern Michigan including preparedness tips to keep you and your family safe this upcoming winter, you are encouraged to attend this presentation.

A few interesting Michigan winter records

- ♦ Most snow in one winter: 90 inches in Delaware (Keweenaw Peninsula), winter of 1978-1979
- ♦ Record low temperature: -51 degrees Fahrenheit in Vanderbilt, February 9, 1934
- ♦ Record snow depth—Lower Michigan: 68 inches in Kalkaska, February 15, 1985
- ♦ Record snow depth—Upper Michigan: 117 inches in Eagle Harbor, January 27-31, 1948

Breakfast Menu
Omelette Station, Hashbrowns,
Muffins, Mixed Fruit,
Juice, & Coffee



Write Your Life Story

Everyone has a story to tell

Has anyone ever told you, "You should write your life story"? How about getting a start on it now with an expert and sympathetic teacher?

Come Write Your Life Story by sharing fond memories of your childhood, adult life, and other events that have shaped your life. Join us as Cathy Lester, writer, blogger, and writer of letters to the editor leads a four-week series, each week diving deeper into your story. Each week she will guide you step-by-step through the writing and organizing process. Write about YOUR family, friends, education, career, passion, hobbies and opportunities presented in your life.

The classes will take place **every Tuesday starting October 1st through October 22nd from 5 – 6:30pm** at the Crawford County Commission on Aging & Senior Center. **The cost for this event is \$20, which includes all four sessions.** Be sure to bring a notebook or pad of paper.

For more information or to register please contact Kaitlyn Grieb at 989-348-7123. Come have some fun, share your stories, and leave something for your grandkids to appreciate!

Adventure Packs

A Program of the Crawford Health Improvement Committee



What: Backpacks filled with supplies, information, and activities to help you get outside plus walking sticks. Free to check out for the day or the weekend.

Who: Anyone who wants to explore the outdoors, whether you're an adult looking to incorporate outdoor activities into a healthy lifestyle or looking to help introduce a child in your life to outdoor exploration. You must be over 18 to rent a pack.

Where: Backpacks will be available to check out from the Crawford County Libraries, Crawford County Commission on Aging & Senior Center, Hanson Hills Recreation Area, Hartwick Pines State Park, and Northbound Outfitters.

How: To "check out" the adventure pack at the Commission on Aging & Senior Center simply bring your ID and sign in with the receptionist.

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.

MUNSON HEALTHCARE
Grayling Physician Network

Grayling

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Roscommon

Open Monday - Thursday, 8 am - 4 pm, Friday, 8 am - Noon
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

Open Monday - Friday, 11 am - 6 pm, Saturday, 9 am - 3 pm
2585 W. Houghton Lake Dr., Prudenville, MI 48651 | 989-366-2900

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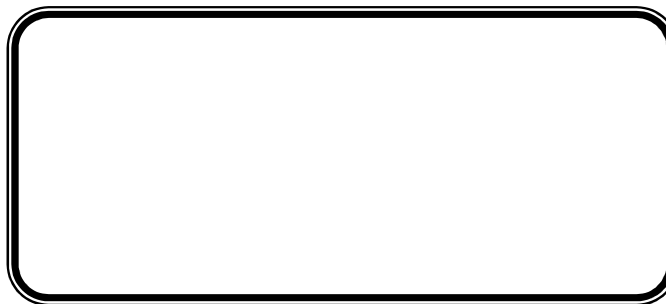
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Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342
director@crawfordcoa.org



Crawford County Commission on Aging Board Vacancy

The Crawford County Board of Commissioners is presently accepting applications for the Commission on Aging Board.

The Commission on Aging Board provides and initiates programs to help promote the well-being and independence of older adults within the county.

The board participates in the many decisions which take place at monthly meetings. Applications can be obtained from and submitted to County Clerk Sandra Moore by Friday, October 4, 2019 at 12:00pm. Or may be obtained on line at www.crawfordco.org/wp-content/uploads/2017/01/boardapp.pdf and returned to:

Crawford County Clerk
200 W. Michigan Avenue
Grayling, MI 49738

Sandra Moore
County Clerk



Grow Your Knowledge Dessert & Discussion Franklin D. Roosevelt – America's 32nd President

Come join us at the Crawford County Commission on Aging & Senior Center on **October 24th** for a continuing education session to expand your knowledge, meet people with similar interests, and discover something new.

The session will start at **5:30pm** and a historian from the Franklin D. Roosevelt Library & Museum will join us via video conference to dive into an overview of the presidency of Franklin D. Roosevelt.

We will cover the context of the challenges he faced and the contributions he made to the world in his time. The focus is on FDR's sense of confidence, commitment to public service, his battle to overcome the effects of polio, his creation of the New Deal, his leadership World War II, and his role in creating the United Nations. The presentation will be followed by discussion and dessert.

The cost to attend this event is \$5 per person. You are welcome to come join us beforehand at 4:30pm for a Sweet & Sour Meatball dinner. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. If you have any questions please call the Senior Center at 989-348-7123.

CHESS? CHECKERS? ANYONE?

Have you noticed our new Chess/Checkers table in the lobby at the Senior Center? Have you wanted to play and just not had a partner? Let us play matchmaker! Give us a call at 348-7123 or stop by and let us know you'd like to play. We'll ask what days and times are good for you and find you a partner.



BETTER = BETTER habits = health

National Diabetes Prevention Program Informational Session

Are you at risk for Type 2 Diabetes?

Making small changes to your daily habits can make a big impact on your health, especially your risk for diabetes. With help from the Diabetes Prevention Program and a certified lifestyle coach, your better habits can lead to better health!

Join us **Monday, October 7th** in the **Crawford Room at Munson Grayling Hospital at 5:30 PM** for an informational session regarding the 16-week diabetes prevention class beginning October 14th. To register or for questions, contact Zoey at 231-314-8627 or zthayer@dhd10.org.



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 Monday thru Friday.