

Crawford County Senior Gazette October 2020

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Featured Article Judy and Dale Clyma “Around the World and Back Again”

If you can point to it on a map, chances are pretty good that either Dale, Judy, or both of the Clymas have been there.

Judy (nee Scholten) was born in East Lansing in 1942. Her father worked on the Manhattan project before taking a position as a chemist with the UpJohn company, which was Judy's first move. She graduated from Portage High School and then attended Michigan State University where she majored in Television and Radio. “I thought I was going to be on Sesame Street!” She laughed, remembering the innocence of those days. She never made it to Sesame Street, but she did get to work on WKAR's Culver's Clubhouse.



Dale was born in Detroit in 1940 and grew up in Grosse Pointe. His family had a cottage on Lake Margrethe, and he said the first time he came to Grayling was in 1941, just before Pearl Harbor. “The earliest time I can actually remember was 1947. It was a 7-hour drive back then. Dad made us unload the car before we could go play. I remember my brother and I had Red Ryder BB guns and we'd take off through the woods to go race each other to the top of the ski hill at Hanson Hills.” The family still has the lake property, but Dale's family history in Grayling goes way back. His Grandfather built Wilcox Bridge, not far from where the two decided to retire.

Dale also went to MSU, which is where the couple met. One of Judy's friends, who was dating someone already, met Dale and “thought he was a good guy, so she told him he

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Find us by
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County Commission
on Aging & Senior
Center**

HOURS OF OPERATION

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

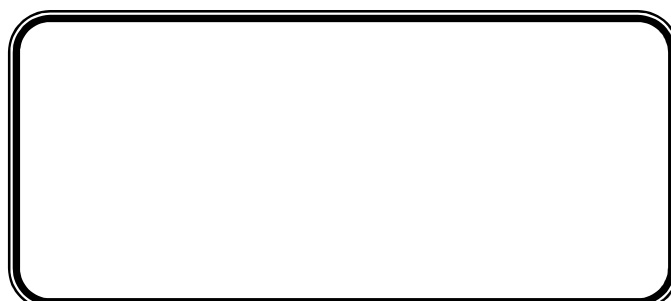
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Grayling, MI 49738**

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Fax (989) 348-8342**

www.crawfordcoa.org

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The Senior Gazette
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Grayling, MI 49738

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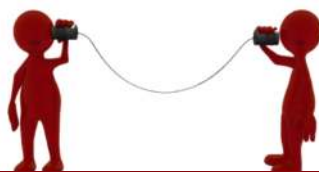
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Communication Corner... Notes from the Director

The Crawford County Commission on Aging & Senior Center continues to remain closed to the general public as are many Senior Centers in northern Michigan. We are carefully evaluating various programs to try and determine when it is safe to bring them back.

Staff at the Commission on Aging continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.

Congregate Meals will continue to be offered Monday thru Friday on a curbside take-out basis from 11:30am–12:30pm. Meals can be picked up at that time for both lunch and dinner as well as meals for the weekend. Please call the COA at (989) 348-7123 between 9-11:30am to order your meal for take-out.

We are now in the final design phase of the new Senior Center building project. James S. Bates of Roscommon was selected as our Architect. This is where a lot of our work will be done. Many decisions will need to be made mid-September through mid-October about how we want our building to look. Then construction documents will be developed for construction bids which are planned for mid-November.

As we continue our initiative on health and wellness, our new building campus will be Smoke Free. This applies to the whole campus - indoor and outside. In order to protect the health of all those who visit, smoking in vehicles on campus will also be prohibited. In the coming months, we will offer FREE resources to participants who wish to work on a smoking cessation program.

Another question that has come up several times is about what is moving to the new location. That would be EVERYTHING! Our entire agency will be moving to the new building. Remember, we only rent our existing building from the Grayling Housing Commission.

If you'd like to have input on the new Senior Center design, please call or email me at director@crawfordcoa.org We will be looking at ways to get participant and community input for this project even as we are staying safe.

Be Well!
Alice Snyder, Director



Ever find yourself with spare time on your hands and a lot on your mind? Have you considered grabbing a pen and notebook to journal? Journaling can be a useful tool especially for older adults for many reasons.

One of the many benefits include memory preservation. As we age, we lose the ability to recall names, memories, and places - just to name a few. This could be due to decreased blood flow, inflammation, or even cognitive decline, which is typical amongst the aging population. Journaling helps to preserve moments and stories in life we may later wish to share.

Another benefit includes stress relief and improvement in emotional health. Journaling has been shown to relieve overwhelming thoughts and calm the mind. This also allows for improvement in coordination by holding and using a writing utensil. Incorporating journaling or other therapeutic exercises for the aging hands can strengthen grip, help maintain joint flexibility, and keep the fingers and wrists active.

Visit the following website for hand and finger exercises: <https://tinyurl.com/fingerstretches>

Lastly, journaling helps to instill healthy habits and routine into your daily life. It helps to keep the brain active and engaged while taking sometime for yourself and your thoughts.



Fitness on YouTube

Coming soon if you are unable to join us via Zoom for live fitness classes, check out our YouTube channel which will have pre-recorded fitness routines that you can participate in on your own schedule. Be on the lookout for more details on our channel via email, FB, or the next edition of the Gazette!

General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

General Donations Made By:

Michael Carnevale	Shelia Shorkey
Diane & Dave Noelke	Michael & Bonnie Stephan
Jack & Phyllis Richards	Lighthouse Title

Shelia Shorkey

Michael & Bonnie Stephan

Lighthouse Title

*Volunteers and
Contributions received
after September 10th
will be acknowledged in
the next edition of the
Senior Gazette.*

Memorial Gifts

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

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Legacy Giving

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

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Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. If you're interested in becoming a sponsor give us a call at (989) 348-7123.

Our Sponsors

Foot Clinic Offered by
Comfort Keepers

Legal Aid Offered by
Jason R. Thompson
Law Office PLC

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Foot Clinic Offered by Comfort Keepers

Legal Aid Offered by
Jason R. Thompson
Law Office PLC

***Memorial Donations
Made By:***

***Scott Foster
In Memory of
Tina Foster***

Scott Foster
In Memory of
Tina Foster

Gifts of Supplies

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

- Jugs of Cat Litter
- Reams of Copy Paper
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size
- Case of Save-A-Lot plastic bags for meal delivery (\$50) – call COA for details

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Volunteers

Volunteers give of their time and we could not do what we do without them. Our volunteers save us thousands of dollars of each year in staffing costs.

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application>.

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

Method of Payment ☐ Cash ☐ Check **Amount Enclosed \$** _____

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738
 Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.
*****All Gifts are Tax Deductible*****

☐ I would like to receive monthly emails about activities and events.

☐ I would like to be contacted about Legacy Giving.

☐ I would like to volunteer for the Commission on Aging.

Name _____

Mailing Address

City _____ State _____ ZIP _____

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

E-Mail Address

Method of Payment ☐ Cash ☐ Check **Amount Enclosed \$**

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

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“All in This Together” Ellen Thompson

Ellen moved with her family to Grayling as a high school freshman and graduated with the class of 1975. Some in the community may know her from her years of teaching in that same district.

She taught middle school math, 5th grade, and later became a reading specialist at the elementary school. Ellen acknowledges the opportunities she received to know some amazing educators but says that “the best part of being an educator, for me, was working with students” and getting to “share my love of learning with many wonderful children.”



Ellen is retired now and identifies mostly as a wife, mother (of 2), and grandmother (of 3); however, she still believes that it is important to be active in the community. She still serves as the Music Director at St. Mary’s Catholic Church (where she’s been playing piano and singing since 1980) and volunteers on the Dolly Parton’s Imagination Library of Crawford County committee.

Ellen began volunteering for the Senior Center just 4 months ago. As she puts it, “When COVID hit and we were asked to stay at home, my heart broke for people who were alone. When I heard there was a need for home delivered meals, I jumped at the chance to help out. It seemed a perfect fit.” She enjoys greeting and checking in with the folks she delivers meals to on a regular basis. “My part in the COA is very small and takes up only a little bit of time. But I know that, together, we are doing important work that truly helps our community and that is a good feeling.”

Ellen says, “Remember when we were told as kids to ‘Go outside and play’? That’s a great way to describe my days right now.” Other than volunteering, Ellen enjoys gardening, hiking, trail running, and paddling (she competed in the Canoe Marathon 11 times). Her and her husband love the outdoors and feel blessed to live near the AuSable River. Ellen and Jon plan to explore state parks, wilderness areas, and national parks and look forward to backpacking, camping, and canoeing all over the country.

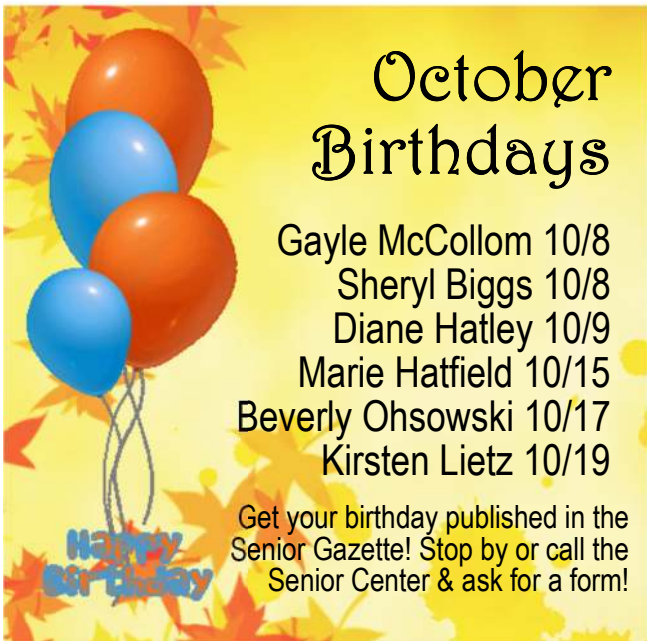


Stretch via Zoom

The Crawford County Commission on **Aging & Senior Center** invites you to join us **Fridays at 10am** for a full-body stretching class via Zoom.

The class combines stretching moves from our Stretch to Fitness and Equipped to be Fit classes that were previously offered at the Senior Center. See improvement in balance, reduction in falls, increased flexibility and muscle strength. Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level.

All classes are free of charge. To join in on the live classes visit the following link: <https://tinyurl.com/coa-stretching/>.



Gayle McCollom 10/8
Sheryl Biggs 10/8
Diane Hatley 10/9
Marie Hatfield 10/15
Beverly Ohsowski 10/17
Kirsten Lietz 10/19

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

Conservators Wanted

Crawford County Probate Court is seeking individuals interested in serving as Public Guardians and/or Conservators for minors and individuals who are legally incapacitated or developmentally disabled. Public Guardians and Conservators are independent contractors who are assigned by the Probate Judge as needed.

Please contact the Probate Register at 989-344-3237 for more information. Interested parties should send a resume and letter of interest to Crawford County Probate Court, 200 W Michigan Ave, Grayling, MI 49738. Crawford County is an equal opportunity employer.



Emergency House Number Signs Available

During an emergency, are the first responders going to be able to locate your house quickly?

There are still homes in Crawford County which do not have good house number signs. Thanks to a grant by the Crawford County Emergency Management Department, the Crawford County Commission on Aging & Senior Center has emergency house number signs available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home (pictured above).

The Commission on Aging and Senior Center will assist Crawford County residents age 60 and older in obtaining a sign if you do not already have one. If you are interested contact Tammy Findlay, Advocacy and Resource Coordinator at the Commission on Aging at (989) 348-7123.

Judy and Dale Clyma

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

should meet me,” Judy said. So the two went out on a blind date. “The next Monday, when I came out of my morning class, he was waiting for me,” she recalled. “And that was kind of it. It was almost love at first sight.” That was 1961.

In 1964 they married, on April 18, one day after Dale graduated from the US Navy Officer Candidate School. They lived for a short time in Newport, Rhode Island, where Judy learned that, in those days, TV and radio stations “didn’t hire women”. After that, while in Key West, she earned her teaching degree, and that became her real passion, which led her to pursue her Master’s degree in Early Childhood.

The first eight years of his 21-year military career was all sea duty, and Judy, who already had a thirst for travel followed his ship... to Italy, Greece, France, Spain, and perhaps most notably, Christchurch, New Zealand.

Judy talks about how beautiful it is there. “It’s fabulous. Just gorgeous, and there were so many wonderful people. We’re still in touch with some of them.” She and two other wives rented a house together. Dale talks about the boredom of the assignments. “I’d be home for 2 ½ weeks, then back out to sea. There were 260 of us on a destroyer, and we cruised 16 miles square...back and forth, south of the 60th parallel. Antarctica. We supported scientific researchers by firing dye shells from our canons to mark the ice flows so that aircraft could monitor their travel, size, changes, etc. It may seem fascinating to some but it was boring as h---. There was one time, we were in calm water for days and there was a rainbow! Well, the ship’s store sold out of film that day because taking pictures of a rainbow was the most excitement we’d had in a long time!”

He continued, “There were Monopoly games on that ship that lasted weeks! We set up banks, mortgages... That was 1967-68.”

New Zealand is also where Dale learned to drive a stick shift car during one of the periods on land. “I taught him!” bragged Judy. “And it was tricky,” Dale said. “Because it was New Zealand, it was a left-hand-drive car, so the shifter was on the left.”

By then they had a daughter, who they taught to say hello in the language of every country they lived in. “So, when she was in first grade and the teacher asked the children who had traveled outside of the town, or the state, or even the country, our daughter had a whole list of places she’d not only visited, but lived, and a bit of language too.” Their daughter is now a COVID ICU nurse in Arizona.

In 1984 Dale retired, and the Clymas lived in North Carolina for a time, where Dale started a woodworking and construction business, which he ran for 10 years until his knees gave out. “Our neighbor was the High



school principal, and he knew I loved working with wood, so he encouraged me to get a teaching certificate. I had a diploma in architecture already, so I did that and taught woodworking for 8 years.”

Meanwhile, Judy fell into teaching Montessori and conducting Montessori training. And there were other “children” in their home.



“You know, people were so good to us everywhere we were in our travels. We wanted to give back,” Judy explained. “We got involved with Youth For Understanding (YFU), which is an exchange student program that actually got its start here in Michigan.” Dale and Judy hosted eleven foreign exchange students through the years, and Judy was, for

a time, the National Volunteer Chair for the organization.

One of those students, a Swedish young man named Bo, who was with them for the 1987-88 school year, became “like an actual son” to them. His own father had died when Bo was young, and he’d never really had a close male role model. Dale and Judy didn’t have a son themselves, and the bond they formed with Bo remains strong even now.

Along with their daughter, Judy and Dale have traveled much of Europe, often visiting their former exchange students. But this summer, when Dale celebrated his 80th birthday, it was Bo and his family who were going to come for the big celebration...the one that had been planned for his 70th birthday but was canceled because Dale was diagnosed with esophageal cancer...the one that had to be postponed for yet another year because of COVID 19.

“We’re both so fortunate,” Dale said. “We bought this place in 2003. There was a little fishing cabin, and we came up “for a weekend” and decided just to stay. We built a new house on the original footprint, incorporated the old garage into that structure, put up a new garage, and love it,” Dale said. “We both had cancer...my esophageal cancer, and she had breast cancer...and we’re both still here. I give all the credit to the great doctors here who caught it early and addressed it efficiently. They’re just wonderful.”

“During the pandemic, we’ve learned some new things, such as how to Zoom,” Judy said. “But it’s been ok. We love our home. Dale built the house for ease of movement. The doorways are a little wider, some don’t have doors... all one floor. This is our last place.”

Dale is an avid fisherman and bow hunter and serves on Friends of the Library board. Judy is an accomplished quilter. She’s on the Hospital Foundation Board and is also heavily involved with the Toddler Closet, ensuring that “every child who comes in receives a free book every month. Early Childhood (education) is my passion. Kids need books.”

“We still like to travel,” Judy remarked, “though I do more than he does anymore. I’d like to get him to go on a cruise with me, but...”

Dale broke in, “I spent enough time on ships. I have no interest in a cruise.” They laughed, their eyes met, twinkling across the room as evidence that love at (almost) first sight can last forever. Or at least for 56 years of marriage and many long journeys.



Pet Assistance

The AuSable Valley Animal Shelter has partnered with McLean's Ace Hardware Store in Grayling to provide food for dogs and cats that are in need during this crisis.

If you are having financial difficulty feeding your pet, please contact Lanice Rutter immediately by calling (989) 745-8951.



Quarantine Boxes

There are "Quarantine Boxes" of food available for adults over 60 years of age who are not currently on any food assistance programs (Home Delivered Meals, SNAP, TEFAP, or Commodities).

One box is filled with recipes and 33 food items that provide for 22 well-balanced, nutritious meals. If you are interested in receiving a box visit www.nemcsa.org/news-events/food-boxes-available-for-seniors to fill out the questionnaire or call Tammy at (989) 348-7123 for help.

If you'd like to donate to help provide these boxes to seniors visit the Food Bank Council of Michigan website: www.fbcmich.org/virtualfooddrive.

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- Senior Discounts available for most repairs

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4430 M-72 West, Grayling, MI 49738
(989) 348-3200



Donation Made

Lighthouse Title in celebration of National Nonprofit Day made donations to nearly 40 different organizations throughout Michigan and Wisconsin amounting to over \$50,000. Included in the donations was \$3,000 given to the Crawford County Commission on Aging & Senior Center in order to continue to provide meals, services, and activities for the older adults in our community.



Medical Equipment Available Free

The Crawford County Commission on Aging has many medical items available for older adults 60 and over for free. If you are interested in any of these items, please give Kathy a call at (989) 348-7123. All supplies are first come, first served. See below for items available:

- Seated walker with wheels
- Walker with 2 front wheels
- Walker without wheels
- Side step walker
- Bedside commode
- Foldable cane for the blind
- Miscellaneous canes w/ and w/o feet
- Mirafone for the hearing impaired

Also available are Ensure and Boost available for those with a prescription and, for your personal needs, Depends and Pads are ready for your pick up. Give the office a call for sizes we have on hand.

Grayling Hospital for Animals

- Dr. Paul W. Mesack
- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig
- Dr. Heather Minkel

5806 W. M-72 Grayling, MI 49738
989-348-8622 • Fax: 989-348-1542



DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.



New to Medicare Seminar

Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, October 28th at 1pm** for a presentation that will help demystify the issues surrounding Medicare.

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

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

ADVANTAGE AUDIOLOGY & HEARING CENTER

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321 E. Main Street
P: 989-448-2500

Grayling Office
2375 Bus. Loop 1-75
P: 989-745-6667

Crawford Fit City Health Challenge

Join in the fun and focus on your health and wellbeing! The Crawford Health Improvement Committee (CHIC) will kick off a month long Crawford Fit City Challenge. Have Fun and celebrate successes!

At the beginning of the month set your own health goal, follow along the challenge by completing daily health missions which include health food prep ideas and links to mini-classes on Mindfulness and Tai Chi, and check the boxes for challenges you complete as you follow along.

You can also like the CHIC Facebook page by searching for "Crawford Health Improvement Committee" and clicking the thumbs up. Check for posts, add comments to support others in the community, and post pictures of your own progress!



At the end of the month send in a picture of your completed calendar by email (to aungstd@msu.edu) or the CHIC Facebook page to receive a certificate of completion.

You can get a copy of the calendar by viewing pg 9 of the Gazette. They will be also be distributed by email. If you'd like a calendar, email the address above. The goal is that the calendar will provide motivation and accountability throughout October to help each of you to take steps for your health. If you have any questions or need assistance please reach out by email or phone at 989-344-3264.

Partners for this program include Crawford AuSable schools, District Health Department, MSU Extension, Crawford Senior Center, Munson Grayling, Chamber of Commerce and Crawford AuSable Daycare.



National Prescription Drug Take Back Day

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 24, 2020 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!**

Zoom Introduction to Zoom Workshop

The Crawford County Commission on Aging and MSU Extension will offer another online Introduction to Zoom Workshop on **Friday, October 23rd from 1:00-2:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

As we continue to have more activities offered online including Zumba, Aerobic Drumming, and online games, as we want everyone to be able to take full advantage of the opportunities. **This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.**

You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call.

Classes being offered online include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. More classes will be available online soon. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! **Registration is required.** Please call (989) 348-7123 to register or you can register through MyActiveCenter (see pg. 16 for details). The Zoom link will be sent via email after registration.

Support Groups

11th Step Meeting - Open Meeting

Mondays, 7pm

St. Francis Episcopal Church, Grayling

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Addition Support Group

Thursdays & Saturdays, 6:30pm

Grayling Baptist Church

Adjustment to Vision Loss Support Group

2nd Monday, 9:30am to 10:30am

The Commission on Aging & Senior Center

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

Cancer Support Group

Every other Tuesday, 6pm

at **Grayling Baptist Church**

For anyone touched by cancer

Call Cathy at 989-348-8684 for more info.

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

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at **River House**

For more info call 348-3169

Munson Hospice Grief Support Group

3rd Friday, 11am

Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous

Wednesdays, 8pm,

St. Francis Episcopal Church, Grayling

For more info call Ted 989-429-8100

Overeaters Anonymous

Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery

Thursdays, 5-6:30pm, at **River House**

For women suffering PTSD Symptoms

Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398












October 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div></div><div><p>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.</p><p><small>(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)</small></p><p><i>If you are interested in volunteering contact Melanie Conway at 989-348-7123.</i></p></div><div></div></div> <div>VOLUNTEERS <i>we need you! Show us your</i> SUPERPOWER</div> <td>1 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smoothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana</td> <td>2 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple</td>			1 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smoothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	2 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple
5 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	6 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	7 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	8 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	9 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
12 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	13 11:30a-12:30p Lunch Pork w/ Kraut, Green Beans, Applesauce 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	14 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	15 11:30a-12:30p Lunch Hamburger, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	16 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
19 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	20 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Applesauce	21 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	22 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	23 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
26 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	27 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	28 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	29 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	30 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana

October 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Important Phone Numbers <div> <div> Social Security 1-800-772-1213 or 1-866-739-4802 </div> <div> Medicare 1-800-633-4227 </div> <div> Veterans Administration 1-800-827-1000 </div> <div> Alzheimer's Assistance 1-800-272-3900 </div> </div>			1 10am Zoom Zumba 11:30a Unwind Outside @ Hanson Hills	2 10am Stretch via Zoom
5 10am Aerobic Drumming	6 10am Aerobic Drumming	7 9:30am Commodities @ St. Mary's 10am Zoom Zumba	8 10am Zoom Zumba 11:30a Unwind Outside @ Hartwick Pines	9 10am Stretch via Zoom
12 10am Aerobic Drumming	13 10am Aerobic Drumming	14 10am Zoom Zumba 1pm Walk in the Woods @Hanson Hills Medicare Open Enrollment Begins	15 10am Zoom Zumba	16 10am Stretch via Zoom
19 10am Aerobic Drumming	20 10am Aerobic Drumming	21 10am Zoom Zumba 1pm Walk in the Woods @ Marl Lake	22 10am Zoom Zumba	23 10am Stretch via Zoom 1pm Intro to Zoom Workshop
26 10am Aerobic Drumming 1pm Halloween Bingo	27 10am Aerobic Drumming	28 10am Zoom Zumba 1pm New to Medicare 1pm Walk in the Woods @ Hartwick Pines	29 10am Zoom Zumba	30 10am Stretch via Zoom

Fit City Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THIS MONTH I WILL...	 Look for the checkboxes for activities!		BE KIND TO YOUR MUSCLES AND STRETCH!	Unwind Outside 11: 30am register at (989) 348-7123 <input type="checkbox"/>	Fresh Friday: Eat homecooked meals to control ingredients and save money <input type="checkbox"/>	I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
4	5	6	7	8	9	10
	USE HERBS AND SPICES INSTEAD OF SALT TO SEASON FOODS	MAKE SURE HALF OF YOUR PLATE IS FRUIT AND VEGGIES! <input type="checkbox"/>	WHILE HAVING DINNER, TURN OFF ALL SCREENS <input type="checkbox"/>	Unwind Outside 11: 30am register at (989) 348-7123 <input type="checkbox"/>		I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
11	12	13	14	15	16	17
Weekly Focus: Mindfulness moments and deep breaths help with mindset and mental health	WHILE HAVING DINNER, TURN OFF ALL SCREENS <input type="checkbox"/>	 MINDFUL BREATHING: https://tinyurl.com/y4ep4yma <input type="checkbox"/>	EAT A RAINBOW OF FOODS TO GET ALL ESSENTIAL NUTRIENTS		MINDFUL EATING: https://tinyurl.com/y2fvcxxt <input type="checkbox"/>	I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
18	19	20	21	22	23	24
	GO TO CHOOSEMYPLATE.GOV FOR MORE NUTRITION RESOURCES		BUYING PRODUCE IN-SEASON CAN LOWER COST AND ADD TO FRESHNESS	Thirsty Thursday: Drink 1/2 your weight in water <input type="checkbox"/>	Fresh Friday: Eat homecooked meals to control ingredients and save money <input type="checkbox"/>	I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
25	26	27	28	29	30	31
Weekly Focus: Stretch your muscles 10 mins each day		 TAI CHI: https://youtu.be/l2oM8lBEY6o <input type="checkbox"/>		 TAI CHI LESSON: https://youtu.be/CE0lhAwQLks <input type="checkbox"/>	EAT FRESH FRUIT FOR DESSERT INSTEAD OF OTHER HIGH-SUGARY FOODS <input type="checkbox"/>	I WAS ACTIVE FOR _____ MINUTES THIS WEEK!

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 10:00-11:30am
by InTeliCare - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit with punch card (6 visits—\$150)

or **\$30 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, \$5.75 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

Resources

Computers

Internet, computers, and printers are available at the Senior Center. You may use Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 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.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

Matter of Balance Program

This program offers practical strategies to reduce falls.

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

Walk with Ease

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

Wellness Initiative for Senior Education

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

Cost for Services

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



**How We
Served You
in August
2020!**

At the Senior Center

- We served **531** Congregate Meals

In-Home Services

- Delivered **2,820** home delivered meals.
- Provided **128.50** hours of respite care.
- We provided **389.5** hours of homemaker services.
- We provided **105.75** hours of bathing assistance services.



**Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com**



SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

Beware Of Calls Claiming There's A Problem With Your Social Security Account

Social Security and its Office of the Inspector General continue to receive reports about fraudulent phone calls from people claiming to be Social Security employees. These scammers try to trick people into providing personal information or money, and often threaten their victims with arrest. Don't be fooled.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Real Social Security employees also will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers

over the phone.

- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
 - Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
 - Promise a Social Security benefit approval, or increase, in exchange for information or money.
- If you receive a suspicious call or are

unsure of the identity of someone who claims to be from Social Security:

- Hang up.
- Do not give money or personal information.
- Report the scam to our Office of the Inspector General at oig.ssa.gov.



Zoom Zumba

Let's spice it up! The Crawford County Commission on Aging & Senior Center will continue to offer Zumba **via Zoom**.

Zoom is a FREE easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet.

Classes will be offered on **Wednesdays and Thursdays at 10 am**.

Zumba is a dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. It also combines muscle conditioning and cardiovascular exercise. Modifications will be given to accommodate all skill levels.

All classes are free of charge. If you have questions, please email Kaitlyn (kgrieb@crawfordcoa.org). To join in on the live classes visit the following links:

- Wed: <https://tinyurl.com/coa-zumba-wed>
- Thurs: <https://tinyurl.com/coa-zumba-thurs>



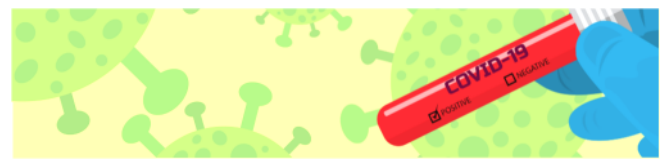
Aerobic Drumming

The Crawford County Commission on Aging will continue to offer Aerobic Drumming **via Zoom on Mondays and Tuesdays at 10am**.

Join us for a class that incorporates dynamic movements of aerobic dance to the rhythms of the drum. This class can be done seated or standing and **there are modifications given to make this workout match any skill level**.

You will need an exercise ball, a bucket, and some type of drumsticks to participate in this class. **You can borrow the equipment from our lending library** at the Commission on Aging. Please call when you arrive at the COA and we will bring the equipment out to your car: (989) 348-7123.

All classes are **free** of charge. If you are interested in attending or have questions, please email Kaitlyn at kgrieb@crawfordcoa.org. To join in on the live classes visit <https://tinyurl.com/coa-drumming/>.



Coronavirus Testing Site Opening

Beginning September 5th, Kirtland Community College, located at 4800 West 4 Mile Road in Grayling, will serve as a Community Testing Site for COVID-19.

Testing sites will offer FREE saliva tests, which are less invasive than nasal swabs and may make the testing process more tolerable for some people. No doctor's order is needed. Tests are available to people without symptoms (asymptomatic).

Appointments are strongly encouraged and can be made either by calling the COVID-19 hotline at 888-535-6136 Monday-Friday 8am-5pm and pressing "1" or online at <https://www.solvehealth.com/book-online/plVqZ0>. Walk-ins will be taken as space allows, but pre-registration is strongly advised. It's useful for all individuals to maintain good hydration pre-test. Please avoid caffeine, alcohol, sugary or acidic foods 24 hours prior. Do not eat, drink, chew gum or use tobacco 30 minutes prior to visit. Please arrive wearing a mask. The test takes about 15 minutes. Testing Hours will be as follows:

- Wednesdays 10am-4 pm
- Thursdays 10am-4pm
- Saturdays 10am-2pm

Both patients who book online in advance or walk-in to a testing site can use a mobile device to fill out their information including name, date of birth and phone number. Michiganders arriving at the neighborhood testing can check-in online to secure their place in line, making it easy for them to safely wait in their car or at a safe social distance from the testing site until their appointment.

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Web: sorensonlockwood.com
E-mail: sorensonlockwood@gmail.com

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We may resume when the Senior Center reopens for activities.

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

1. anabantid
2. aqaba
3. backwood
4. banderole
5. begemming
6. blankbook
7. buller
8. caecilian
9. calibrated
10. chameleonic
11. cocklebur
12. covers
13. dhodheknisos
14. dumps
15. epimerized
16. eupepsia
17. eutrophy
18. grab
19. hansetown
20. harpylike
21. hennaed
22. hymnlike
23. intercorrelated
24. isoline
25. kyrie
26. leiomyomas
27. menshevist
28. multinuclear
29. nonpermitted
30. outsit
31. outwear
32. overbrilliancy
33. postpectoral
34. preadmiring
35. preexchange
36. prereverse
37. puristical
38. ravager
39. seasickness
40. slipstream
41. spag
42. spoliated
43. subtotemic
44. temporary
45. theroid
46. turbidimeter
47. unrotative
48. unwhited
49. wanderjahre
50. yemenite

Cook's Corner Apple Cinnamon Baked Oatmeal Recipe

Serves 9



INGREDIENTS

- 1½ cups milk
- ½ cup packed brown sugar
- ½ cup egg whites
- 1 tablespoon melted margarine
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

DIRECTIONS

- 1) Preheat oven to 350°F (176°C).
- 2) In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
- 3) In a larger bowl combine the oats and the baking powder.
- 4) Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
- 5) Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.

by EatRight.org

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

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Positive Attitude Month

By Nicole Persing-Wethington, from Michigan State University Extension

October is Positive Attitude Month. A positive attitude is one of the most powerful tools we have to make a change in our thought patterns. It helps to overcome our built-in negativity bias. Negativity bias is essentially a survival mechanism. We are constantly scanning for all the negatives, to avoid what could potentially hurt us. It explains why negatives stick out so easily when we are scanning the newspaper, and why negatives are ingrained more deeply into our memories. Survival is our brain's ultimate goal. Unfortunately, the overwhelming negativity has an impact on our wellbeing.

To counteract this effect, we must intentionally pick out the positives. Gratitude journaling is one of the most powerful ways to change our brains. By picking out pieces of our day we are thankful for, we are retraining our brains to look for the positives instead of so

many negatives. Try writing down three things in the morning and at night for which you are thankful. They do not have to be big; they can be tiny. My coffee was the perfect temperature. The sun peaked out from behind a cloud. I saw a beautiful red leaf. These small pieces add up to big change.

Many of us may consider ourselves pessimistic, or realists. By actively choosing to look for positives, we can shift our tendencies towards optimism. When we catch ourselves thinking or speaking negatively, we can pause and restructure those words to be more positive. It takes some practice but leads towards a more positive outlook. Our thoughts become our words, our words become our actions, our actions become our habits, our habits build our lives. My mother always says that attitude is everything, it turns out that scientific research backs her up.



Walk in the Woods

Join us on the following dates to explore trails around Crawford and Roscommon County before the weather gets too cold!

We will meet at the different locations at **weekly at 1pm** and walk as a group through the woods. Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled.

Social distancing will be enforced on our walks and a health questionnaire will be provided before each walk. If you have any questions or need more information please contact Kaitlyn at the Crawford County Commission on Aging (989) 348-7123 or kgrieb@crawfordcoa.org.

- October 14th — Hanson Hills
- October 21st — Marl Lake
- October 28th — Hartwick Pines
- November 4th — Mason Tract
- November 11th — Rayburn Property



Open Enrollment Medicare Assistance

Starting Wednesday, October 14, 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 begin the week of October 19th by ZOOM or phone. 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.

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 2021 is the best plan for you

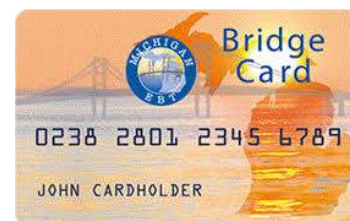


Adventure Packs A Program of the Crawford Health Improvement Committee

What: Backpacks filled with supplies, information and activities to help you get outside. Free to check out for the day or the weekend. You must be at least 18 years old to complete the check-out/rental agreement. Call ahead at 989-348-7123 to confirm backpack availability and schedule a time to pick up. One of our staff will bring the backpack out to your car.

Who: Anyone who wants to explore the outdoors, whether you're an adult looking to incorporate outdoor activities into a healthy lifestyle or looking for a tool to help introduce a child in your life to outdoor exploration.

Where: The Adventure Packs are available for check out at the Crawford County Commission on Aging & Senior Center located at 308 Lawndale St. in Grayling. The backpacks along with the contents will be sanitized before and after each use.



Congregate Meals & your Bridge Card

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging & Senior Center?

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler. Plus, our contactless meal pick-up ensures less risk of exposure than a visit to the grocery store.

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.

Spooky Halloween Bingo

Boo! You are invited to play Spooky Halloween Bingo with us via Zoom. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate in the activities.

The event will take place on **Monday, October 26th at 1pm**. Join the fun, see your friends, and have a spooky good time!

If you have questions or are interested in participating, please email Kaitlyn at kgrieb@crawfordcoa.org. I will provide you with a Zoom link for the game along with your bingo cards! Bingo cards can be printed or used on the computer.



Mobile Pantry Distribution

at the Grayling Baptist Church
705 Madsen St., Grayling, MI 49738

Distributions start at 11am
Every Thursday in October

This will be the last month for
Food Truck Distributions.

MSU Hosting Classes in October

The Michigan State University Extension continues to hold classes online via Zoom. Classes are open to everyone and most are at no cost. See below for local classes:

- Stress Less with Mindfulness, October 5-9, 9am: <https://events.anr.msu.edu/slmoct5to92020/>
- Diabetes PATH, October 5-November 9, 1-3pm: <https://events.anr.msu.edu/DiabetesPATHOnlineOct2020/>
- RELAX: Alternatives to Anger. October 12-15, 9am or 4pm: <https://events.anr.msu.edu/relaxoct12to152020/>
- Tai Chi for Arthritis and Fall Prevention, Tuesdays and Thursdays, October 13-December 17, 1-2pm EST: <https://events.anr.msu.edu/tcaoct13/>
- RELAX: Alternatives to Anger, October 26-29, 11am: <https://events.anr.msu.edu/relaxoct26/>

For those interested in Tai Chi additional classes will be offered by other instructors. All will be listed here: <https://www.canr.msu.edu/tai-chi-for-arthritis/events>.

- ONLINE Tai Chi for Fall Prevention Monday and Wednesdays Oct. 11th - Dec. 17, 2020 10:30 a.m. CT/11:30 a.m. EST Online via Zoom
- ONLINE Tai Chi for Fall Prevention Monday and Wednesdays Oct. 11th - Dec. 17, 2020 3:30 p.m. CT/4:30 p.m. EST Online via Zoom
- ONLINE Tai Chi for Fall Prevention Tuesday and Thursdays Oct. 13th - Dec. 17, 2020 1:30 p.m. CT/2:30 p.m. EST Online via Zoom



Masks and Asthma

Wearing a face mask is one of the few things we can all do to fight the spread of COVID-19. Expert doctors and national lung organizations agree that people with asthma and other severe lung diseases should wear masks, along with staying at least 6 feet from others and washing their hands often.

If your asthma symptoms keep you from wearing a mask, call your doctor right away for help getting your asthma under control. People with asthma over age 2 should be able to breathe through cloth or standard medical masks without trouble. Exercising while wearing a mask should not trigger an asthma attack if your asthma is under control. There is enough airflow from gaps around the mask and through it, and you will get plenty of oxygen. Be sure the mask covers your nose and mouth, and tucks under your chin for a good fit.

N95 masks should be saved for healthcare workers, except for some people with poor immune systems. Ask your doctor if you need a special mask.

Some mask types may work better for you than others. Wearing a face shield or any kind of mask is likely better than nothing! If you have a latex allergy, look for masks made of latex-free cloth and ear loops. Used masks should be washed daily.

If the doctor does give you a pass not to wear a mask, you may not be able to go to places that require them.

Wearing a mask can also help block asthma triggers like common cold viruses, cold air, pollen and animal dander.

The Crawford County Commission on Aging is one of the agencies to receive masks being distributed statewide. If you are age 60+ and in need of a mask, call the Senior Center to schedule a time to stop by and have your mask brought out to you as we are not open to public right now.



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Grayling, MI 49738

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munsonhealthcare.org/graylinghospital



Hiring Hints for In-Home Services and Repairs

CDC offers the following tips for staying safe and slowing the spread of COVID-19 while scheduling services or repairs inside the home. This may include installation and repair of plumbing, electrical, heating, or air conditioning systems; painting; or cleaning services.

- Ask the service provider to wear a mask.
- You and other household members should wear masks.
- Stay at least 6 feet from the service provider, and limit interactions between the service provider and other household members and pets.
- After the service is completed, clean and disinfect any surfaces in your home that may have been touched by the service provider.

In general, the closer and longer you interact with others, the higher the risk of COVID-19 spread. Limiting close face-to-face contact and staying at least 6 feet away from other people is the best way to reduce the risk of COVID-19 infection, along with wearing masks and practicing everyday preventive actions. Before welcoming service providers into your home, consider these tips to help keep you, your family, and the service provider safe during in-home services or repairs:

Before the Visit do as much of the pre-service consultation as possible before the service provider arrives:

- Check with your local health department to see if there is a stay-at-home order in your state or local community that restricts non-essential activities or services. If a stay-at-home order is in effect in your community, consider if the service request is essential or if it can be delayed.
- If you or someone in your home has COVID-19, has symptoms consistent

with COVID-19, or has been in close contact with someone who has COVID-19, wait to schedule non-emergency services that require entry into your home until it is safe to be around others.

- If you or someone in your home is at higher risk for severe illness from COVID-19, such as older adults or those with underlying medical conditions, consider not being inside the home during the service, or find someone else who can be in the home instead.
- Do as much of the pre-service consultation as possible before the service provider arrives, to reduce the amount of time the service provider spends inside your home. For example, discuss the details of the service request on the phone or by email, and send pictures ahead of time.
- Discuss any COVID-19 precautions the service provider is taking, including the use of masks for the duration of the service visit, any pre-screening procedures (such as temperature checks) and using the restroom during the service call.

During the Visit

- Ask the service provider to wear a mask.
- Do not allow service providers to enter your home if they seem sick or are showing symptoms of COVID-19.
- Ask the service provider to wear a mask before entering your home and during the service visit. Also, you and other household members should wear a mask. Consider having clean, spare masks to offer to service providers if their mask becomes wet, contaminated or otherwise soiled during the service call.
- Avoid physical greetings, for example, handshakes.
- Minimize indoor conversations. All conversations with the service providers

should take place outdoors, when possible, and physically distanced indoors, if necessary.

- Maintain a distance of at least 6 feet from the service provider, and limit interactions between the service provider and other household members and pets.
- During indoor services, take steps to maximize ventilation inside the home, such as turning on the air conditioner or opening windows in the area.

After the Visit

- If possible, use touchless payment options or pay over the phone to avoid touching money, a card, or a keypad. If you must handle money, a card, or use a keypad, wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol after paying.
- After the service is completed, clean and disinfect any surfaces in your home that may have been touched by the service provider.

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my active center Registration

The Crawford County Commission on Aging & Senior Center will start using MyActiveCenter for activity registration and activity payment. If an activity requires registration or payment, it will be available to be completed through MyActiveCenter. MyActiveCenter is a website that allows you to join and enroll in activities online, pay for classes, and browse activities happening at a senior center in your area!

A member who wishes to sign up on MyActiveCenter will need to be in our Senior Center database. The member will need a Senior Center member number that is on the back of each individual key tag. The member will also need the phone number associated with your account when you signed up at the Senior Center. If you need your key tag number or are unsure of the phone number associated with your account, please contact the Senior Center at (989) 348-7123.

How to Signup/Register Online:

- 1) To register for a class online using MyActiveCenter visit www.myactivecenter.com
- 2) Click "New Users" on the top right hand side of the screen
- 3) This will prompt you to "Choose a Center"
- 4) Be sure your location says "Currently showing Senior Centers near Grayling, MI 49738"
- 5) If not, click "Change Location" and type "Grayling" or use our zip code which is "49738" then click "Change"
- 6) "Crawford County COA" should be the first choice on the list
- 7) Select "Crawford County COA"
- 8) This will take you to a screen that says "Activate Account" you will need your key tag number along with your phone number for this step
- 9) Type in your key tag number (ex. "X1745167") and enter your phone number (ex. "989-348-7123")
- 10) Type in your email which will serve as your username and create a password for your login to register for classes using MyActiveCenter
- 11) Click "Continue" – You now have an account on MyActiveCenter!

Registering for a Class:

- 1) Click the event you are interested in attending - this will bring up a big calendar of dates that the class is offered on
- 2) Choose the date(s) you are interested in attending. When a class time is selected, the box will become darker.
- 3) After you are done choosing the dates you would like to attend, click "Register" on the right hand side above the calendar.
- 4) A summary of the dates and times you choose will appear. To confirm press "Register" again.
- 5) To ensure you are signed up click "Hi [Your Name]" on the top right hand side of the screen
- 6) Click "My Activities" and it will bring up a calendar that shows you what events you have registered to attend.
- 7) If you ever need to cancel, click the red "X" on the right hand side that will remove you from that event.
- 8) You are now registered for classes!

How to Pay for a Class:

- 1) Follow steps 1 – 4 under registering for a class
- 2) After you press "Register" a screen will pop up prompting you to checkout click the green "Checkout" button.
- 3) A summary of the class will appear prompting you to enter your card number, expiration date, and CCV.
- 4) Once the information is entered, click the green "Pay Now" button.
- 5) A receipt will be available for you to print and one will be sent to your email from MyActiveCenter.
- 6) Click "Continue" to be redirected back to the home screen

For assistance using MyActiveCenter, you can view the following "how to" video on creating an account and registering for a class online: <https://tinyurl.com/MyActiveCenter>

Visit <https://www.crawfordcoa.org/resources/myactivecenter-registration> to view instructions with example graphics. If you need further assistance, please call or email Kaitlyn (kgrieb@crawfordcoa.org) at (989) 348-7123.



A Letter from Kaitlyn:

I am writing this letter to say farewell as I will be leaving my position at the Crawford County Commission on Aging and Senior Center. A departure date has not been set at this time but within the next couple of months, I will be embarking on a new journey. This is a bittersweet moment as I have built close relationships with a lot of you over the past two years. I always joke saying how I feel like I have multiple sets of grandparents.

Over the past two years, I have learned so much from you all, made a lot of great memories, and laughed way too much!

Looking back... boy did we have fun! Going on multiple trips, walking on beautiful trails, painting pictures that actually came out decent, kayaking Higgins Lake, learning how to weave a basket, doing the rocking horse way too many times (water aerobics), playing with toilet paper at the Halloween Party, and drumming to songs that Denise would always pick on me for.

I really appreciate all the support and kind words you all have given me. You all have great stories, a wealth of knowledge, and jokes that are not always clean. It has truly been rewarding to work with you all and I will miss you.

I wish you all the best and I will have to stop by to visit the new building when it's up and running. Thank you for everything!

Best wishes,
Kaitlyn Grieb

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