

# Crawford County Senior Gazette October 2025

**Save  
a lot**  
food stores  
2333 S. I-75  
Business Loop  
989-348-6690

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## Eva Schans: A Century of Living Well by Toby Neal

When you sit down with Eva Schans, you are immediately struck by two things: her sharp memory and her bright spirit. At 101 years old, Eva does not just remember the many decades she has lived through; she re-lives them, with laughter, stories, and reflections that could fill volumes. She has lived through world wars, the Great Depression, 18 different United States presidents, dramatic social change, and sweeping advances in technology, but she speaks less about history and more about the life she has lived. For Eva, every year has been a chance to love, to give, to learn, and to adventure.

Eva was born in the years of the Great Depression. She remembers firsthand the struggles that families endured when times were lean and money was scarce. Her own childhood was marked by both hardship and resilience, an early training in how to face challenges with strength. Her mother passed away when Eva was only two years old, and she often reflects on the impact of that loss, but she was also surrounded by family who taught her perseverance and responsibility. Those early lessons carried her throughout her life.

It was at a wedding that Eva met Henry Schans, the man who would several years later become her husband.



**Continued on Page 11**

## Hours of Operation

Monday - Friday  
8:30 a.m. - 4:30 p.m.  
4388 W. M-72 Hwy  
Grayling, MI, 49738  
[www.crawfordcoa.org](http://www.crawfordcoa.org)  
Find us on Facebook!



## Find Us By Searching

Crawford County  
Commission on Aging  
& Senior Center



## Our Mission

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



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

Smartphone Scan  
to our Website



## Annual Raffle Summary

On September 11<sup>th</sup>, 2025, winners for the Annual COA Raffle were announced during the Southern Comfort Special Dinner. A special thank you goes out to volunteer Lorelei King. Lorelei sold an incredible 635 tickets on behalf of the Commission on Aging. Thank you, Lorelei. In total, staff and volunteers sold 4,171 tickets for a total of \$3,631 raised for your favorite programs and activities. Thank you to all who purchased and sold tickets. Your support helps us continue to serve the community. Thank you to Cornell Insurance Agency, NAPA Moore's Automotive, and Feeny Ford of Grayling for sponsoring this year's raffle. Congratulations to Tommy Sorenson, the grand prize winner for the 2025 Annual Raffle.

## Crawford COA Receives \$10,000 Huntington Grant

The Crawford County Commission on Aging has received a \$10,000 grant from Huntington Bank to support its Home Delivered Meals program. This generous funding will assist with providing nutritious meals to older adults in Crawford County facing challenges with cooking. For many older adults, Home Delivered Meals are more than just a hot meal—they are a lifeline. This program not only ensures that older adults receive balanced, nutritious food, but also provides vital social contact and wellness checks that help reduce isolation and support independent living. Funding like this is essential to meeting the growing demand and making sure no older adult in our community goes without the nourishment and connection they need. Thank you to Huntington Bank for their commitment to helping our older adults be cared for. Pictured below, from left to right, is Anna Rose, Caitlyn Algee, Claire Myers, Brian McLaughlin (COA Director), Bonnie Jones, and Shannon Sorenson (Branch Manager).



## Open Enrollment Starts October 15<sup>th</sup>

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from the premium amount to overage changes to plan terminations. There may be new, more affordable plans available that give better coverage and save you money. EVERY Medicare recipient needs to review his/her coverage and be certain that the plan they will have for 2026 is the best plan for them! Starting Monday, October 6<sup>th</sup>, you can call Tammy Findlay at 989-348-7123 to make an appointment with one of our trained State Health Insurance Assistance Program (SHIP) 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 20<sup>th</sup> and take place at the Crawford County Commission on Aging, 4388 M-72 E. You can also conduct this review yourself by visiting the Medicare website at [medicare.gov](https://www.medicare.gov). 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.

## Walk in the Woods October 2025 Schedule

**October 1st, 10 am @ Gahagan Nature Preserve\***

585 Southline Rd, Roscommon, MI 48653

**October 8th, 10 am @ Camp AuSable\***

2590 Camp Au Sable Rd, Grayling, MI 49738

**October 15th, 10 am @ Louis Groen Nature Preserve**

10950 Hetherton Rd, Johannesburg, MI 49751

**October 22nd, 10 am @ Linda Fay Property\***

9030 Heideman Rd, Roscommon, MI, 48653

**October 29th, 10 am @ Hartwick Pines State Park\***

3612 State Park Dr, Grayling, MI 49738

The cost for a state park pass at the gate is \$17.00. There are NO day passes available for in-state residents.

An \* designates that the group plans to meet for lunch following the walk. State park & federal park passes may be required.



## Cookie Contest Winners

On Monday, September 8<sup>th</sup>, members of the community were invited to come in and judge the first-ever Grandparents' Day Cookie Contest. The winners this year are Kim Naegel, People's Choice Cookie, Deb Moshier, Best Looking Cookie, Cheryl Goff, Best Over-All Cookie, and Wanda Kimbler, Best Tasting Cookie. Thank you to all who voted and participated!





**Region 9 Area Agency  
on Aging Webinars for  
October 2025**

**Upcoming Meetings and  
Trainings:**

- **SHIP new to Medicare**  
Webinar, October 8th at  
10:00 am. Contact your  
local COA or call 1-800-  
803-7174 for more  
information or to register.
- **Healthy Living Webinar**  
October 9 at 1:00 pm

**Dementia Caregiving  
Support Group**

- **In-Home Help**  
October 1<sup>st</sup>, 5:00 pm - 6:30  
pm, Webinar, Zoom  
Meeting Link: 876 5118  
1524, Dial in  
1-312-626-6799

**Kinship Support Group**

- **Home Safety/Fall  
Prevention, October 9<sup>th</sup>,**  
10:00 am - 11:30 am,  
Webinar, Zoom Meeting  
Link: 876 5118 1524, Dial  
in 1-312-626-6799

**Caregiving Support Group**

- October 6th, 5:30 pm -  
7:30 pm via Zoom,  
Meeting Link: 876 5118  
1524, Dial in 1-312-626-  
6799



**Fall Food Truck  
Schedule**

**Mount Hope Lutheran  
Church**

Saturday, October 4<sup>th</sup>, starting  
at approximately 10:00 am  
905 I-75BL, Grayling, MI  
49738

**Christian Help Center**

Thursday, October 16th  
Frederic Township Hall  
6470 Manistee St., Frederic

**Commission on Aging**

October 21<sup>st</sup>, 10:30 am  
4338 W. M-72 (East)  
Vegetables and Fruit Only

**Coming Attractions: Save the Dates**



**Veteran's Coffee Hour Date**



Date: Thursday, October 9th

Time: 10:00-11:00 AM

At the American Legion Post #106

More Info: (989) 344-3861

**Electronic Recycling**

The Commission on Aging accepts old cellphones and  
tablets for recycling. If you have an old device, working or  
not, the COA will collect it and recycle it on your behalf.  
Call 989-348-7123 for more information.

**Coping with the Holidays After Death**

This session offers a supportive and understanding  
environment to explore those feelings, gain practical  
coping strategies, and connect with others who  
understand. The group will meet on Wednesday, October  
22nd, from 10:00 am to 11:30 am.

**The COA is Collecting UPC Labels**

The COA is collecting Our Family Brand UPC labels as a  
fundraiser. Your UPC Labels are redeemed for cash.  
Please call 989-348-7123 for more information.

**Special Dinner Schedule 2026**

**January 15th**  
Winter Picnic  
**February 19th**  
Chinese New Year  
**March 19th**  
St. Patrick's Day  
**April 16th**  
Spring Serenade  
**May 14th**  
Mother's Day  
**June 18th**  
Father's Day

**July 16th**  
Hawaiian Luau  
**August 20th**  
Backyard BBQ  
**September 17th**  
Thursday Night Lights  
**October 22nd**  
Halloween  
**November 19th**  
Thanksgiving  
**December 17th**  
Christmas

**COA Holiday & Party Schedule**

October 31<sup>st</sup>, 2025, Halloween &  
Howloween Pet Parade  
November 20<sup>th</sup>, 2025, Friends-Giving  
December 30<sup>th</sup>, 2025, Noon-Years Eve  
February 12<sup>th</sup>, 2026, Valentine's Day  
May 22<sup>nd</sup>, 2026, Memorial Day  
June 19<sup>th</sup>, 2026, Juneteenth Celebration



**Versiti Blood Drive**

Next scheduled drive is

**October 13th.**

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

Donating blood is vital  
because small hospitals often  
have limited supplies and rely  
on donations. Each donation  
helps ensure that patients in  
our community don't have to  
wait for life-saving blood to be  
transported from larger cities.



**Secretary of State**

**Mobile Office**

**October 20th**

**10:00 am - 3:00 pm**

Appointments are held at the  
Commission on Aging.  
Contact the COA to schedule  
an appointment within 30  
days of the listed date. You  
can get your license, plates,  
and more taken care of all in  
one spot. Call 989-348-7123  
to register. For pricing  
information, please contact  
the Secretary of State.

**Grayling Pharmacy**

**Bingo**

The First Thursday of the Month

Following Penny Bingo!

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



Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies and Crawford United we could not do what we do without also having the support of people just like you. You can donate online at [crawfordcoa.org/make-a-donation](http://crawfordcoa.org/make-a-donation), in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, MI, 49738.

### *Make Your Mark: Leave a Legacy*

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

#### **Bequest**

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

#### **Retirement Plan Beneficiary**

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

#### **Life Insurance Beneficiary**

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

#### **Charitable Trusts**

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes.

By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure everyone receives a meal, in-home services, and the advocacy needed to support the needs of older adults in our community.

Thank you for your consideration.

### *Sponsors*

#### **Silver Sneakers**

Led by Rich Ferrigan  
of Grayling Fitness Center

#### **Foot Clinic**

by Linda Russel

#### **Hearing Clinic Offered**

by Advantage Audiology

#### **Birthday Lunch Flowers**

donated by Family Fare

#### **Legal Aid Offered**

by Jason R. Thompson Law  
Office PLC

#### **Grayling Pharmacy Bingo**

by The Grayling Pharmacy

#### **Fit for the Aging**

by Sami Szydzik of Stronger  
Fitness

#### **Housing Counseling**

by Laurie Jamison

### *Memorials*

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

### *General Donations*

AuSable Towing and Recovery

Brock Denton

Kirsten Lietz

North Central Area Credit Union

Northern Pines Assisted Living

Jon Schultz

Ron & Margaret Yon

### *Thank You, Donors*

### *Hometown Heroes*

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

**Running Tally of Support:**

**71 Days, \$21,890.00**

**Thank You!**

Be a hero in your hometown, claim your day, and change a life! Celebrate a birthday, honor a loved one, unite your family, team, or workplace for a cause that delivers more than just meals. All of the following days were sponsored by Tom Jarosz. October 8<sup>th</sup> was donated in honor of Megan Hagle for 7 years of cooking meals at the COA. October 13<sup>th</sup> is in honor of Lynn Cheney for 11 years of dedicated service at the Commission on Aging. October 15<sup>th</sup> is in honor of Helen Nolan for all she does at the Commission on Aging. October 27<sup>th</sup> is in honor of Dalton Keir, a cook at the COA. October 29<sup>th</sup> is donated in honor of Kathy Meisner and all she does with the Home Delivered Meals Program.

### *Memorial Donations*

Farrell Thomas donated in memory of  
Linda (Brooks) Thomas

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

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

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

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

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

\*\*\*All Gifts are Tax Deductible\*\*\*

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



## Get Involved at the COA

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

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

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

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

## October Birthdays

Pat Sanders 10/3  
Daniel Hogan 10/5  
Richard Kiessel 10/6  
Gayle McCollom 10/8  
Wanda Kimbler 10/11  
Eve Folkmier 10/13  
Marie Hatfield 10/15  
Beverly Ohsowski 10/17  
Tania Felix 10/19  
Trisha Snider 10/26  
Beverly Deardurff 10/30

Want to be in the Gazette? Fill out the form with Reception.

**Birthday Lunch is  
October 23rd @ 12:00 pm**

## This October, Trick or Treat Yourself to a Month Full of Fun!



### Vaccination Clinic - DHD #10

**October 7<sup>th</sup> & 30<sup>th</sup>, 2:00 pm - 4:00 pm**

No appointments, walk-in only. Parents must accompany minors. The vaccine and administration fee will be billed to insurance. If no insurance is available, the cost is \$25.00 for the regular Flu dose and \$99.00 for the high-dose flu, plus a \$40 administration fee on a sliding scale based on household income and family size. Payment for non-insured people will be billed after the visit. Both Flu and COVID-19 vaccinations will be available.

### New to Medicare

**October 8<sup>th</sup>, 12:00 pm**

Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, October 8th, @ 12:00 pm for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. For more information, continue reading on Page 6.

### Harvest Special Dinner

**October 9<sup>th</sup>, 4:00 pm - 6:00 pm**

The menu for the Harvest Special Dinner is Apple and Onion Pork Roast, Mashed Sweet Potatoes, Capri Vegetable Blend, Dinner Roll, and Pecan Pie. For the door prize this month, we will be giving away two fall decor baskets, donated by the Haag Family. There will also be a 50/50 drawing. Dinner is a suggested donation of \$4.00 for those over 60 or a cost of \$8.00 for those under 60. Come celebrate the arrival of fall on October 9<sup>th</sup>.

### Halloween Party

**October 31<sup>st</sup>, 12:45 pm**

Come rock the runway for a costume contest, enjoy treats and punch, and play Halloween-themed Family Feud and Jeopardy Games. This is a spooktacular event you won't want to miss!

## Volunteers

Meredith Anderson  
Mary Beth Brady  
Nancy Billingham  
Sue Cameron  
Ben & Pam Carr  
Debbie Carrigan  
Carolyn DiPonio  
Diana Doremire  
Kathy Drefts  
Donna Farren  
Linda Feilhauer  
Dave Felkner  
Richard Ferrigan  
Janet Gilbert  
Sherry Haag  
Sharron Hagerman  
Donn Handy  
Nancy Haynes  
Sue Hensler  
Debi Hool  
Cheryl Hopp  
Donna Hubbard  
Liedewey Hunter  
Cindy Johnson  
Ron & Eileen  
Kemerer  
Glenn & Lorelei King  
Kirsten Lietz  
Nancy Lemmen  
Cathy Lester  
Dave Markle  
Sandra Marshall  
Janet & Rick McBride  
Dan & Karen  
McCarthy  
Sam Mead  
Max Meisner  
Barb Miller  
Mike Miller  
Tim Miller  
Toby Neal

Wayne & Rosemary  
Nelson  
Suzanne & Mark  
Ostahowski  
Ron Pagereski  
Sharen Perkins  
Dave Phelps  
Lois & Dave Platt  
Jackson Pollock  
Keith Radwanski  
Al Reynolds  
Chuck & Robin  
Rogers  
Jon & Gail Schultz  
Jon Shazri  
Sally Slicker  
Richard Smith  
Arlene Smith  
Cheryl Starr  
Randy & Tanya  
Stephens  
Ann & Dave  
Stephenson  
Brad Summers  
Farrell Thomas  
Ellen Thompson  
Ken Thurston  
Scott Ulery  
Becky Walrath  
Zoella Wethington  
Carol Wilder  
Ernie & Ruthann  
Windolph  
Laura Wood  
The AuSable Quilt  
Guild



## The Angel Tree is Coming to the COA

Help make an older adult's Christmas wonderful. The COA will have an Angel Tree set up in the lobby starting on November 11<sup>th</sup>. The Angel Tree will be filled with tags, each one representing a different older adult and their list of needed items. Come in, choose a tag that fits your budget, and take it with you. Buy the presents, wrap the presents, bring them into the facility, and be someone's Christmas Angel. We will make sure all gifts are received before Christmas so that they have something to unwrap.



# The Brook

Retirement Communities

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



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



## Medicare Information

**Medicare Part A(hospital insurance)** helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care. Certain requirements must be met to get Free Part A coverage.

**Medicare Part B (medical insurance)** helps pay for services from doctors and other health care providers, outpatient care, durable medical equipment, and some preventive services. There is a monthly premium for Part B coverage. Medicaid members may be able to receive help paying their Part B premiums.

**Medicare Part D (Medicare prescription drug coverage)** helps pay for the cost of prescription drugs. Sometimes there is a monthly premium for Part D coverage. Medicaid members may be able to receive help paying their Medicare Part D premiums.

### Extra Help

What is Extra Help with Medicare prescription drug plan costs? Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income may also be able to get Extra Help with the costs — monthly premiums, annual deductibles, and prescription co-payments — related to a Medicare prescription drug plan. Extra Help is estimated to be worth about \$6,200 per year. Many people are eligible for these big savings and don't know it. For assistance with an Extra Help Application, please call Tammy Findlay at 989-348-7123.



## Monthly Commodities

Commodities will be available for pick-up on Wednesday, October 22<sup>nd</sup>, between 2:00 and 4:00 pm. If you are currently receiving commodities or plan to pick them up, please be sure to collect your items by the end of the day on Friday, October 24<sup>th</sup>. To find out if you're eligible and to get signed up, contact Tammy Findlay at 989-348-7123.

## New to



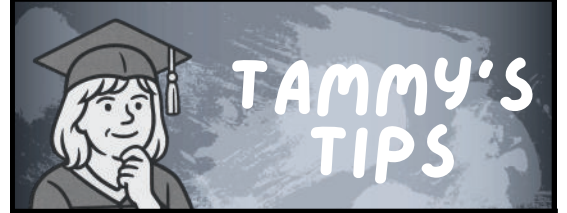
Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor on Wednesday, October 8<sup>th</sup> @ 12:00 pm for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. Understand the potential risks of late enrollment and gaps in coverage.

## Howloween Pet Parade October 31<sup>st</sup>, 10:30 am

Join the fun with Tammy Findlay and show off your furry friend in the COA Pet Parade! Pets of all sizes are welcome to strut their stuff and take part in exciting activities, including:

- Bobbing for hot dogs
- Cleverest costume contest
- Cleanest plate challenge
- And a short agility course to test your dog's skills

Pre-registration is required. Please call to sign up your pet. All animals must be spayed/neutered and fully vaccinated to participate. Please have paperwork handy to confirm eligibility.



Many people think of seasonal allergies as occurring during spring, but they can thrive in fall as well. And it's not just humans who are affected. Dogs and cats can experience reactions to everything from grass and fall flowers to changing foliage. So, if you noticed your pet is excessively licking, scratching, or exhibiting other signs of allergies, it's time to make an appointment with their veterinarian.



To stay safe while driving in the fall, slow down, increase your following distance, and check your vehicle's tires, brakes, and lights. Be aware of hazards like wet leaves, reduced visibility from fog, and sun glare, especially during shorter days and dawn/dusk commutes. Also, watch for animals, hidden potholes under leaves, and children playing in leaf piles.



## The Scoop with Jan Williamson

Do you think because you're a woman over 65 your risk of breast cancer is less? OR... Do you think because you're a man you don't have to worry about ever getting breast cancer? This is NOT the case. Women and men over 60 are at higher risk for breast cancer than when they were younger.

Here's a few Myth vs Fact statements to review:

**Myth:** Only older women get breast cancer.

**Fact:** Breast cancer can affect women of all ages, though the risk increases with age.

**Myth:** If you don't have a family history, you're not at risk.

**Fact:** Most breast cancers (nearly 85%) occur in women with no family history. Age, lifestyle, and hormonal changes are also significant risk factors.

**Myth:** A lump is the only sign of breast cancer.

**Fact:** While a lump can be a symptom, other signs include changes in breast size or shape, skin irritation, redness, or discharge.

**Myth:** Regular breast self-exams are the best way to detect cancer early.

**Fact:** Self-exams are useful, but they are not a substitute for mammograms and professional breast exams.

**Myth:** Wearing underwire bras or using antiperspirant causes breast cancer.

**Fact:** There is no scientific evidence linking underwire bras or antiperspirants to breast cancer.

**Myth:** Mammograms are dangerous and can cause cancer.

**Fact:** The radiation from a mammogram is very low and considered safe, with benefits for early detection far outweighing minimal risk.

1. **Know your risk:** Learn about your family history. Talk with your primary care provider about your risk of breast cancer.
2. **Get screened:** Talk with a health care provider about breast cancer screening. Your healthcare provider will be able to recommend which screening method is best for you.
3. **Know what is normal for you:** See a health care provider if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

#### 4. **Make healthy lifestyle choices**

- Maintain a healthy weight.
- Make exercise part of your routine.
- Drink alcohol in moderation only.
- Avoid smoking.

*& that's*  
**THE SCOOP**  
**ON HEALTHY LIVING**



## Upcoming Online Classes from MSU Extension-October 2025

### Walk with Ease Self-Paced Series

October 1, 2025 – November 5, 2025

Preserving MI Harvest- Oh Deer, Preserving Venison

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

RELAX Alternatives to Anger Weekly Oct 2025 Series

October 3, 2025 – October 24, 2025 Online via Zoom

Mindfulness for Better SLEEP, October 6 - November 10 (afternoon session)

Informed Renter - October 6, 2025

October 6, 2025 4:00PM – 5:00PM Virtual Chronic Pain PATH Toolkit

October 7, 2025 – November 18, 2025 Zoom

Michigan Cottage Food Law - October 7, 2025

October 7, 2025 2:00PM – 4:00PM Zoom Webinar Preserving MI Harvest- Preserve it Dry: Guide to Dehydrating

October 9, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Mindfulness for Better SLEEP, Oct. 9-Nov. 13, 1-2:30 pm ET

October 9, 2025 Online

Every Penny Counts: Savings Strategies (Webinar)

October 9, 2025 4:00PM – 5:00PM

Serving Up Food Safety - Safely Enjoy Homemade Jerky this Fall

October 13, 2025 12:00PM – 12:30AM Zoom Webinar

Preserving MI Harvest- Preserving Apples

October 16, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Make a Spending Plan Work for You! (Webinar) - October 20, 2025

October 20, 2025 4:00PM – 5:00PM Zoom

Online - Mindfulness for Better SLEEP Oct/Dec Weekly

October 28, 2025 – December 2, 2025 Online via Zoom

Mindfulness Lunch & Learn: Laughter is the Best Medicine

October 29, 2025 11:00AM – 12:00PM Zoom

To register for any event visit:

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

## Monthly Medical Loan Closet Spotlight: Adult Briefs By Kathy Meisner

- MaxSorb™ Gel Technology which locks up moisture to help keep you feeling cleaner, fresher, and drier
- 100% Breathable with AirMax™ Layer helps you stay cool and comfortable by allowing air to circulate
- Dri-Fit™ helps you feel more natural by keeping your skin dry and comfortable
- Comfort-Shape® Plus with gentle elastics shape to your body for a more comfortable and discreet fit

The Crawford County Commission on Aging has these products available. Call 989-348-7123 for more information.



## October 2025 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Fresh Orange	<b>2</b> <b>11:30a-12:30p Lunch</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	<b>3</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Sloppy Joe on Bun, Green Beans, Carrots, Four Berries Blend
<b>6</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	<b>7</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Parmesan Cod, Brown Rice, Prince Charles Vegetables, Fresh Pear	<b>8</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Roast, Baked Potato, Green Beans, Red Grapes  In Honor of Megan Hagle for 7 Years of Service	<b>9</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes <b>4:00p-6:00p Harvest Special Dinner</b> Apple and Onion Pork Roast, Mashed Sweet Potatoes, Capri Vegetable Blend, Dinner Roll, and Pecan Pie	<b>10</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes
<b>13</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Fresh Pear  In Honor of Lynn Cheney for 11 Years of Service	<b>14</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetables, Fresh Orange	<b>15</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi  In Honor of Helen Nolan for all she does at the COA	<b>16</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple	<b>17</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken and Pepper Bake, Sourdough Roll, Apple
<b>20</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana	<b>21</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe and Honeydew	<b>22</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Fresh Orange	<b>23</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Birthday Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Four Berries Blend	<b>24</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi
<b>27</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear  In Honor of Dalton Keir, a cook at the COA	<b>28</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks	<b>29</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  In Honor of Kathy Meisner and all she does for Meals on Wheels	<b>30</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Red Grapes	<b>31</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Fresh Orange
<b>Light Bites – Dine in Only</b> Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	<b>Light Bites – Dine in Only</b> Crab Cakes, Lemon Broccolini, Sourdough Roll, Tangerine Clementine	<b>Light Bites – Dine in Only</b> Italian Meatball Sub, Garden Salad, Apple Sauce	<b>Light Bites – Dine in Only</b> Mojo Chicken, Red Grapes	<b>Light Bites – Dine in Only</b> BBQ Chicken Flatbread, Garden Salad, Banana



October 2025 - Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods Gahagan Nature Preserve</b> 12:30p Mahjong 1:00-3:00p Wii Bowling	<b>2</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3:30p Grayling Pharmacy Bingo	<b>3</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>6</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>7</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre – Events Room <b>2p-4p Vaccination Clinic</b>	<b>8</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Camp AuSable</b> <b>12p New to Medicare</b> 12:30p Mahjong 1:00-3:00p Wii Bowling	<b>9</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>4-6p Harvest Special Dinner</b>	<b>10</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>13</b> 10a Silver Sneakers <b>11a-3:30p Versiti Blood Drive</b> 1-4p Chess Club 2-3p Diamond Art Club	<b>14</b> <b>9a-12p Housing Counseling</b> <b>10a Grief Support Group</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	<b>15 – Open Enrollment Begins</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Louis Groen Nature Preserve</b> <b>11a Alzheimer's Support @ the Brook</b> 12:30p Mahjong 1:00-3:00p Wii Bowling	<b>16</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>1p Legal Advice</b>	<b>17</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>20</b> 10a Silver Sneakers <b>10a-3:00p Secretary of State Mobile Office</b> 1-4p Chess Club 2-3p Diamond Art Club	<b>21</b> 9a Zumba Gold A 10a Zumba Gold B <b>10:30a Fruit and Vegetable Truck</b> 12:30p Euchre <b>4:30p COA Board Meeting</b>	<b>22</b> 8:30a Blood Pressure Checks <b>10a Walk in the Woods @ Linda Fay Property</b> 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling <b>10a Coping with the Holidays After Grief</b> <b>2p-4p Commodities</b>	<b>23</b> 9a Zumba Gold A 10a Zumba Gold B <b>11:30a Birthday Lunch</b> 1p Penny Bingo	<b>24</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>27</b> <b>9a-4:30p Footcare</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club <b>1p Pantry Bingo</b>	<b>28</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	<b>29</b> 8:30a Blood Pressure Checks <b>10a Walk in the Woods @ Hartwick Pines</b> 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling	<b>30</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>2p-4p Vaccination Clinic</b>	<b>31</b> <b>10:30a Howloween Pet Parade</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:45p Halloween Party</b> <u><b>*Pantry Bingo Moved to 10/27*</b></u>

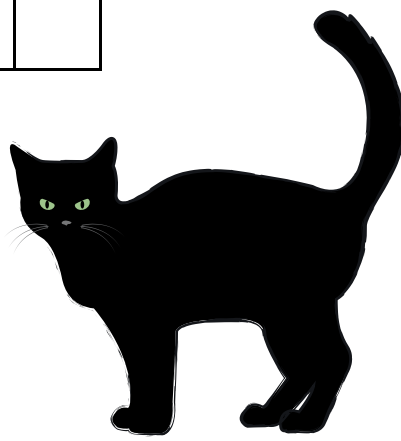
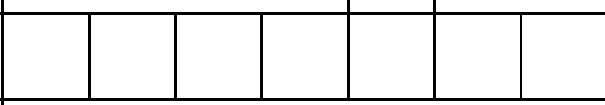
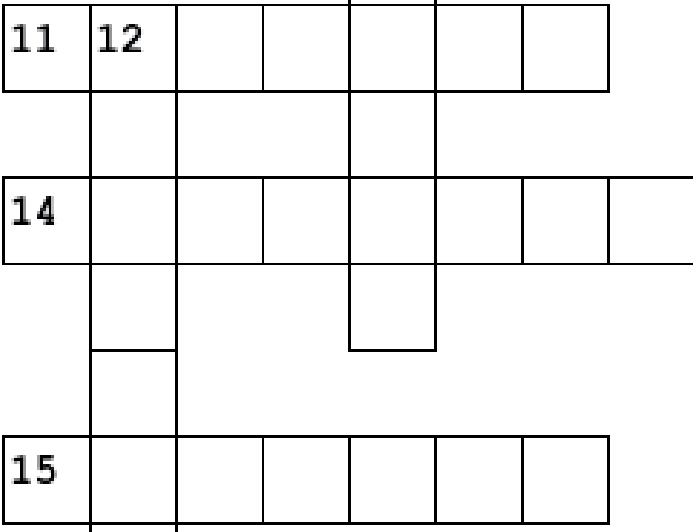
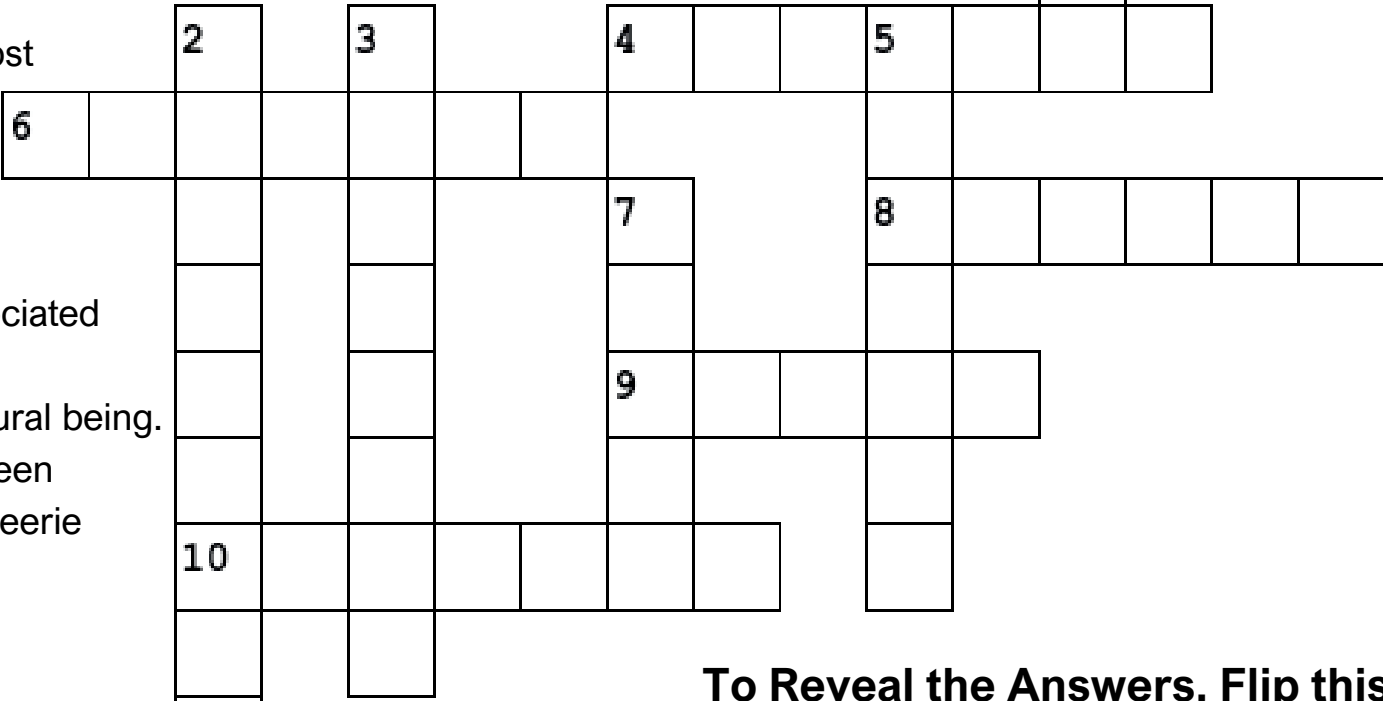
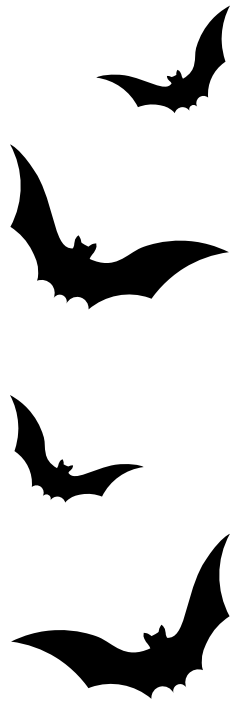
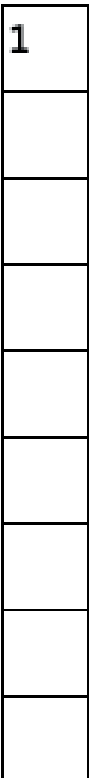
Clues & Hints

Across

- 4. Wailing spirit from Irish lore said to herald death.
- 6. Mass of leaves on trees, especially when colored brilliantly in autumn.
- 8. Preoccupied with disturbing or death-related themes.
- 9. Natural decomposition process, often symbolic in autumn imagery.
- 10. Hollowed gourd or metal casing used to hold a protective or decorative light.
- 11. Ghostly apparition or disembodied spirit.
- 14. Large kettle used in folklore for brewing potions or spells.
- 15. Disturbingly gruesome or horrifying, often linked to October’s gothic imagery.
- 16. Thin, delicate fabric or cobweb often associated with October mists.

Down

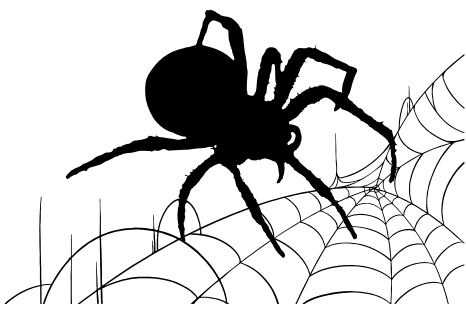
- 1. Festive gathering where participants wear masks, tied to October revelry.
- 2. Three-day observance remembering the dead: All Hallows’ Eve, All Saints, All Souls.
- 3. Lingering presence of a ghost or unsettling memory.
- 5. Ancient Celtic festival marking the end of harvest and the beginning of winter.
- 7. Fermented apple drink associated with harvest celebrations.
- 12. Illusory image or supernatural being.
- 13. Period of fading light between sunset and night, often tied to eerie atmospheres.



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

1. Masquerade 2. Allhallowtide 3. Haunting 4. Banshee 5. Samhain 6. Foliage 7. Cider 8. Morbid 9. Decay 10. Lantern 11. Specter 12. Phantasm 13. Twilight 14. Cauldron 15. Macabre 16. Gossamer

HAPPY HALLOWEEN





## A Century of Living Well Eva Schans (Continued)

Their story moved quickly, soon after his time in the service ended, they married, beginning a lifelong journey together. They worked hard, raised children, and built a home filled with love and laughter.

Later, after retirement at 50 years old, they did something many people dream of but never quite achieve: they traveled the country in their motorhome, making memories in every single one of the 50 states.

While stunning to see, Eva recalls laughingly that "Alaska was a state I'd rather not go back to." She was quick to add that every state held its own wonders. "I would have to say that Lake Tahoe was probably the most beautiful site I have ever seen," Schans shared, noting how blue and clear the water was from the high vantage points. From the beaches of Florida to the deserts of Arizona, from the mountains of the Northwest to the great plains of the Midwest, Eva and her husband crisscrossed America together. Their journeys were not always easy, but they were always rewarding. Travel, for Eva, has never been about comfort or convenience; it has been about discovery, connection, and joy.

That sense of joy has shaped every part of her life. Eva is an artist at heart, spending many hours painting portraits, working with stained glass, and sewing. She also loves the outdoors and stays active by golfing, walking, and enjoying the company of friends and family. Even today, she refuses to let age stop her from adventure. Recently, she went for a ride in her son Tom's Mustang with the top down and even hopped on the back of a motorcycle when she was 99 years old. When people marvel at her willingness to keep trying new things, she simply smiles. To her, living means keeping on living.

Family has always been at the center of Eva's world, and the legacy she has built is remarkable. She has six grandchildren, 14 great-grandchildren, and even 14 great-great-grandchildren! Holidays and birthdays are full of life, and she takes pride in remembering the details and stories of each generation.

She lights up when talking about their accomplishments and adventures,

and she speaks of them with the same love and tenderness she showed when she was a young mother raising her own children. One of the most touching parts of Eva's story is how she has walked through both joy and sorrow. She has said goodbye to many loved ones along the way, including her husband. Yet through it all, she has remained steady in her belief that life is worth living fully every single day.

Her family celebrates Eva as the one who always makes gatherings special. Whether it is cooking, telling stories, or simply being present, she creates a sense of warmth that carries forward into her children and grandchildren. That is part of her legacy: not just the number of years she has lived, but the love she has multiplied across generations.

Of course, everyone wants to know: what is the secret to living to 101? Eva laughs at the question and then answers in her own unique way. Her secret, she insists, is simple: "One cup of coffee and a cookie every morning."

It may sound lighthearted, but there's a deeper truth in it: perhaps longevity is less about complicated regimens and more about savoring the small pleasures, about consistency, and about starting each day with joy. A cookie, a cup of coffee, and a willingness to greet the day; it may not be the only secret, but it has certainly served Eva well.

As she reflects on more than a century of life, Eva is not focused on regrets or missed opportunities.

Instead, she talks about family, travel, art, laughter, and staying active. She is grateful for good health and for the chance to still be part of the lives of her children and grandchildren.

For those who listen to her story, the lesson is clear. A well-lived life is not about avoiding hardship, but about embracing each moment. It is about love that lasts across generations, about adventure that never loses its thrill, and about joy found in both big journeys and small routines.

Eva Schans is more than 101 years old, she is 101 years young. She continues to remind us that age is not a barrier to living fully.

Her story is a gift to all who hear it: an invitation to live with courage, with love, and with the simple delight of coffee, a cookie, and a brand-new day.



**E. Grant Carey, MD**  
Orthopedic Surgeon  
Sports Medicine Specialist

**COMMITTED TO  
YOUR RECOVERY**

At Munson, we believe good health is a state of being. Sustained through energy, mobility, and joy. That's why we're committed to you from head to toe. At your side through every stage. Steady and focused, so you can be strong.

Learn more at:  
[munsonhealthcare.org/commitment](https://munsonhealthcare.org/commitment)



## Assistance to Help You Maintain Your Independence

### Commission on Aging Services, Classes, and Resources

#### Health Services

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

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

**Blood Pressure Checks** - every Wednesday from 8:30 am - 10:00 am.

#### Incontinence Supplies

Supplies are available for a donation of \$5.00

#### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

#### Nutrition Services

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

#### Commodities Food Distribution:

The 4th Wednesday of the month from 2:00 pm to 4:30 pm @ the Commission on Aging.

#### Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30—9:30 am.  
Lunches: Mon-Fri from 11:30--12:30pm.  
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

#### Home Delivered Meals: (*Meals on Wheels*)

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

#### Senior Project Fresh:

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

#### Resources

##### Information / Assistance:

**(989) 348-7123**

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

##### Legal Assistance:

by Jason R. Thompson, Law Office PLC

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

##### Housing Counseling

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

Call 989-348-7123 for an appointment.

##### State Health Insurance Program (SHIP)

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

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

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

#### Telephone Reassurance/Senior Companion:

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

#### In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

#### Classes

**AARP Driver Refresher Course:** Offered once each year.

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

#### Geri Fit:

Learn helpful skills to improve balance and strength.

#### Fitness Programs

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

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

**Zumba Gold:** Held on Tuesdays and Thursdays at 9:00 am and 10:00 am. It is a lower-intensity version of the typical Zumba dancing fitness class. It was designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson and Cindy Johnson.

#### Cost of Programs

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

### *How we Served You in August 2025*

#### At the Senior Center

We served a total of 756  
Congregate Meals

#### In-Home Services

HDM – 3,313

Respite – 76.75

Homemaker – 232.50

Bathing – 32.00

#### Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

Crawford County Commission On

Aging & Senior Center

(989) 348-7123

Telephone Reassurance Service is for any older adult in Crawford County who lives alone or for anyone whether they get COA services or not.

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This free program benefits so many and is easy to sign up for. Contact In-Home Services, Kathy Meisner at (989) 348-7123

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

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





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| • Apparition     | • Obsidian    | • Eldritch    | • Cacophony  | • Enchanted   |
| • Incantation    | • Cimmerian   | • Obscurity   | • Sepulcher  | • Paradox     |
| • Phantasmagoria | • Pandemonium | • Sanguineous | • Enigma     | • Malediction |
| • Catacomb       | • Tenebrous   | • Malevolent  | • Shadowy    | • Direful     |
| • Revenant       | • Mausoleum   | • Ectoplasm   | • Venomous   | • Abomination |
| • Occult         | • Cadaverous  | • Netherworld | • Lurid      | • Umbral      |
| • Enshrouded     | • Oracle      | • Morass      | • Foreboding | • Nocturnal   |
| • Charnel        | • Labyrinth   | • Sinister    | • Ghastly    | • Hallowed    |
| • Cryptic        | • Spectral    | • Perilous    | • Bewitching | • Cryptkeeper |
| • Grimoire       | • Ominous     | • Dreadful    | • Fatalistic | • Mortuary    |



THE KITCHEN  
CORNER

## Welcome to The Kitchen Corner

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

### Pumpkin Seeds Recipe

If you are carving a pumpkin this year, don't throw away those seeds! Instead, consider making this tasty, fiber-filled snack. Happy Halloween!

- 3/4c. Pumpkin Seeds-With outer cream-colored husk intact, washed and dried.
- 1tbl. Olive Oil
- 1/2tsp. Kosher Salt
- 1/4tsp. Garlic Powder
- 1/4tsp. Onion Powder
- 1/4tsp. Paprika (either smoked or sweet)
- 1/8tsp. Black Pepper



#### Instructions

1. Preheat oven to 350°F
2. Wash pumpkin seeds in a colander to remove the pulp and fibers. Thoroughly dry with a towel.
3. In a small bowl, combine pumpkin seeds, olive oil, and seasonings
4. Lightly grease a sheet pan and evenly spread the seasoned pumpkin seeds on the sheet pan. Try to keep them from touching.
5. Bake until the seeds are toasted and crunchy, about 12 to 15 minutes. Stir every 5 minutes for even toasting and check for doneness with each stir by tasting a seed for crunchiness.
6. Transfer the roasted pumpkin seeds to a bowl to cool down.

Note: Dry your seeds thoroughly! If any moisture is left before they go in the oven they will steam and not roast and won't be crispy.

### Special Dinner Recap

Thank you for making our Southern Comfort dinner a success! We had 216 people for this dinner, which makes 3 dinners in the last 4 months that we have had more than 200 people, when 200 people was a rarity for us at the COA before this Summer. This month, I would like to thank one of our special dinner dishwashers, Lois. She has been volunteering for a couple of years now, and washing all those dishes is not an easy job that tends to go thankless much of the time. Thank you, Lois, for your dedication and for always being willing to help when and where needed. We appreciate you! For next month's menu, see Page 8.



### Nutrition Education: Emergency Preparedness

Learn what disasters are possible in your area and make a plan of action for each of them. Designate 2 meeting places for your family outside of your home. One should be very close to your home in case of a sudden emergency, like fire, and one should be farther away from home in case you need to evacuate altogether to a safer location. When an emergency strikes, it can be difficult to think clearly, and you may need to make decisions very quickly. If you have a plan in place, you are more likely to make correct, timely decisions.

#### Gather Supplies

Make a go bag of essentials and keep it somewhere accessible. You may want to make a separate bag for your vehicle in case of an emergency away from home.

- Blankets
- Emergency information like phone numbers and insurance policies
- List of medications, dosages, and doctor's name
- Personal items such as a toothbrush, soap, and extra glasses
- Change of clothing
- Non-perishable food
- Whistle
- Bottled water
- Books or magazines to pass time
- Cash in case of power outages
- Flashlight/Radio/Batteries
- Maps
- First Aid Kit

#### Power Outage Safety

- Open your refrigerator/freezer as little as possible
- Discard any refrigerated food if it exceeds 40 degrees for 2 hours.
- Never drive over downed power lines
- Stay away from downed power lines and anything they are in contact with, such as houses or fences
- Don't leave lit candles unattended
- Always have a charger in your car for your phone

This just scratches the surface of things you can do to prepare for an emergency. See our website for more information.



## **Senior Gazette Staff**

Editor — Brian McLaughlin

Contributing Writers

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

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Jan Williamson, RN

Kathy Meisner, Program Assistant  
Homemakers:

Kathy, Jill, Susan & Danette

## **Thank You Food Truck Volunteers**

Thank you to Debi Hool, Nancy  
Billinghurst, Michael Jordan, Janet &  
Rick McBride, Dave Stephenson, and  
Sam Mead for helping make the  
COA's first Fruit and Vegetable Truck  
a success.

In total, the  
COA was  
able to  
serve 119  
people.



## **NEMSCA Grant Awarded**

In August, the COA received a grant  
from the Northeast Michigan  
Community Service Agency for fiscal  
year 2026. This grant will allow the  
COA to add a new Cardio Drumming  
program and to renew the Aquatic  
Fitness and Geri-Fit programs. Keep  
an eye on upcoming Gazettes for  
sign-up information. These grant  
programs are set to become available  
in early 2026. Information and sign-  
ups will be available one month in  
advance.

## **Senior Center Updates**

After you “Like” us, our events,  
program posts, and pictures will  
appear on your page. Facebook will  
set you as a “Follower” of our page.  
You’ll get fast updates on us and stay  
connected to our latest

announcements. When your friends &  
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It’s a great way to brag about the  
awesome activities, programs, and  
pictures we have for you, plus include  
your family in events. Visit our  
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Like, Love, or Share! Please help us  
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## **Support Groups:**

### **Alcoholics Anonymous**

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

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

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

St. John Lutheran Church, Grayling

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

Frederic Twp. Hall

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

### **Alzheimer's Support Group**

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

Info call: COA Senior Center

(989) 348-7123

### **Choices Group**

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

### **GLUED**

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

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

River House info: (989) 348-3169

### **Grayling Al-Anon**

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

### **Healthy Relationships Group**

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

### **Long COVID - Support Group**

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

### **Narcotics Anonymous**

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

### **Weight Loss & Support group**

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

### **Faith Based Grief Group**

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

Grayling Baptist Church,

705 Madsen St. (989) 390-0831

[www.griefshare.org/about](http://www.griefshare.org/about)

[www.griefshare.org/groups/169551](http://www.griefshare.org/groups/169551)



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