

Crawford County Senior Gazette August 2019

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

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Featured Article

Dan Canfield

"I Ain't Going No Place"

Dan Canfield of Grayling is one of those rare individuals who has spent his entire life in the town of his birth. Born in 1943 by candlelight in the hospital basement because there was a war drill going on and the lights were out. Dan is the 8th of 13 children, of which 10 are still living. "I was born on Father's Day," he said, and laughed a bit remembering how he told his dad in later years that he was "the best present you ever got!"

His parents took him home to the farm on Military Road where he grew up. He recalls how for many years there was "running water inside, but just cold, and no bathroom inside either." With none of the things we take for granted today, such as a telephone or a TV until he was 12 or 13, he said it was not an easy life on the farm, but the work ethic he learned from pitching in on the chores helped shape his adult life. "We milked cows twice a day...all the usual farm things."

He was just six years old when he decided to "be like the bigger boys" and try his hand at chopping wood. "I had a stick of wood on end and when I whacked it with the axe a piece flew up and stuck me in the eye. I pulled it out myself, and my mom didn't think it was too bad. It just looked like I

had a big bruise. By the time they were doing eye exams at the Beaver Creek school where I went, it was too late to do anything about it. That eye was blind."

That injury kept him out of Vietnam, though he was drafted. "I don't know if that was a good thing or not. Being blind kept me out of the war, but it also kept me from getting a job downstate, which I would have liked. These days it probably wouldn't matter for the job, but back then it did."

Dan went back to forestry, a job he'd been doing since he was 16. "At that time, you could get your own permit to cut pulpwood, which is what I did, and you could make good money

at it. Cutting wood was all by hand then, too. I remember one day I told my dad that someday there'd be machines that would be able to go into the woods and cut. He thought I was nuts. But they've got 'em now!"

Though "woodsman" was his work for many years, one of his passions became his work for a good part of 40 years; that is, bowling. "Bowling is my game," he said. "The first year I worked at the bowling alley I recruited 120 kids to the youth bowling league. Actually, there were 3 leagues; ages 8 - 10, 11 - 14, and 15 - 18. There weren't any kids when I started. They still have kids' leagues, but not like when I was there." During that time Dan became a certified bowling instructor and, as you'd expect,

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Murder Mystery Dinner
See pg 15



**Senior Center Building
Relocation Update**
See pg 13



Brian Ashton Concert
See pg 11

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

HOURS OF OPERATION

Monday & Friday
8:30am to 4pm

Tuesday & Thursday
8:30am to 7pm

Wednesday
8:30am to 6pm

308 Lawndale St
Grayling, MI 49738

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

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The Senior Gazette

308 Lawndale St.
Grayling, MI 49738

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

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The **ARTISAN VILLAGE**

and the Crawford
County Commission on
Aging present...

The Creative Series

Unleash Your Creative Side

The Crawford County Commission on Aging & Senior Center is collaborating with the AuSable Artisan Village to offer a Creative Art Series starting in September. Join us at the Commission on Aging & Senior Center every Tuesday from September 3rd until September 17th at 5pm in the Rec Room to bring out your creative side.

You are welcome to come join us beforehand at 4:30 pm at the Crawford County Commission on Aging & Senior Center for dinner. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. Register for one, two, or all three classes! Registration and payment is required prior to the event. For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.



Autumn Leaves Painting
September 3rd
from 5-6:30pm



Photography Workshop
September 10th
from 5-6:30pm

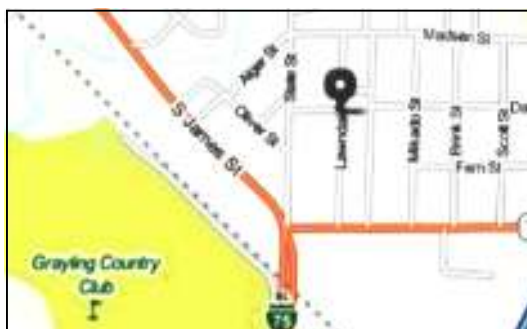


Zendoodle Illustration
September 17th
from 5-6:30pm

Chris Sheldon is a resident of Grayling and professional artist with work at the AuSable Artisan Village. Chris will conduct a class to walk participants step-by step through using acrylic paint on pallet wood to create this beautiful fall-themed design called "Autumn Leaves." This project would look great on your porch or on the wall in your home! Cost is \$35 that includes everything you need – pallet wood, paints, and brushes.

Nancy Hatfield, longtime Grayling resident and professional photographer with work at the AuSable Artisan Village will discuss how to use photograph composition, focal points, and creative angles to make your photos more interesting. Participants must bring their own camera (or phone). This class will begin at the Senior Center and travel to the City Park where Nancy will help you practice getting the quality images you really want. Cost is \$15 and includes one printed photograph and a mat that can be picked up at the AuSable Artisan Village the next day.

Jeri Selthoffer, longtime resident of Grayling and professional artist with work at the AuSable Artisan Village, will conduct a class in Zendoodle illustration. It is the art of repeating designs to decorate objects. Jeri is easy-mannered and works to make the art itself to be calming and relaxing. Participants will find their creative side easy to activate and will get the chance to decorate at least one greeting card of your choosing. Cost for the course is \$12 which includes a pen to take home along with two cards with envelopes.



**The Senior
Center is located
at 308 Lawndale
St. behind
Burger King in
Grayling**

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.

Mary Lou &
Tom Jennette
In Memory of
Arthur Vogel

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

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



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

**Only Available
in Black with Gold
Lettering**

**1x5 Actual Size
\$25 Donation**

**2x4 Actual Size
\$50 Donation**

**2x5 Actual Size
\$100 Donation**

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

Thank You

Blood Pressure Checks by
InTeliCare Health Services, LLC

Blood Pressure/Sugar Checks by
Munson Home Health Care

Birthday Dinner Flowers Donated by
Family Fare

Bingo Coupons Donated by
The Medicine Shoppe

Hearing Clinic Offered by
Advantage Audiology

Foot Clinic Offered by
Comfort Keepers

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Pantry Bingo Sponsored by
Grayling Nursing & Rehab

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

Zumba Sponsored by
Grayling Nursing & Rehabilitation
Community

Nancy Atkinson
Norm Beach
Lenora Beckett
Alice Burak
Arlene Dipinski
Nancy Lemmen
Joyce Sorenson
Norma Werda
Michelson Memorial
United Methodist Church

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

Medicare
1-800-633-4227

Veterans
Administration
1-800-827-1000

Alzheimer's
Assistance
1-800-272-3900

Volunteers and Contributions received after July 15th will be acknowledged in the next edition of the Senior Gazette.

Crawford County
Commission on Aging
& Senior Center

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

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

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

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

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

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

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

Sponsoring Agencies



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

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





Dianne South “A Motivating Force” By Cheri Carpenter

Dianne South is a friendly, vivacious, dynamic woman and so much more. She describes herself as an open book: “I wear my heart on my sleeve,” she says. From the time she was



19 years old, Dianne worked in the airline industry in sales eventually working for Flying Tiger, a cargo airline which was bought out by FedEx. After retiring from FedEx 9 ½

years ago, Dianne and her husband of 46 years moved to northern Michigan from the Ann Arbor area, where she was born and raised. “We went for a big move.” For 2 years, they ran Three Creeks, a bed and breakfast, from their home in Frederic where they still reside. Dianne says “It was a fabulous experience,” and still stays in contact with some of her guests.

Dianne’s hobbies include fly fishing and golfing but her face lights up as she talks about her yoga practice. She is obviously passionate about yoga. “It was a little scary. I was the oldest person in the class,” is how she describes her yoga teacher training, which she completed in Traverse City. “My approach to yoga is not just the physical,” Dianne says as she proceeds to explain breath work, balance, and yoga philosophy. Dianne volunteers at the Senior Center teaching chair yoga classes. In her classes, Dianne creates a safe space with no ego or judgement. “Volunteering goes with retirement in my mind. It’s an opportunity to give back.... Volunteering, to me, is a blessing. I feel very blessed that through my volunteer work I’ve met some phenomenal people.” In addition to volunteering chair yoga classes at the Senior Center, Dianne also teaches a Gentle Yoga class at the Senior Center as well as teaching at the Stone Turtle in Grayling and Yoga 45 in Gaylord. Dianne is also a Reiki master teacher, a DoTerra essential oils consultant, and a cancer survivor. She is a powerhouse of energy and an inspiration.



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

The Walk in the Woods program is back! Come explore the beautiful fall colors while adventuring on trails around Crawford County. Join us on Fridays starting September 6th at 10am to explore the trails we ventured on during the summer. We will walk as a group throughout the woods and experience the same trails but in a different season! Because of different trail locations and weather conditions, sessions may be cancelled or rescheduled. Do not forget to bring water to stay hydrated during our trail adventures. Come join the fun and experience the great outdoors as the fall colors come to life! This program will run from September until the end of October. The dates along with the trail locations are listed below.

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

Check out our Walking Schedule!

September 6 - Hartwick Pines
Old Growth Trail

September 13 - Mason Tract

September 20 - Rayburn Trail

September 27 - Wakeley Lake

October 4 - Gahagan Nature
Preserve

October 11 – Hanson Hills

October 18 - Marl Lake

October 25 – Wellington Farms

Michele Arnholt	Betty Liebler
Tiffany Bean	Kirsten Lietz
Sheryl Biggs	Rita Lone
Nancy Billingham	Susan Lynch
Carol Brand	George Mascarello
Sandy Brody Sparks	Sharlene Mascarello
Gloria Buskirk	Barb McCray
Wendy Clarkson	Dean McCray
Jane Conklin	Judy Morford
Marc Dedenbach	Greg Nelson
Dick Dodge	Dee Niedzielski
Lyn Dodge	Marcus Niedzielski
Diana Doremire	Bill Nuckolls
Greg Dulkowski	Chelsea Partello
Tina Foster	Sharen Perkins
Mary Jo Gingerick	Carol Peterson
Sharron Hagerman	Nancy Pletzke
Mary Lou Hanks	Tom Rawlings
Susan Hensler	Deb Rawlings
Bill Hollenbeck	Danny Reuthier
Karen Hollenbeck	Jack Richards
Donna Hubbard	David Ridal
Eva Hulbert	Pat Sanders
Tom Jarosz	Jon Schultz
Ron Kemerer	Nancy Smitz
Dennis Kemerer	Joyce Sorenson
Glenn King	Dianne South
Lorelei King	Cheryl Starr
Kay Ellen King	Judy Steffen
Cyndi King-Baldwin	Vera Trimble
Sandy Lakanen	Nicole Wethington
Eileen Langhorn	Sandy Woods
Dick Lee	Gary Worden
Alice Lee	



August Birthdays

Leona Tubbs 8/4
Linda Mae Decker 8/5
Imilda Stahl 8/5
Jim Fredlund 8/8
Cynthia Haynes 8/9
Barbara Crampton 8/11
Marion Warner 8/14
Lois Davis 8/19
Jack Woodward 8/28
Jean Guyett 8/30
Lois Stradling 8/31

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



Community Conservation and Wellness Event Series

Environmental conservation nonprofit Huron Pines together with healthcare professionals from Munson Healthcare Grayling Hospital (MHGH) and Munson Healthcare Otsego Memorial Hospital (Munson OMH) have developed a series of events to get people active, outside and exploring nature. Together they are strengthening communities by Connecting Health, Wellness and Environmental Conservation.

These events promote simple activities for the whole family, like taking a short walk along a trail, to get people thinking about easy ways to be more active on a daily basis. You will leave with a better understanding of nature, your place in it, and how a healthy environment protects your community's most basic health needs like clean water, fresh air and space to play, explore and be active.

All events are free (thanks to community sponsors) and open to the public, registration is strongly suggested but not required. For updated information and registration links, visit huronpines.org/events.

Unwind Outside!

August 15, 2019

from 9:30 am to 11:30 am

Hanson Hills Recreation Area

Meet up under the Rotary Pavilion to slow down, take in your surroundings and enjoy the outdoors with a trail walk, guided observations and a cool down stretch.



Dan Canfield

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

honed his own game.

"People don't believe I'm still bowling," he said. "I have a lot of arthritis in my back, but I'm bowling about a 180 average, which is not bad for an old man." He recalled that in the four years spanning 1969 – 1972 his team won the league tournament 3 times. "50 years ago, everybody bowled. We had double shifts at night back then. I don't know why people don't bowl anymore."

Dan also worked for about 15 years at the golf course, mowing, setting cups, and planting flowers; mostly on Saturdays, and it was work he enjoyed. "I like to be doing things," he said. "I'm not very good at sitting still."

In 1987 he fell from a barn roof, and though his overall injuries could have been far worse, he lost his sense of smell. "They say that if you can't smell, you can't taste, but that's not the case with me. I can taste things just fine. But I'll tell you, one day I was driving down the

road with my girlfriend and there was a dead skunk. She was holding her nose and all that, and I thought 'I'd give \$100 to smell a skunk again.'"

Dan is a man who is pretty content with his life, although there was a dream he had that went unrealized. "I always wanted to have my own junkyard...you know, a big one with everything cataloged. But I never had the money to do it with."

He did leave Grayling a couple of times; once when he was 18. "I went out to California for 2 weeks and hitched home. I did it just because it was a thing I had always wanted to do." The other time was a few years ago. "I went to Florida for a few months. I thought I'd give that a try. But it was 85° and it just didn't look like Christmas. So, I came home. I don't need to do that again. "I've never had any real desire to live anywhere else. I'll probably die here too. I ain't going no place."



BLOOD DRIVE

Michigan Blood. Michigan Lives.

**Thursday, August 22nd
from 12:30pm to 4:30pm**

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

Donors should:

- get a good night's sleep,
- eat a good meal,
- drink plenty of fluids,
- plan for the donation to take about an hour,
- bring photo ID with DOB,
- know the name and dosage of any medications you take, and
- know dates of foreign travel from the past 3 years.

For questions or to make an

appointment: Contact
1-866-MIBLOOD (1-866-642-5563)
or visit www.miblood.org today!



August 22nd from 1:00-3:30 pm

**Grayling High School
1135 N. Old 27, Grayling, MI**

EVERYONE is Invited to Attend!

*Older Adults, Teens, Families,
Children, Young adults...*

Neighborhood Connections is a **FREE** event that will feature products and services from various community agencies and organizations aimed at helping the residents of our community and improving health.

There will also be a free food distribution, free kids' haircuts, free car seat checks, and more!

**Call Crawford Dial-A-Ride for a
free ride to and from the event!
Call 989-348-5409**

Neighborhood Connections is brought to you by the Crawford County Collaborative Body Partners



**Detroit Tigers Trip Sept 12, 2019
8am - 10pm**



Cost is \$100.00

Price Includes:

- Ticket
- Transportation
- Hot Dog and (at the game)
- Water and snack (on the way down)
- Age 50 or older

Deadline September 1st. For more information & Reservations Contact: Beth Lacy at Antrim COA (231)-533-8703.



**Out to Lunch Bunch
Friday, August 9th at 10:30am
Cost \$10 / person**

Dial-a-Ride will be making a monthly trip to Gaylord for anyone who would like to attend. The trip will include lunch (self-pay) at different restaurants around Gaylord and a trip to the Walmart Plaza for shopping.

The Dial-A-Ride bus will leave Grayling at 10:30am. Lunch in Gaylord will be around 11:30am. Shopping will be from approximately 12:30pm to 2:00/2:30pm depending on group consensus. A different restaurant will be chosen by the passengers for the next month's trip. The bus will be parked in the Walmart lot so if you get done shopping early, you can wait back on the bus.

Due to limited parking at the Senior Center, we will be picking up passengers at the mini-mall at 10:30am. Please park your vehicle on the south side of the car wash. If you will use Dial-a-Ride to get to the mini-mall, you can wait inside until the bus arrives.

We will then travel to Frederic and pick up people at the Frederic Township Hall between 10:45am and 11:00am. Please park on the north end of the parking lot in Frederic.

If you are interested in going, please register at the Commission on Aging & Senior Center. If you have any further questions call 989-348-7123.



Senior Project Fresh Farmers Market Nutrition Program Call to Schedule your Appointment!

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. You must be a Crawford County resident and be age 60 or over with income below \$1,872 per month for a single household and \$2,538 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

The Friends	The Freedom	The Brook
		
<p>At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.</p>		
<p>For more on our ASSISTED AND INDEPENDENT LIVING opportunities, visit Brookretirement.com 989-745-6500</p>		
<p>The Brook Retirement Communities Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin Grayling • Houghton Lake • Newaygo • Roscommon • West Branch</p>		

Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study
Tuesdays, 10am

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

Birthday Dinner
Tuesdays, once per month

Craft & Chat Club
Wednesdays & Thurs, 10am

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

Wii Bowling
Wednesdays, 1pm

Fitness

Aerobic Drumming
Golden Beats, Mondays, 10am

Clogging
Will resume in the fall

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

Line Dancing
Mondays, 1:30pm

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

Yoga
Will resume in fall

Zumba
Zumba Gold Tuesdays, 10am

Table Games

Bridge
Mondays, 1pm

Euchre
Tuesdays, 1pm

Mahjong
Wednesdays, 1pm

Pinochle
Fridays, 10am

Pokeno
Thursdays, 10am

iCanConnect

Hearing & Vision Resource

Did you know? Adults of all ages with both hearing and vision disabilities can qualify for the iCanConnect program, an FCC initiative providing free equipment and training. People with

household incomes at or below 400% of the federal poverty level can qualify. For one person, this amount is \$47,520 in 2016, and a couple can have up to \$64,080. Services in Michigan are provided by the Perkins School for the Blind working with Deaf C.A.N.!

For more information, contact Marcia Brooks at Marcia.brooks@perkins.org or call 617-972-7724.

Winners of the Father's Day Dinner were Sharon Canute who won the wrench set and Joy Ely who won the 50/50 in the amount of \$110.00.

Hog Roast

Thursday, August 8th, 4 - 6pm

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



**BBQ Pork, Oven
Roasted Green Beans,
Redskin Potato Salad,
Fruit Ambrosia,
Peach Cobbler**

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

No Reservations Required!

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group
3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
For more info call the COA 989-348-7123

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

Healthy Relationships & Empowerment for Women
Thursdays, 4pm-5:30pm, at **River House**
For more info call 348-3169

Grayling Alcoholics Anonymous
Monday, Wednesday, Friday at Noon
Sunday, Tuesday, Friday at 8pm
Women's Meeting, Thursdays at Noon
At St. Francis Episcopal Church, Grayling

Saturdays - Noon
At Grayling Township Hall

Thursdays, 8pm in the Crawford Rm,
Munson Healthcare Grayling Hospital

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

Grayling Al-Anon
Tuesdays 11am
Women's Meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
For more info call Greg at 989-348-1382

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

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

Overeaters Anonymous
Call Patsy 989-348-3073

Narcotics Anonymous
Wednesdays, 8pm,
St. Francis Episcopal Church, Grayling
For more info call Ted 989-429-8100

TOPS Weight Loss Class
Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
More info, call Mary Kay at 989-348-1398

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

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

2nd Menu Option Now Offered
This menu features a wrap/pita with a fresh salad and a piece of fruit. It also comes with milk just like our hot meal. The meal is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60. If you eat lunch at the Senior Center, you can take the wrap/salad meal home for dinner. See the 2nd menu entrees in the calendar at the top of each day. The meal will be offered at both lunch and dinner that day.

Are You Connected with Us?
Are you getting all the latest information on Activities & Events at the Crawford County Commission on Aging & Senior Center? Find everything you need to know in our monthly Senior Gazette, weekly E-mail Blasts, and daily Facebook Posts by:
Liking us on FACEBOOK & making sure we have your E-MAIL ADDRESS!
We will do the REST and keep you UPDATED!

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

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	<div>Crawford County Commission on Aging & Senior Center</div> <div>August 2019</div> <div>At-A-Glance Meal & Activities Calendar</div>		<div>Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.</div> <div></div>	<div>1 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 5:45pm Family & Friend Feud</div>	<div>2 <i>Roast Beef Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	<div>3 <i>Egg Salad Pita</i></div>
4	<div>5 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1-2:30pm TEFAP @ American Legion 1pm Bridge Club 1:30pm Line Dancing</div>	<div>6 <i>Roast Beef & Cheese Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</div>	<div>7 <i>Tuna Salad Wrap</i> 9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries</div>	<div>8 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Bowling at Cheboygan 4-6pm Hog Roast Dinner – BBQ Pork, Oven Roasted Green Beans, Redskin Potato Salad, Fruit Ambrosia, Peach Cobbler</div>	<div>9 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	10
11	<div>12 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 1pm Bridge Club 1:30pm Line Dancing</div>	<div>13 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</div>	<div>14 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear</div>	<div>15 <i>Roast Beef Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 5:45pm Brian Ashton Concert</div>	<div>16 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12pm Lovells Satellite 12pm Kayak Trip @ Higgins Lake 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	17
18	<div>19 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Line Dancing</div>	<div>20 <i>Roast Beef & Cheese Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8 6pm COA Board Meeting</div>	<div>21 <i>Tuna Salad Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Parnesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</div>	<div>22 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 12:30-4:30pm Blood Drive 1-3:30pm Neighborhood Connections 1pm Penny Bingo 1pm Wii Bowling at St. Helen 4:30-5:30pm Dinner – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 5-6:30pm Cooking for One</div>	<div>23 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	24
25	<div>26 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 1-4pm MDHHS Appointments 1pm Bridge Club 1:30pm Line Dancing</div>	<div>27 <i>BLT Wrap</i> 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana, Cake & Ice Cream 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</div>	<div>28 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick</div>	<div>29 <i>Roast Beef Pita</i> 10am-3pm Butterfly House Trip 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo 4:30-5:30pm Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes 5-6:30pm Cooking for One</div>	<div>30 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</div>	31

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

Health Services

Blood Pressure & Sugar Checks

by *Munson Home Health Care*

Tuesdays, 4:30-5:30pm

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

Foot Care Clinic - by appointment

\$25 per visit - by *Comfort Keepers*

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by *Advantage Audiology*

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

Quarterly @ American Legion Hall 1-2:30pm

May, August, November, February

Resources

Computers

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

Information and Assistance

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

Legal Assistance

by *Jason R. Thompson, Law Office PLC*

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

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

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

Classes

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

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

PATH (Personal Action Toward Health) Classes

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Cost for Services

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



**How We
Served You
in June 2019!**

At the Senior Center

- We served **960** Congregate Meals
- Activities/Events Attendance **973**
- Average # of Daily Visitors **70**

In-Home Services

- Delivered **1,877** home delivered meals.
- Provided **160.25** hours of respite care.
- We provided **387.75** hours of homemaker services.
- We provided **68.25** hours of bathing assistance services.



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



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Mon-Fri 8-5:30 / Sat 8-5 / Sun 10-3
Phone: 989-348-1003



Winter Bowling League

Is bowling right up your alley?

Join the Winter Bowling League every Tuesday starting September 10th at the American Legion in Grayling. The league is looking for two more teams of four players each to play high over average, mystery game, and strike ball. The winter league is for adults 50 + and runs from September through early April.

League games will be Tuesdays from 1pm-4pm. The cost is \$10.00 for three games and \$1.50 for shoes.

On September 10th the bowling season will kick off with a meeting from 12pm-1pm to discuss new updates and bring the league up to date.

You are welcome to come join us for dinner after the games at 4:30pm at the Crawford County Commission on Aging and Senior Center. Dinner is \$3.50 suggested donation for those 60+ and costs \$5.50 for those under 60.

If you have any questions regarding the bowling league or need more information please contact Marlyn Neuberger at 989-390-5846.



Paddles Out. Life Vests Check. Kayaks Ready.

Explore Higgins Lake

Are you ready to get those paddles wet while relishing in the sweet summer sun?

The Crawford County Commission on Aging & Senior Center invites you to join us for another Kayak Trip on **Friday, August 16th** to explore Higgins Lake in Roscommon. Come join us as we paddle through the fresh water, enjoy the scenery, and have a good time in our small vessels. The group will **meet at the access site near B & B Sports Center & Marina off Forrest Ave at 12pm** on August 16th. We will provide kayaks, life vests, and paddles at no charge. Space is limited, additional spots can be opened if you have your own kayaks, life vests, and paddles.

We expect the outing to last **approximately 2 hours** from start to finish. No experience is necessary but the ability to get up from the floor easily with little to no assistance is required along with lower body mobility. For more information or **to register for the Kayak Trip please contact Kaitlyn Grieb** at the Crawford County Commission on Aging 989-348-7123. Space is limited; call to reserve your small vessel today! This is a free event.



Brian Ashton Concert

Join us as Brian Ashton shares his talents and entertains us with his voice and guitar!

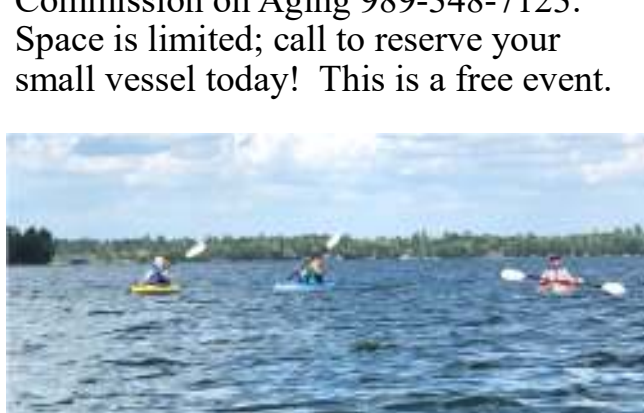
You are invited to attend a concert by Brian Ashton at the Crawford County Commission on Aging & Senior Center on **Thursday, August 15th at 5:45pm.**

Brian started playing at the age of 12 as a drummer in the Grayling High School Band. He began playing professionally at age 16. After graduation in 1961, he moved to the big city. There he played Bass Guitar with several musical groups. Since then he has learned to play Guitar & Piano. Brian has had the opportunity to share center stage with artists such as Tanya Tucker, Jerry Lee Lewis, Grand Funk Railroad, Teagarden & Van Winkle, Faron Young, and Bob Seger.

There is no cost for the concert but donations are greatly appreciated. Join us before the concert for a French Dip Sandwich dinner at 4:30 pm. Suggested donation for 60+ \$3.50 and under 60 costs \$5.50. Everyone is welcome!

Senior Gazette
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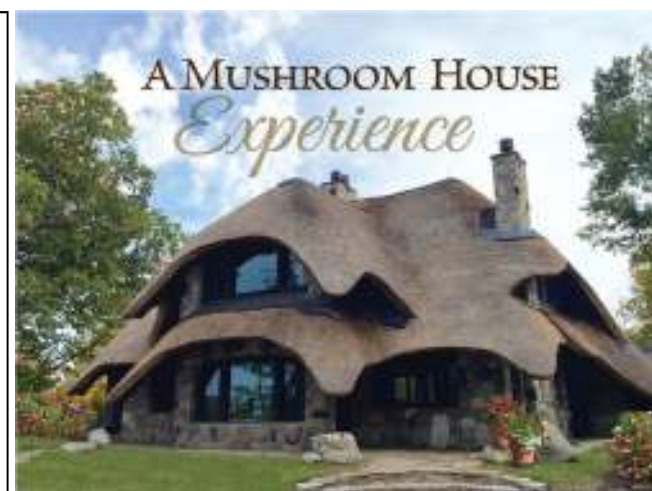
Random Word Search Puzzle

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

No doubles this time!

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

1. almoner
2. bokhara
3. breadlessness
4. ceaselessly
5. concertised
6. convertive
7. counterblow
8. dialyzed
9. disenthral
10. distantly
11. ducatoon
12. eulalia
13. evermore
14. forgiven
15. guiltiest
16. helmetlike
17. ingraftment
18. inquiline
19. jerseyan
20. leveeing
21. levying
22. miscarry
23. mosaic
24. multilobe
25. noncurdling
26. nondrying
27. nonprossing
28. papistlike
29. patterner
30. precompared
31. printanier
32. resilient
33. riflery
34. roberval
35. scrawliest
36. semideaf
37. sneeringly
38. squirrelling
39. stocktaking
40. stupefied
41. submerging
42. subterrain
43. tarkington
44. travancore
45. underdive
46. unimpelled
47. unnymphal
48. untactile
49. winningness
50. zindabad



Earl Young Architecture Trip Explore Gnome Homes, Mushroom Houses, & Hobbit Houses

Come join the Crawford County Commission on Aging & Senior Center for a trip to **Charlevoix** to explore the architectural collection of self-taught builder Earl Young. Earl Young designed over two dozen creations using indigenous materials he collected throughout Northern Michigan such as stone, limestone, fieldstone, and boulder. His creations feature his signature design and are collectively known as Gnome Homes, Mushroom Houses, or Hobbit Houses.

Join us on a guided tour as we **visit all 28 "Mushroom Houses"** designed by Earl Young. The trip will include transportation leaving from the Senior Center on **Tuesday, September 24th at 9:30am**. We will travel to Charlevoix and spend an hour on a guided tour. Afterwards, we will stop at Scovie's Gourmet in Charlevoix for lunch. The trip will be approximately six hours from the time we leave the Senior Center at 9:30am and return around 3:30pm. **This event costs \$55 per person**, which includes transportation, lunch, and a guided tour of Earl Young's "Mushroom Houses." **Registration and payment is required prior to the event** and must be made on or before September 17th.

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

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Self-Care Tips

By Nicole Persing-Wethington, from Michigan State University Extension

What is self-care? Self-care is an action that supports your overall health and wellbeing. This could mean taking medications as prescribed, practicing mindful breathing, or drinking enough water. Our wellness impacts our quality of life and is influenced by our actions and habits. Try these self-care strategies:

- Focus on basic needs- eat a well-balanced meal, drink a glass of water, get a full night of sleep, or take a shower. We can get busy and forget about some of our basic needs. Try asking a friend to focus on these needs at the same time so you can check-in with each other.
- Healthcare- Know your numbers (blood sugar, blood pressure, cholesterol, etc.). Take medication as prescribed. Make that appointment you have been putting off.
- Physical Body- Go for a walk, try a new exercise class, or stretch your

muscles. We focus on the parts of our body that are not working as we would like, take a minute to appreciate the parts that serve you well.

- Mental Health- Call a friend, practice mindfulness, visit with a counselor, go outside for some sunshine and fresh air, sit quietly for a moment, or practice gratitude.
- Purely for Enjoyment- Read a book, play a card game, knit, go fishing, find an activity that makes you feel good.



Self-care is time well spent on our own wellbeing. It does not have to be complicated or a big change. Start by choosing one small action to take care of yourself. Some of us may have difficulty slowing down to practice self-care, but it is important to take time for ourselves. We invest time into the things we care about; you should be one of your top priorities.



Communication Corner...

Notes from the Director Senior Center Building Relocation Update

By Alice Snyder, Director

On Tuesday, July 16th, the Crawford County Commission on Aging Board voted to move forward with getting renovation costs and securing funding for the old Mayday Window building located at 4388 M-72 in Grayling. A subcommittee of the Board visited 3 potential locations. A preset scoring system was developed before the site visits occurred. After the visits, the subcommittee scored each location according to the findings. The Board choose the option with the highest score. This forward movement is not a recommendation for purchase at this time. The board has simply chosen the most suitable site based upon the initial findings to further investigate. Before the next Board meeting on Tuesday, August 20th, the goal is to contract to get a cost estimate on renovations and to evaluate funding available for the project. If you'd like more information, please contact me at (989) 348-7123 or director@crawfordcoa.org.



Canning Jars Needed

In November, we are planning an Apple Event. We will be offering a class on canning or freezing apples which can be used for apple pie filling, apple crisp or applesauce.

In order to make this project economical we are asking for donations of **canning QUART size mason jars along with quart size rings.** If you haven't canned in years and aren't planning to do any canning, please share your jars with us and we'll put them to good use.



Do you have concerns about falling?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. These eight two-hour sessions are led by trained facilitators.

YOU WILL LEARN TO:

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

WHO SHOULD ATTEND?

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

September 4, 5, 11, 12, 18, 19, 25, 26

1:00pm to 3:00pm

Michigan Works Office
4595 Salling St., Grayling

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



MUNSON HEALTHCARE Grayling Community Health Center

Rehabilitation Services

1250 E. Michigan Ave., Suite C
Grayling, MI 49738

(989) 348-0314

munsonhealthcare.org/graylinghospital

The Medicine Shoppe
PHARMACY

Proudly Serving Our Community Since 1999

- **Prescription Delivery Service**
- **Senior discount available daily**



989-348-2000
500 N. James St. • Grayling



Grow Your Knowledge Come for Class, Conversations, and Coffee

Come expand your knowledge, meet people with similar interests, and discover something new. No Grades. No Tests. Just Learning at its Best!

The Crawford County Commission on Aging & Senior Center wants to know if you would be interested in continuing education sessions. These sessions would be held at the Senior Center on a monthly basis and be approximately an hour long. The sessions would provide learning opportunities for older adults with scientists, authors, historians, museums, and other professionals. We want to know what topics would spark your interest and if you would pay to attend.

Some topic options are listed below:

- ♦ Scientists in Action: Living with Penguins in Antarctica
- ♦ The Wonders of Yellowstone
- ♦ A Day in the Life of a Homesteader
- ♦ A Holocaust Overview
- ♦ Early Life of Walt Disney
- ♦ California Gold Rush
- ♦ Computer Education
- ♦ Photography & Photo Manipulations
- ♦ Bike Repair and Maintenance

Visit <https://www.surveymonkey.com/r/DYPSQD8> or the Crawford County Commission on Aging & Senior Center Facebook page to **complete a poll on topic options**. If you have any questions, please contact Kaitlyn Grieb at the Commission on Aging (989) 348-7123.



Sometimes cooking a meal can seem like such a chore. It can be daunting to think about what to cook, how much to make, how to cut down recipes, and how to prepare everything. We are here to help! Together, let's explore ways to make cooking for one easier for you.

Over the course of six lessons, an hour and a half each, you will:

- Learn ways to make cooking for one simple and enjoyable.
- Learn helpful tips and tricks to making healthy choices, like eating well and being active.
- Participate in cooking real recipes.

There is no charge and participants receive a book for the class which includes recipes.

Denise Aungst, Health Educator for MSU Extension will be leading the class each week. Classes will be held at the Crawford County Commission on Aging & Senior Center from 5 – 6:30pm on the following dates:

August 6, 13, 20, 22, 27, 29

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



The Butterfly House & Bug Zoo Trip

Do you want to experience the tranquil environment filled with plants, flowers, and over hundreds of butterflies flying around you?

Join the Crawford County Commission on Aging & Senior Center for a trip to The Butterfly House & Bug Zoo in Williamsburg. The trip will include transportation leaving from the Senior Center on **Thursday, August 29th at 10am**. We will travel over to Williamsburg and spend an hour on a guided tour through the Butterfly House & Bug Zoo. Afterwards, we will stop at McGee's 72 in Williamsburg for lunch. The trip will be approximately five hours from the time we leave the Senior Center at 10am and return around 3pm.

This event costs \$30, which includes transportation, lunch, and entrance into the Butterfly House & Bug Zoo. Registration and payment is required prior to the event and must be made on or before August 23rd. For more information or to register please contact Kaitlyn Grieb at the Crawford County Commission on Aging 989-348-7123.

This event is wheel chair accessible.

**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com

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

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

GRAYLING
NURSING & REHABILITATION
COMMUNITY

Overall Patient Satisfaction: 94%
Post Acute Short Term Rehabilitation
Long Term Living
Physicians/NP Available 24/7

Five Star CMS Rating
★★★★★

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D.D.S., F.A.G.D.

800 E. Michigan Ave., Grayling, MI 49738
(989) 344-2525 • Fax: (989) 348-9629

Breakfast Presentation

Healthy Aging & the Medicare Wellness Visit

Tuesday, August 27th at 9am at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

With Denise Whittemore & Mary Boals, Munson Healthcare Grayling Hospital

The Adult Wellness Visit- Working to improve the lives of older adults, creating happiness, longevity and independence.

In January of 2011, as a result of the Affordable Care Act, Medicare began to pay for an Annual Wellness Visit. This visit is a yearly preventative screening that allows your provider and healthcare team to better help you manage your health and well-being. The goal of the Annual Wellness Visit is to create or update a personalized prevention plan. This plan may help prevent illness based on your current health status, injury risks, behavioral risks and urgent health needs. This service is similar to, but separate from the one-time Welcome to Medicare preventive visit.

What to Expect:

At the Annual Wellness Visit, the RN Care Manager will go through your medical history, review your health risk factors, discuss advance directives, conduct health screenings, and with this information create a personalized prevention plan to keep you healthy. You should be prepared for this visit to last about an hour. The Wellness Visit results will be available for your provider to review so that any concerns can be addressed at your next scheduled visit.

How Should I Prepare for the Visit?

To prepare for the visit you should make sure to bring the following things with you:

- ❑ A list of all current medications and/or all prescription bottles
- ❑ Names of all your current doctors and health care providers
- ❑ A copy of your Living Will or Advance Directive
- ❑ A completed Annual Wellness Visit Questionnaire (these are also available at the office)
- ❑ A list of any questions or health concerns

To be eligible for the Medicare Part B to cover the Annual Wellness Visit:

- ❑ You must have had Part B for over 12 months
- ❑ And, you must have not received an Annual Wellness Visit in the past 2 months.

An Adult Wellness Visit cannot be scheduled within the same year as you have your Welcome to Medicare preventive visit.

Costs:

If you qualify, Original Medicare covers the Annual Wellness Visit at 100% of the Medicare -approved amount when you receive the service from a [participating provider](#). This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover Adult Wellness Visits [without applying deductibles, copayments, or coinsurance](#) when you see an [in-network provider](#) and meet Medicare's eligibility requirements for the service.

To learn more about the Medicare Annual Wellness Visit, please join Mary Boals, RN and Denise Whittemore, RN - Nurse Care Managers at Munson Healthcare Grayling Physician Network, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday, August 27, 2019. Hope to see you there!

Adapted from:

<https://www.medicareinteractive.org/get-answers/medicare-covered-services/preventive-services/annual-wellness-visit>

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



Stanley's Lost Treasure

Be a detective for a night & help solve the mystery!

Dinner, Dessert & Interactive Show

Sixteen years ago, Stanley Watermaker, while canoeing down the AuSable River near Wakeley Bridge, stopped his canoe and stumbled upon an old whiskey bottle. Hidden within this bottle was a map claiming it lead to a wondrous treasure. Now, sixteen years later, Stan has returned to Grayling with an expedition made up of family and friends to search for treasure. Unfortunately, Stan met with a tragic accident before he was able to find the treasure. Or, *was* it an accident?

The Crawford County Commission on Aging & Senior Center in partnership with Deadwood Productions invites you to solve the mystery behind Stanley Watermaker and the wondrous treasure! Come join Detective Lance Hamilton on **Friday, September 27th at 5:00pm** as he attempts to unravel the events which took place the day of the incident and solve the mystery of ... "Stanley's Lost Treasure".

Interact with Detective Lance Hamilton, question the suspects, and discover the clues to help solve the mystery! Dinner will be served at 5:00pm followed by the show & dessert. **Admission to the event costs \$25. Registration and payment is required prior to the event and must be made on or before September 20th** by calling the Senior Center at 989-348-7123. Please include your menu choice for the event when calling.

Walk-In Care Services for Minor Injuries and Illnesses

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



Grayling

Open Monday - Friday, 10 am - 6 pm, Saturday, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

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

Prudenville

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

MENU

Aloha Chicken with Confetti Rice & Zucchini with Parmesan

—or—

Cod with Tomato Herb Butter with Confetti Rice & Zucchini with Parmesan

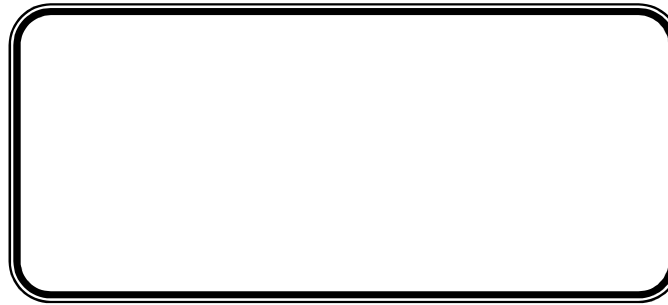
DESSERT

Vanilla Cream Crunch Cake



Smartphone Scan
to our Website

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



MDHHS Appointments

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center is partnering 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.

Crawford County residents, age 60 and older, may get an appointment by calling 348-7123.

An MDHHS Eligibility Specialist will be available to meet with individuals to:

- ◆ Help set up a MiBridges account
- ◆ Apply for SNAP (Food Stamps) benefits
- ◆ Apply for State Emergency Relief (SER)
- ◆ Apply for Medical benefits
- ◆ Answer questions regarding benefits

This is a monthly opportunity, based on demand. Currently appointments are being made once each month from 1-4pm. Appointments are generally for ½ hour, but may be longer depending on the service(s) needed. If you are in need of assistance, please contact the COA.

Understanding Your Grief

A free 10-session program facilitated by Munson Healthcare Hospice. When someone you love dies, it can be hard to understand your complex and painful thoughts and feelings.

Munson Healthcare Hospice is offering a FREE 10-session program in Grayling. In this workshop, our compassionate facilitator will help you explore and understand ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions to help in the healing process. An RSVP is encouraged but not required. For more information, please contact the Munson Hospice Bereavement Coordinator at 800-252-2065.



Friendly Visitor Program

The Crawford County Commission on Aging (COA) is seeking individuals age 18+ to join our Friendly Visitor Program. This program is volunteer-based and provides friendly visits to homebound Crawford County residents ages 60+. The goal of the Friendly Visitor Program is to prevent and alleviate the physical and mental health challenges of isolated, older adults and individuals with disabilities who lack an adequate support system. Specifically, it:

- Provides clients with meaningful, one-on-one relationships
- Assists clients to become knowledgeable and have access to needed resources
- Improves client's day-to-day lives
- Helps clients maintain self-sufficiency and independence

The COA will provide orientation and training for qualified, caring individuals regarding COA policies and procedures on ethics,

confidentiality agreements, volunteer expectations, and conduct and training specifically geared toward working with the older adult population.

Some suggested activities for social visits may include playing cards, looking at photographs, helping write a letter, reading a story, reminiscing, being a friendly ear, going out for lunch, or just talking. Visit times are flexible—the volunteer and senior can set up a mutually convenient time that works for the both of them.

The objective of the Friendly Visitor Program is to be an enriching experience for both volunteers and seniors. We hope to see many friendships evolving from this program.

If you are interested in volunteering or having a volunteer come visit you, call Melanie Conway at the Crawford County Commission on Aging at (989) 348-7123.

Fridays
August 9 – October 11, 2019
10:00 am – 11:30 am
Crawford County Devereaux
Memorial Library, 210 Plum St.,
Grayling, MI

For more information on Munson Healthcare Hospice, bereavement activities, and volunteer opportunities, please contact us at 800-252-2065 or visit our website at munsonhomehealth.org.

