

# Crawford County Senior Gazette September 2017



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## Featured Article

### Violet Kehr A Blessed Life

Violet Kehr is a rare person. At 97 years old, she still lives in, and takes care of, her own home. She still bakes cookies "because I never know who might drop by." She also bakes dozens of cookies for the local Red Cross Blood Drives, prepares food for funeral dinners, and is active in the American Legion and the VFW, both of which she is a life-time member. Violet is a giver; an attribute handed down from her mother.

Born in Christopher, Illinois, in 1920 to Evan and Ethel Turner, Violet was one of 5 children in a home where money was scarce and coal dust was not. The mines in Illinois were on the decline when Violet was 8 years old, but coal was plenty in Saginaw County, Michigan, and many families, including the Turners, moved north to follow the work.

"I was an inquisitive kid," she said. "I was forever where I didn't belong. I was active. A tomboy; good at baseball and other things boys liked to do. I still think I can do anything a man can do...only quicker!" She continued, "My father nicknamed me 'Thunder' because I was also loud. I decided my brother should be 'Lightning', which he didn't care for, but it stuck anyway."

Violet's mother was a nurse (maybe why Violet survived typhoid fever at age 6) and a seamstress; skills that made it possible for her to help make ends



meet during a very hard time. Her father died from "black lung" when he was just 45 years old.

"I remember during the Great Depression," she said, "there were bums (everybody called them bums then) who went from place to place in search of something to eat. They said they were 'looking for work', but they never seemed to find any. But they'd come to the house and ask my mother if she had anything to

share. We didn't have much of anything but she always found a way to give something to them. And most people made them eat out on the porch; but not my mother. She said, 'If you're going to eat my food, you're going to eat it in the house.' They'd eat, and when they left, they put a mark on the fence post, and that let others know that there was food at my mother's house.'

Violet cried a little at the memory; tears of compassion, and remembrance of her mother. "I was just a kid at the time, but I can picture some of those men. How embarrassing it must have been for them. I don't know how (my mother) managed. She was always taking care of people."

Violet graduated from Saginaw High School in 1939 with the honor of being the fastest, most accurate typist in the school. Just a few months later, she met Ray Kehr at a dance. "My girlfriends all wanted him for themselves," she said, grinning, "but I won out! Seven months later, on his birthday, July 7, they got married.

Their first child was born while Ray,

Cont. Pg 5



**FREE Concert**  
See pg 4



**Meals on Wheels**  
Loves Pets  
See pg 15

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

**HOURS OF  
OPERATION**

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

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

**Friday  
8:30am to 5pm**

**308 Lawndale St  
Grayling, MI 49738**

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

**[www.crawfordcoa.org](http://www.crawfordcoa.org)  
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@crawfordcoa.org**

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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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## **AARP** **DRIVER SAFETY**

**October 3rd & 4th**  
**10:00am - 2:30pm**

At the Free Methodist Church  
6352 West M 72 in Grayling



Cars have changed since you first got your driving license. So have traffic rules, driving conditions, and the roads you travel daily. Even the most experienced drivers can benefit from brushing up on their driving skills.

The AARP Smart Driver Course is an 8 hour classroom refresher for motorists aged 50 and older. There are no test requirements. The course will provide a review of driving skills and techniques, as well as strategies and tips to help everyone adjust to normal age-related physical changes. Participants will get a certificate and some auto insurance companies give a discount for completing the course. You do not have

to be a member of AARP, bring a friend; everyone is welcome.

The fee for the class is \$15 / AARP members and \$20 / non AARP members payable to the instructor in cash, personal check or money order payable to AARP. There is no lunch available at the church, however, the Senior Center serves lunch at 12pm. The cost for lunch is a suggested \$3.00 donation for those 60 and older and a \$5.00 charge for those under 60. Participants may bring snacks and beverages.

Participants need to bring their valid Michigan driver's license and AARP card if they have one. To register call the Senior Center at 348-7123.

### **2017 BETTER BREATHING CLASS SCHEDULE**

#### **Series 3 begins September 11th**



An Educational Series for the Community presented by Munson Grayling Hospital via REMEC. All classes will be broadcast on **Mondays from 1:30pm-3:00pm** at Munson Grayling Hospital via REMEC. To register, please leave a message at 989-348-0325 and leave your name, phone number, and what series you would like to attend.

Sept 11 - Class One: "Lung Anatomy and Physiology, Lung Diseases" - *Physician*

Sept 18 - Class Two: "Know Your Medications" - *Pharmacist*

Sept 25 - Class Three: "Breathing Devices, Exercise, Hygiene, & Travel Tips" - *Respiratory Therapist*

October 2 - Class Four: "Panic Control, Stress & Relaxation" - *Nurse*

October 9 - Class Five: "Psychological Aspects of Chronic Illness; Intimacy" - *Medical Social Worker*

October 16 - Class Six: "Nutrition & Lung Disease" - *Dietician*

October 23 - Class Seven: "Building Strength & Endurance" - *Exercise Specialist*

October 30 - Class Eight: "Energy Conservation" - *Occupational Therapist*



### **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.



## Donate in Memory or Honor of Someone Special

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. In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community.

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



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

**Only Available in Black with Gold Lettering**

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

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

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

### Senior Center Wish List...

- Cans of Air Fresheners
- Pens
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper for Computers

### Important Phone Numbers

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

**Medicare - 1-800-633-4227**

**Veterans Administration**  
1-800-827-1000

**Alzheimer's Assistance**  
1-800-272-3900



## Our Sponsors

**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:**  
InTeliCare Health Services, LLC  
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**Zumba Sponsored by:**  
Grayling Nursing & Rehabilitation  
Community

## Donations

Shirley Bordeaux  
Robin Brombley  
Roy Bryant  
Alice Burak  
Sandra Curtis  
Tina Foster  
Bob & Pat Gallagher  
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Carl Hatfield  
Curt Jansen  
Greg Johns  
Joan & Larry Mattis  
Erika Mudry  
Rose Mary & Wayne Nelson  
Paul Osbeck  
Roger Priest  
Deb & Tom Rawlings  
Barb Sands  
Connie Sbresmy  
Karl Schreiner  
John Smith  
Robert & Janet Smith  
John Wilcox  
Louis Wildman

*Thank you*

### Sponsoring Agencies



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

\*\*\*\*\*  
★ **Volunteers and Contributions received after August 4th 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 \_\_\_\_\_  
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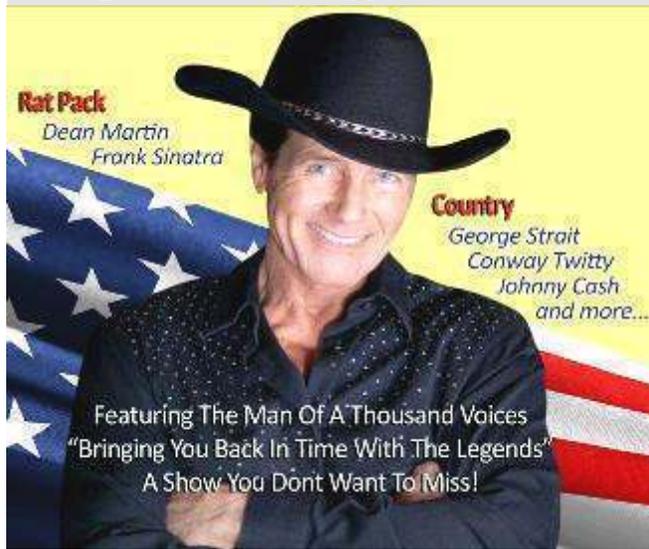
**Donations & Payments of \$50.00 or more...**



**THANK YOU**  
**Volunteers!**  
We couldn't do it without you

- |                    |                       |
|--------------------|-----------------------|
| Norm Backiewicz    | Kirsten Leitz         |
| Jan Backiewicz     | Nancy Lemmen          |
| Sheryl Biggs       | Nancy MacDonald       |
| Nancy Billingham   | George Mascarello     |
| Sandy Brody-Sparks | Sharlene Mascarello   |
| Roy Bryant         | Ann Mitchell          |
| Donna Burke        | Abby Moore            |
| Gloria Buskirk     | Mel Moore             |
| Marc Dedenbach     | Judy Morford          |
| Diana Doremire     | Dee Niedzielski       |
| James Duncan       | Marcus Niedzielski    |
| Lois Durfee        | Helen Nolan           |
| Deb Ellis          | Dolores Norton        |
| Kathy Ellison      | Bill Nuckolls         |
| Tina Foster        | Mary Parker           |
| Mary Garcia        | Ward Parker           |
| Judy George-Crook  | Sandy Parks           |
| Mary Jo Gingerick  | Sharen Perkins        |
| Ron Gribb          | Carol Peterson        |
| Karen Gribb        | Tom Rawlings          |
| Sharron Hagerman   | Deb Rawlings          |
| Susan Hensler      | Jack Richards         |
| Bill Hollenbeck    | Orvetta Roggow        |
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| Donna Hubbard      | Donna Schnoor         |
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| Eileen Kemerer     | Ann Stephenson        |
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| Lorelei King       | Kristine Walker-Smith |
| Sandy Lakanen      | John Wilcox           |
| Arvo Lakanen       | Pam Williams          |
| Eileen Langhorne   | Harry Wojcik          |
| Betty Leibler      |                       |

**Michael Carluccio**



**in CONCERT**  
at the Crawford County  
Commission on Aging & Senior Center  
308 Lawndale St. Grayling

**Thursday, September 14th**  
**at 5:45pm**

**FREE Concert! Everyone is invited!**

Michael Carluccio, the entertainer with a "Thousand Voices," has performed his All American 1 Man Legends Show from New York to L.A. The former Marine Sergeant started pursuing his love of singing with his high school band, *The Sixteen Voices*. Ever since, Michael has delighted audiences as Las Vegas Legends, on intimate stages as well as large bowl and amphitheater.

Using a rat-pack, devil-may-care and swingin-rock-n-rollin' style, Carluccio performed in front of Hollywood's elite at the Golden Apple Awards, the Las Vegas MGM Grand, the Skyview Terrace and Tropicana stages, the St. Louis Fox Theater, New York's Central Park Amphitheater, the Jacob K. Javits Convention Center and the Andiamo's Night Club in Michigan.

A master showman, Michael uses his 'Thousand Voices' to sing the best of Frank Sinatra, Neil Diamond, Dean Martin, Bobby Darin, Tony Bennett, George Jones, Tom Jones, Roy Orbison, Jerry Lee Lewis, Marty Robins, Willie Nelson, and of course, Elvis Presley!

Michael's performance touches the hearts of his audiences from the young to the young at heart.

Join us before the concert for a Cranberry Chicken Dinner. The cost of dinner is \$5.00 for those under 60 and a suggested \$3.00 donation for those over 60.

**PILLOW PROJECT**  
**CUT! SEW! STUFF!**

Let's get started...



One of our most appreciated projects we do here at the Senior Center is the Pillow Project. This will be our 6th year in sponsoring this Christmas project for the Christian Help Center. The pillows are then distributed to children in the area.

Please join with other volunteers from the Crawford County Commission on Aging & Senior Center to help make these "Foot" Pillows (or other designs if you like). We need patterns to be traced and cut out, material to be cut and sewn and pillows to be stuffed. So whether you cut or sew or stuff, we need you! There is lots of work for everyone!

If you wish to donate items, such as fleece, flannel or polyfill for this project, please bring them to the Senior Center. We would like to complete the project this year by December 8th. Let's continue our success of 250-300 pillows this year! For more information or questions, please call 989-348-7123.



**Senior Bowling League**  
Legion Lanes, Grayling

It's time to dig out the bowling ball and shoes. The Senior Bowling League will kick off the 2017-18 season on Tuesday, September 5, 2017. The Senior League is a mixed league, and individuals must be 50 plus years old to bowl.

The league needs bowlers to sub for teams and we are also looking for full time bowlers, as well.

If interested, come to the business meeting **Tuesday, September 5th at 12 Noon**, Legion Lanes, Grayling. Please be prompt, this will allow us time to sign up new bowlers and go over general league business. Directly after the business meeting we will start bowling at 1:00 p.m. Make sure you bring bowling ball and shoes, or balls and shoes may be rented at the lanes. For further information please call Pat Gillis at 989-348-2660 or Rosemary Patrick at 989-390-1916.

**SEPTEMBER**  
**Birthdays**

- Barbara Bunker 9/6
- Shirley Matthews 9/7
- Crista Luella 9/9
- Eileen Kemerer 9/10
- Emadelle Weiman 9/10
- John Rosloniec 9/11
- Dean McCray 9/12
- Fay Bovee 9/15
- Patricia Germain 9/19
- Robert Soltman 9/19
- Ruth Derry 9/26
- Ida Mae Walters 9/30

# YOU CAN MAKE A CHANGE FOR LIFE



## A 16 Week Diabetes Prevention Program

Becoming more active and losing a moderate amount of weight can help you change your family history. The National Diabetes Prevention Program workshop will help you take steps to prevent diabetes.

- Move your muscles
- Control your portions
- Find your healthy weight
- Get support
- Talk back to negative thoughts
- Manage stress
- Stay motivated
- Jump start your routine

**Join us for an informational session  
Tuesday, September 12th  
9:30am-10:30am**

Location: MSU Extension Office  
501 Norway St, Grayling, MI  
Dates: Tuesdays: weekly for 16 weeks then monthly for 8 months  
Time: 9:30am-10:30am

To register or for more information contact: Gretchen Stelter, 501 Norway St, Suite #2, Grayling, MI 49738  
989-344-3264, Ext 1 stelter@anr.msu.edu

## Violet Kehr

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

a Seabee in the Navy, was overseas during WWII. He wouldn't meet his son for two years. Six more children followed, and the family lived in Saginaw until later in the 1950's, when they moved to Novi. There, Violet's passion for reading caused her to be instrumental in the creation of the town's first public library. She was often seen with a wagon full of her children, and donated books that she collected for the library's shelves.

Dedicated not only to her husband and children, Violet was "mom" to all the children she encountered. She volunteered in her kids'



schoolrooms, lunchrooms, was the leader for Boy Scouts, cub Scouts, Girl Scouts, and Brownies...with three little ones not yet in school!

In 1969, Ray and Violet "retired"

to Grayling, where they bought 40 acres on North Down River Road; a perfect place to finish raising their three youngest children. They enjoyed horses, snowmobiling, dirt bikes, and growing a big garden. Violet canned and preserved much of it, and of course, they shared generously with others.

During those years, Ray worked as the manager of the Officer's Club at Camp Grayling. Violet took a job cleaning cottages there, and also worked in the High School cafeteria for 10 years. She'd been working at the school for about ten years when, one day



"out of the blue he told me to tell them I was all done." Ray had decided they'd worked enough, and it was time to take a month-long trip to Europe. "So, I told them!" Violet said.

"Ray was truly a good husband, and the perfect father. Oh, we argued sometimes, but we always found a way to get past it, and we were married 72

years when he passed away in 2011." Violet keeps his ashes in an urn on an end table. "He's just waiting for me. And when I go, we'll be buried together in a single plot."

Although she misses her mate, Violet continues to live a full life. She flew to California not long ago to visit her brother for his 90th birthday celebration. She accepts visitors with a pot of coffee or tea and a plate of her homemade cookies, sews, and loves to read. She's just begun to cut back on the number of zebras in her unusual collection. "I probably have hundreds," she said. "But I have boxed most of them up. I always was fascinated by zebras. Ray bought the first one for me," she pointed to a bronze art piece above the door, and continued. "That one always has moved with me. I won't be putting that one away."



Violet Kehr smiles a lot. "I've had a very blessed life," she said. "You have to get up each day and do as much as you can, and be thankful for your blessings." She keeps her family and friends right at the top of that list.



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**MUNSON HEALTHCARE**  
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Grayling, MI 49738  
(989) 348-0317  
munsonhealthcare.org

**Grayling Hospital for Animals**

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

5806 W. M-72 Grayling, MI 49738  
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www.spikes-grayling.com • email: spikes@freeway.net



## This month DHHS Assistance Appointments

Wednesday, September 13th  
From 1pm to 4pm

Crawford County  
Commission on Aging & Senior Center  
308 Lawndale St.

Diane Howland, Eligibility Specialist from Crawford County Department of Health and Human Services (DHHS) will be here at the Crawford County Commission on Aging Senior Center to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have, and also take applications for assistance.

Appointments are available by calling Commission on Aging at 348-7123.

## Stay in the Know!

Sign up for **FREE e-mail news about the Senior Center activities** Receive the latest information about the Senior Center activities,

delivered directly to your home via e-mail.

Signing up is easy; just send an email to [director@crawfordcoa.org](mailto:director@crawfordcoa.org)

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



## Telesensory Aladdin Low Vision Aid Magnifier Reading Viewer

Commission on Aging is donating an Aladdin Magnifier to anyone who may need or benefit from one. The Aladdin is a desktop video magnifier that is simple to use at a desk or work station.



A brand new Aladdin would Retail for 2995.00

Perfect for the following Eye Conditions:

- Age Related Macular Degeneration
- Glaucoma
- Cataract
- RP
- and more!



### What's it good for?

It is great for reading (example: books, newspaper, mail, prescription bottles, etc.). Use it for activities (example: crosswords,

writing letters, checks, bills, doing your nails, picture collages and organizing, etc.). Great for hobbies like coin and stamp collecting, and coloring. Picture organizing made easy or even arts and crafts.

If you feel the Aladdin Magnifier would benefit you call Melanie Conway at 989-348-7123.



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

A Grief Support Group

Series begins...

Thursday, September 7th  
at 7pm

At the Grayling Free Methodist Church

After the funeral, when the cards and flowers have stopped coming, most of the people around you return to their normal lives. But your grief continues and you feel alone.

Often, friends and family want to help you, but don't know how. That's the reason for GriefShare. Our group is led by caring people who have experienced grief and have successfully rebuilt their lives. We understand how you feel because we've been in the same

Your **JOURNEY**  
from  
**MOURNING**  
to **JOY**



place. We will walk with you on the long path through grief toward healing and hope for the future.

A new session of GriefShare begins **Thursday, September 7th at 7 pm** at the Grayling Free Methodist Church. The series is 13 weeks long and classes run 1 1/2 to 2 hours. A \$20 donation for books and materials is requested. Contact Tracy at 989-390-2665 for more information.

## Drop Off Your Old, Unused & Expired Medications

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

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

*Help Us Protect our Rivers & Lakes!*

**PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE**

Call Store For Details



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**The Medicine Shoppe**  
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**989-348-2000**  
Senior discount available daily.

# Add Years to Your Life & Life to Your Years

## ONGOING ACTIVITIES

**Aerobic Drumming**  
Mondays, 10am  
Tuesdays, 6pm  
Thursdays, 3pm & 6pm

**Bible Study**  
Tuesdays, 10am

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

**Bridge**  
Mondays, 1pm

**Card Golf**  
Fridays, 9am

**Clogging, Beginning**  
Mondays, 12:30pm

**Clogging, Regular**  
Mondays, 1:30pm

**Computer Club**  
Assistance by Appointment

**Color Craze**  
Thursdays, 10am

**Crafting**  
Thursdays, 10am

**Dinner**  
Monday-Thursday, 5pm  
\$3.00 age 60+ \$5.00 under 60  
Birthday Dinner once a month  
on a Wednesday

**Euchre**  
Tuesdays, 1pm

**Exercise**  
Thursday, 10am  
Friday, 10am

**Flower Arranging**  
Monday, 10am

**Legal Assistance**  
4th Wednesdays, 1-4pm

**Line Dancing**  
Wednesdays, 10am  
Starting Sept 13th

**Lunch**  
Monday-Friday, 12 noon  
\$3.00 age 60+ \$5.00 under 60  
Frederic Satellite 2nd Fri.  
Lovells Satellite 3rd Fri.

**Mahjong**  
Wednesdays, 1pm

**Pickleball**  
Monday-Thursday, 9am  
At the *Frederic Township Hall*

Mon, Wed, Fri., 12 noon  
At *Calgary Baptist Church*

**Pinochle**  
Fridays, 10am  
Resumes Sept 8th

**Pokeno**  
Thursdays, 10am

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

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

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

**Unlucky 7's**  
Wednesdays, 2:30pm

**Wii Bowling**  
Wednesdays, 1pm

**Zumba Gold**  
Tuesdays, 10am

**Winners at the Chicken BBQ Dinner** - Barb McCray won the door prize (kitchen hand towels) donated by Dee Niedzielski. The 50/50 was won by Beverly Wilcox in the amount of \$63.50.

## Grandparents Day

Thursday, September 21st, 4 - 6pm



No Reservations  
Required!

BBQ Ribs  
Midori Blend  
Ramen Noodle  
Salad  
Fresh Fruit Mix  
Cherry Pie

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

Suggested donation for 60+ \$3.00. Under 60 \$5.00  
Join us for our Harvest Day Dinner October 19th

## Support Groups

**11th Step Meeting**  
Mondays, 7pm

*St. Francis Episcopal Church, Grayling*

**Alzheimer's Support Group**  
3rd Wednesday, 11am

*The Brook of Grayling, 503 Rose St.*  
For more info call the COA 348-7123

**Choices (Anger Management)**

Mondays, 2:30-4pm at *River House*  
For more info call 348-3169

**Diabetes Support Group**

4th Tuesday 4:30pm, Milltown Rm  
*Munson Healthcare Grayling Hospital*  
For more info call 344-4826

**Empowerment Group for Women**

Thursdays, 4:30pm-6:00pm, at *River House*  
For more info call 348-3169

**Grayling Alcoholics Anonymous**

Monday, Wednesday, Friday at Noon  
Sunday, Tuesday, Friday at 8pm  
Women's Meeting, Thursdays at Noon  
*St. Francis Episcopal Church, Grayling*  
Saturdays - Noon

**Grayling Township Hall**

Thursdays, 7pm in the Crawford Rm,  
*Munson Healthcare Grayling Hospital*  
For more AA info call 866-336-9588

**Grayling Al-Anon**

Tuesdays 11am & 8pm  
Women's meeting, Thursdays at Noon  
*St. Francis Episcopal Church, Grayling*  
Thurs. 8pm, Behind Hospital, AuSable Rm  
For more info call Greg at 348-1382

**Healing Together** (Grief Support Pgrm)

3rd Thursday 4:00pm  
*The Brook of Grayling, 503 Rose St.*  
For more info call 1-989-343-2470

**Munson Hospice Grief Support Group**

4th Monday, 11am  
*Munson Home Health, 324 Meadows Dr.*

**OA (Overeaters Anon)**

Wednesdays, 6pm  
*St. Francis Episcopal Church, Grayling*

**OCO (Adult Children of Alcoholics)**

Wednesdays, 7pm  
*St. Francis Episcopal Church, Grayling*

**Narcotics Anonymous**

Tuesdays 6:30pm, Roscommon  
*Free Methodist Church* on M-18  
Sundays 6:30 pm  
Houghton Lake *Alano Club*,  
2410 N. Markey Rd.  
Thursdays 6:30pm, Houghton Lake  
*United Methodist Church* on M-55  
For more info call Ted 989-429-8100

**TOPS Weight Loss Class**

Thursdays 4:30-6pm  
*St. John Lutheran Church, Grayling*  
More info, call Mary Kay at 348-1398

**Senior Center Meal Program**  
**Mon - Fri. Lunch served at 12pm**  
**Mon - Thurs. Dinner served at 5pm**  
 Lunch and Dinner suggested donation of \$3.00.  
 Under 60 cost \$5.00.  
 2 Choices of Soups served daily

<b>Bowl of Soup</b> \$1.00 per bowl	Milk 30¢ with a bowl of soup
---	------------------------------------

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

**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.

**PRICES YOU WON'T BELIEVE!**



**HOT BUYS!**



**SUMMER**



**CLOSEOUTS!**

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Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat	
	<div style="border: 2px dashed red; padding: 10px;"> <p><i>Crawford County</i>  <i>Commission on Aging &amp; Senior Center</i>  <b>September 2017</b>  <b>At-A-Glance Meal &amp; Activities Calendar</b></p> </div>			<p style="text-align: center;"><b>Free Congregate Meal</b>  <b>For Seniors 60+</b>          Commission on Aging &amp; Senior Center          308 Lawndale, Grayling</p> <p style="text-align: center;">Located Behind Burger King</p> <p style="text-align: center;"><b>Must be a first time meal.</b></p> 			
	<p><b>OFFICE CLOSED</b></p> 	<p><b>5</b>            9am Pickleball, Frederic Twp Hall            10am Bible Study            10am Zumba Gold  <b>12pm Lunch -</b> Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes  <b>1-3pm Neck Msg Appt. Req'd</b>            1pm Euchre            4-5pm Blood Press/Sugar Checks  <b>5pm Dinner -</b> Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana            6pm Aerobic Drumming</p>	<p><b>6</b>            9am Pickleball @ Frederic Twp Hall  <b>9:30am Commodities @ St. Mary's</b>  <b>12pm Lunch -</b> Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange            1pm Pool-Ball in Hand            1pm Wii Bowling            1pm Mahjong            2:30pm Unlucky 7's  <b>5pm Dinner -</b> BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>	<p><b>7</b>            9am Pickleball @ Frederic Twp Hall            10am Color Craze            10am Crafting            10am Pokeno            10am Golden Toners Exercise  <b>12pm Lunch</b> Taco Salad, Refried Beans, Corn, Mandarin Oranges            1pm Penny Bingo            3pm Aerobic Drumming  <b>5pm Dinner -</b> Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce            6pm Aerobic Drumming</p>	<p><b>8</b>            9am Card Golf            10am Pinochle            10am Munson Rehab Exercise            11am Blood Pressure Checks  <b>12pm Frederic Satellite</b>  <b>12pm Lunch -</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple            1pm Pantry Bingo            1pm Pool - 9 Ball</p>		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
<b>10</b>	<b>11</b> 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch -</b> Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>5pm Dinner -</b> Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Grapes	<b>12</b> 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic-Need Appt</b> <b>12pm Lunch -</b> Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner -</b> Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 6pm Aerobic Drumming	<b>13</b> 9am Pickleball, Frederic Twp Hall 10am Line Dancing <b>12pm Lunch -</b> Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange <b>1pm-4pm DHHS Assistance</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm -</b> Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	<b>14</b> 9am Pickleball, Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch -</b> Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Wii Bowling at Bellaire 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner -</b> Cranberry Chicken, Baked Potato, Peas & Carrots, Plums <b>5:45pm - Michael Carluccio Concert</b> 6pm Aerobic Drumming	<b>15</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>12pm Lunch -</b> Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>16</b>	
<b>17</b>	<b>18</b> 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch -</b> Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging <b>5pm Dinner -</b> Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	<b>19</b> 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch -</b> Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner -</b> Pork Roast, Green Beans, Baked Potato, Fresh Pear <b>6pm COA Board Mtg</b> 6pm Aerobic Drumming	<b>20</b> 9am Pickleball @ Frederic Twp Hall 10am Line Dancing <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch -</b> Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner -</b> French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries <b>5:30pm Enchanted Forest Party</b>	<b>21</b> 9am Pickleball, Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch -</b> BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 3pm Medicine Shoppe Bingo <b>4-6pm Grandparents Day -</b> BBQ Ribs, Midori Blend, Ramen Noodle Salad, Fresh Fruit Mix, Cherry Pie <b>COA Raffle Drawing</b>	<b>22</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch -</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>23</b>	
<b>24</b>	<b>25</b> 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch -</b> Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>5pm Dinner -</b> Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	<b>26</b> 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch -</b> Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner -</b> Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 6pm Aerobic Drumming	<b>27</b> 9am Pickleball @ Frederic Twp Hall 10am Line Dancing <b>12pm Lunch -</b> Beef Tips & Noodles, Asparagus, Apple Slices <b>1-4pm Legal Assist-Appt. Required</b> 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's <b>5pm Birthday Dinner -</b> Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail, Cake & Ice Cream	<b>28</b> 9am Pickleball @ Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch -</b> Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Wii Bowling w/Rapid City 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner -</b> Stuffed Peppers, Prince Charles Veggie Blend, Apricots 6pm Aerobic Drumming	<b>29</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Check <b>12pm Lunch -</b> Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>30</b>	

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

Health Services

- Blood Pressure & Sugar Checks**  
*by Munson Home Health Care*  
 Tuesdays, 4-5pm  
*By InTeliCare - Friday, 11am*
- Foot Care Clinic - by appointment**  
**\$25 per visit - by Comfort Keepers**  
 2<sup>nd</sup> Tuesday, 11:30-6pm
- Hearing Clinic - by appointment**  
*by Advantage Audiology*  
 3<sup>rd</sup> Monday, 1-4pm, no charge
- Incontinence Supplies**  
 Supplies are available for a cost of \$5.00
- Medical Equipment Loan Closet**  
 Items are available for a cost of \$5.00
- Neck Massage** offered at no cost  
 1st Tuesday 1-3pm  
 3rd Tuesday 4:30-5:30

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 Monday-Friday at 12 noon and Dinner is provided at 5pm Monday - Thursday. Suggested donation for seniors 60+ is \$3.00 and for those under 60, \$5.00 cost.
- Home Delivered Meals**  
 (Meals on Wheels)  
 Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.
- Senior Project Fresh**  
 Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables
- Soup (2 choices served daily)**  
 Lunch Monday-Friday at 11:30am.  
 Dinner Monday-Thursday at 4:30pm.  
 \$1.00 per bowl. *Also available to go.*
- T.E.F.A.P. Food Distribution**  
 Quarterly @ American Legion Hall  
 1-2:30pm

Resources

- Computers**  
 Internet computers are available at the Senior Center for your use, Mon - Wed 8:30-6pm, Thurs 8:30-7pm, and Fri. 8:30-5pm
- Information and Assistance**  
 Our staff are ready to assist you in finding answers to your questions or to assist in finding available resources.
- Medicaid/Medicare Assistance Program (MMAP)**  
 Trained counselors help seniors in deciding which health insurance options are best for them.
- Medical Transportation**  
 We can assist in arranging transportation for seniors who have no other means.
- Resource Center**  
 Bookcase of loan materials, both videos and books.
- Senior Gazette**  
 A monthly Senior Gazette which is full of information for seniors and their caregivers.
- SHARP**  
 Senior Home Assistance & Repair Program is designed to provide assistance to low income seniors who are in need of services such as Yard Work, Snow Removal and Minor Home Repairs and Modifications.

In-Home Services

- For those who need a little assistance maintaining their independence.
- Housekeeping**  
**Bathing Assistance**  
**Respite for Caregivers**

Classes

- Creating Confident Caregivers (CCC)**  
 CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.
- AARP Driver Refresher Course**  
 Offered once each year.
- Matter of Balance Program**  
 This program offers practical strategies to reduce falls. Offered once a year.

**PATH (Personal Action Toward Health) Classes**

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

**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.



**Listen for our Calendar of Events every morning at 8:30am - 8:40am on Q100.3, WQON courtesy of the Grayling Chamber and Blarney Stone Broadcasting.**



**How We Served You in July 2017!**

At the Senior Center

- We served **1,106** Congregate Meals
- We served **247** Soups
- Activities/Events Attendance **1,114**
- Average # of Daily Visitors **82**

In-Home Services

- Delivered **2,715** home delivered meals.
- Provided **91.75** hours of respite care.
- We provided **377.75** hours of homemaker services.
- We provided **105** hours of bathing assistance services.

# Social Security Tips

From Bob Simpson, District Manager  
Traverse City Social Security Office

## YOUR RETIREMENT PLANNING STARTS WITH SOCIAL SECURITY

Right now is the perfect time to start planning for a secure, comfortable retirement. And you can count on Social Security to help you begin the process.

First, we encourage you to set up an online my Social Security account so you can verify your lifetime earnings record and make sure you get credit for all of your contributions to the Social Security system through the Federal Insurance Contributions Act (FICA) payroll taxes. If you haven't set up your personal my Social Security account yet, you can do so at

[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Then, you can use your earnings history and our online retirement estimators and calculators to get a glimpse of what your Social Security retirement future looks like. You'll find important details such as your retirement age, life expectancy, and estimates of how



much you may receive in future retirement benefits from Social Security.

As you look ahead to ensuring a secure, comfortable future for you and your family, it's important to keep in mind that Social Security replaces about 40 percent of your pre-retirement income, on average. So, a responsible retirement plan includes planning for more than Social Security.

Here are some more things you can do now to build your financial security:

- Contribute to pension plans offered by your employers
- Maintain and grow savings accounts; and
- Open and regularly contribute to an individual retirement fund.

These steps — combined with your Social

Security benefits — will go a long way toward ensuring a comfortable quality of life for you and your loved ones in the future.

If you don't already have a retirement account, you can start one today by visiting

[www.myra.gov](http://www.myra.gov). Developed by the U.S. Department of the Treasury, myRA offers those without an employer-sponsored retirement plan an affordable and secure way to save for later in life.

As you plan for a financially secure future, please keep in mind that our Retirement Estimator and benefit calculators provide you with estimates — not guarantees. We can't provide your actual benefit amount until you apply for benefits.

Our estimates may differ from your actual benefit amount if your future earnings increase or decrease, if laws governing benefit amounts change, if you've served in the military, or if you've had jobs in which you did not pay Social Security taxes.

Social Security is with you throughout life's journey, from your first paycheck to receiving your first retirement deposit in your bank account. And, as our nation's most successful anti-poverty program, we'll continue to provide you and millions of other Americans with financial protections to ensure a secure tomorrow.

To learn more about our programs, please visit [www.socialsecurity.gov](http://www.socialsecurity.gov).



### Volunteer Opportunities at the Crawford County Commission on Aging & Senior Center

- **Congregate Meals Host/Hostess**— Are you interested in being on hand for our Congregate Meals to help show new people around or serve meals to those who are disabled? Need to pass a criminal history background check.

- **Meals on Wheels Program** -



Enjoy driving? Drivers are needed to deliver meals on Mondays, Wednesdays and

Fridays. Need to pass a criminal history background check, have a valid driver's license, a reliable vehicle with current insurance coverage and be able to lift heavy bags.

- **Kitchen Helpers** - Do you like to work in the kitchen? We could use help making sandwiches, packing bags, and doing dishes.



Ryan T. Hamilton, Au.D.  
Audiologist & Director

rhamiltonaud@gmail.com  
[www.advantagehearingonline.com](http://www.advantagehearingonline.com)  
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Fax: (989) 745-6668  
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Grayling, MI 49738



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Just South of M-72 West  
Grayling, MI 49738

**989-348-6600**

[www.denholmfamilychiropractic.com](http://www.denholmfamilychiropractic.com)

**Grayling Save a Lot**

Purchase of

**America's Choice Lasagna  
w/Pepperoni \$3.99**

Limit 2 please with coupon

Valid Sept 1, 2017 thru Sept 30, 2017

2333 S. I-75 Business Loop 348-6690  
Look for printable coupons at [www.Save-A-Lot.com](http://www.Save-A-Lot.com)

# Random Word Search Puzzle

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

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

1. weighter
2. tellurometer
3. snubby
4. letted
5. organ
6. unembossed
7. anisocoria
8. dogless
9. headledge
10. astrid
11. haring
12. subconcession
13. quisling
14. hogmanay
15. undegenerating
16. submissiveness
17. unbearably
18. nonperforming
19. thoroughly
20. shakspere
21. toneme
22. unliveried
23. band
24. unfriictioned
25. conk
26. shelyy
27. parotid
28. unharmable
29. thiofuran
30. multivalve
31. delphinia
32. unrejective
33. kavaphis
34. correct
35. impavid
36. inflame
37. unmorphological
38. libera
39. adamas
40. inhospitable
41. diene
42. ernie
43. proconsulate
44. mankiewicz
45. misconceiver
46. seedcase
47. greedless
48. acoustician
49. thrombus
50. mummified

## Cook's Corner

Grilled Hawaiian Patties with Pineapple-Papaya Sauce



End the Summer with One More Ray of Sunshine!

### Pineapple-Papaya Sauce:

- 4 tbsps. Crushed pineapple, thoroughly drained
- 3 tbsps. Papaya, finely diced
- 2/3 cup basic BBQ sauce
- 1 tbsp. Soy sauce

Combine all ingredients in a small sauce pan. Cook and stir over moderate heat until sauce boils; reduce heat and simmer for additional 10 minutes

### Patties:

- 1 lb ground pork
- 3 tbsps bread crumbs
- 2 tbsps yellow onion, finely chopped
- 1/4 tsp cayenne pepper
- 1 tbsp. brown sugar
- 1 tsp olive oil
- 1/4 tsp salt
- 1/8 tsp black pepper

Mix the pork, bread crumbs, onion, cayenne, sugar and 1/3 cup pineapple-papaya sauce until ingredients are evenly combined. Shape into four 1 inch thick patties. Brush the burgers with oil, then season with salt and pepper. Grill over medium heat, turning once, about 6 minutes a side. Baste with some of the pineapple-papaya sauce and grill for 2 minutes more. To serve, place burgers on rolls and spoon on pineapple-papaya sauce. Top with lettuce, tomato, thinly sliced pineapple and onion slices to your taste.

\$10.00

Senior Discount on Septic Tank Cleaning

Jack Millikin, Inc.  
4680 North Down River Rd.  
Grayling, MI 49838



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

\$10.00

Senior Discount on Septic Tank Cleaning

\$10.00

Coupon cannot be used with any other offer or discount.



Expires 12/31/17

\$10.00



AuSable Family Dental, P.C.

Ralph Oppermann, D.D.S., F.A.G.D.  
Diana J. Whittaker, D.D.S.

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

# September Is Healthy Aging Month—10 Tips To Celebrate

Think it's too late to "reinvent" yourself? Think again. It's never too late to find a new career, a new sport, passion, or hobby.

September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older, began over 20 years ago. According to Carolyn Worthington, publisher of Healthy Aging® Magazine, "September is Healthy Aging® Month, it provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well being."

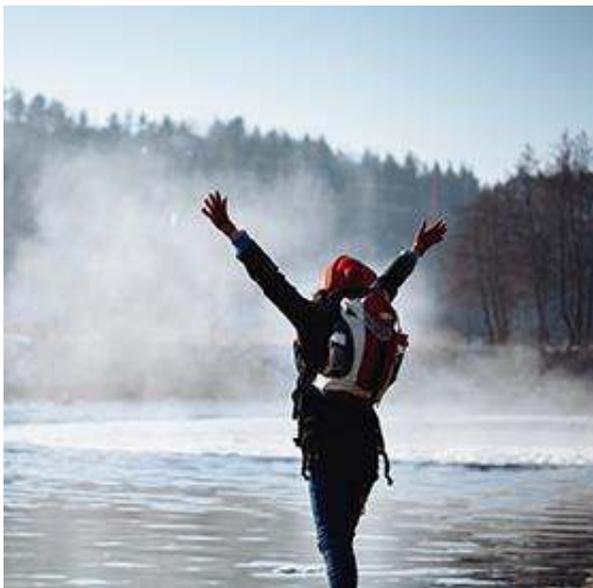
"Use September as the motivation to take stock of where you've been, what you really would like to do," Worthington said. "Make your list based on your gut feelings and thoughts, no-holds-barred."

"And try it! Who says you have to do something related to what you studied in school? Who says, you can't become an entrepreneur, start your own home business later in life, test your physical prowess, or do something wildly different from anything you've done before? Live somewhere else, somewhere exciting? Only that person you see in the mirror!"

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine ([www.healthyaging.net](http://www.healthyaging.net)). Maybe they will help you think "outside the cage" or outside the box.

## 10 Tips for Reinventing Yourself during Healthy Aging® Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your



actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

3. Ditch the downer friends. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day

until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Get a physical. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the My Health Finder. Here's what Medicare Covers.)
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

## Connecting Patients to Care

Our Resource Coordination Department is here to help you with access to clinical services, medications, and community resources, as well as help uninsured patients understand their insurance options.

### Resource Coordination Department

1250 E. Michigan Avenue, Grayling, MI 49738 || 989-348-0740  
Open Monday–Friday from 8:00am–4:00pm



Taken from: <https://healthyaging.net/healthy-lifestyle/september-is-healthy-aging-month-10-tips-to-celebrate>



**Dining  
with Diabetes**

Type 2 diabetes can be delayed, controlled or even prevented with a healthy diet and regular physical activity.

Dining with Diabetes is a fun and interactive four-session course series designed for people who have been diagnosed with Type 2 diabetes and/or members of their support system. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

**Dates:** September 19th & 26th,  
October 3rd & 10th

**Time:** 12:30pm - 2:30pm

**Location:** Crawford County  
MSU Extension  
501 Norway St, Suite #2  
Grayling, MI 49738

**Cost:** FREE

To Register or for more information contact: Gretchen Stelter, 989-344-3264 Ext.1, stelter@anr.msu.edu



*Who will be the  
Prince & Princess?  
Will the Prince find the flower?  
Will he win the hand of  
the Princess?  
Find out at the  
Enchanted Forest Party...*

**Wednesday,  
September 20th, 2017**  
*Following the 5pm dinner  
308 Lawndale St. Grayling*



Commission on Aging & Senior Center will be having an Enchanted Forest Party which includes a Short Story, the choosing of a Prince and Princess, where the Prince will need to find a certain flower in the forest to win the hand of the Princess.

A surprise will be given and dessert will be cream puffs.

Dinner will be French Dip Sandwiches. The cost of dinner is \$5.00 for those under 60 and a suggested \$3.00 donation for those over 60.



**Have you signed up yet?  
October 11th 1-4pm**

At the Commission on Aging & Senior Center

Smart911 is a free service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information – including medical issues, current location and even pets – can help Police, Fire and EMS locate and help you. This is a free service provided to you by Crawford County Sheriff's Office. It is private, secure and you control your information. What's important is that it saves time in an emergency, when seconds count!

Over 70% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location. This does not bode well in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or if there is a fire.

With Smart911, you can add key information about members of your household that would help emergency personnel in the event of an emergency, whether the call is from the home or any mobile phone.

To sign-up, staff from the Crawford County Sheriff's Office will be at the Senior Center October 11th from 1-4pm to assist you. No appointment necessary, just come in during this time. For questions, contact the Crawford County Sheriff's Office at (989) 348-4911. To sign up on line, go to <https://www.smart911.com> and click on the "Sign Up Today" button.

**The Freedom**

**The Value**

**The Brook**



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

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

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**989-745-6500**

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# Exercising in the Heat

By Gretchen Stelter, Michigan State University Extension

Many people enjoy outdoor activities such as gardening, taking care of the yard, swimming, biking and walking. If you have some health problems, too much heat can be risky for an older adult.



your outer clothing off when you get too warm from your activity.

Hyperthermia is very serious and life threatening. Signs to look for are:

- Flushed skin and a rapid pulse

Hyperthermia is a heat related illness. This is abnormally high body temperature caused by our bodies not regulating heat that comes from our environment. The result is heat fatigue, dizziness, cramps, and heat stroke. People that do not drink enough water, or have general poor health are at higher risk than those that stay hydrated.

To avoid hyperthermia when you like to exercise or be active outside, try doing the following:

- Always check the weather forecast. If it is very hot or humid exercise or find activities in your home.
- Wear light colored and loose fitting clothing. Use natural fabrics such as cotton instead of polyester or rayon. Man-Made fibers do not breathe and natural ones such as cotton breathes and will keep you cooler.
- Dress in layers so you are able to take



- Acting strangely or being unresponsive
- Body temperature over 105 degrees
- Nausea or dizziness

If you are with a person or if you have any of the above conditions get help immediately. You also can help by:

- Get person out of heat into air conditioning or a shady area outside.
    - Call 911
    - Apply cold cloths to the wrists, neck, armpits and /or groin area.
- Blood is closest to the surface in these areas and the cool cloth will cool the blood faster.

- Try and get the person to drink water. The National Institute on Aging has additional information on this subject along with Michigan State University Extension.

For more tips on health and nutrition visit Michigan State University Extension at [http://msue.anr.msu.edu/topic/info/chronic\\_disease](http://msue.anr.msu.edu/topic/info/chronic_disease).

# Pet Assistance Program

\$2,500 Grant from Meals on Wheels

The Crawford County Commission on Aging is proud to announce that it has received another \$2,500 grant



from Meals On Wheels America to assist low-income Crawford

County older adults with pet food and vet bill assistance.

To be eligible for this assistance, a person must be a resident of Crawford County, age 60 or older, and have income at or below \$1,508 per month for an individual (\$2,030 for two people). In addition, a person will also qualify if they are on Food Stamps, SSI or Medicaid.

This program is designed to supplement, not replace, a person's pet food or

veterinary spending. A person may receive up to 1 bag of pet food



quarterly (in any 3 month period) and a one time assistance with a vet bill up to \$75.

People who believe they may qualify for this assistance should call the Commission on Aging at (989) 348-7123 to be screened for eligibility. Proof of income is required.



Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake!

Please call us at 348-7123

before the meal to let us know you're coming.

**Invite up to 8 people and dessert is on us!**

*Sorenson Lockwood Funeral Home Inc.*

Terrie L. Lockwood, Manager/Owner

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Phone: (989) 348-2951

Fax: (989) 348-4968

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Web: [sorensonlockwood.com](http://sorensonlockwood.com)

E-mail: [sorensonlockwood@gmail.com](mailto:sorensonlockwood@gmail.com)

## COA Accepts Credit Cards



With donations & or payments of \$50.00 or more.



**MUNSON HEALTHCARE**  
Grayling Community Health Center

Rehabilitation Services

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

(989) 348-0314

[munsonhealthcare.org/graylinghospital](http://munsonhealthcare.org/graylinghospital)



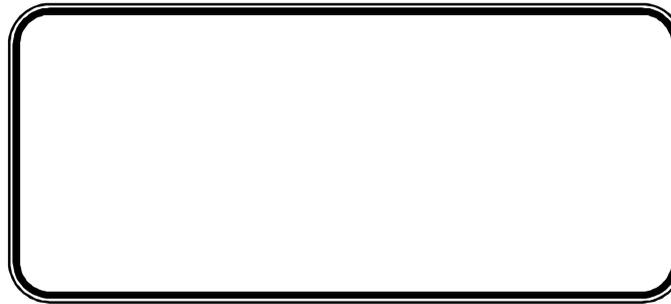
Smartphone Scan to our Website

308 Lawndale St.  
Grayling, MI 49738

Phone: 989-348-7123

Fax: 989-348-8342

director@crawfordcoa.org



## things to Collect that Make a Huge Difference

### Grayling Elementary School

collects: **Box Tops** for Education, **Campbell Soup Labels**, and **Aunt Millie's Bread UPC codes** for many things including field trips, special programs & assemblies and parent/child activity nights.

### The American Legion

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

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

### The COA and The Medicine Shoppe

have a **medical equipment** loan closet. If you have any that you are not using, we will be happy to pass them on to others who need them. See page 10 on how to properly dispose of used medications.

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

## Prescription for Health! Next Class starts September 11th

Receive up to \$60.00 to Purchase FRESH Fruits & Vegetables!

Sign up for the Northeast Michigan Prescription for Health Program! **Next class begins September 11th from 4pm-5pm at MSU Extension.** The class meets once a week for 6 weeks.



- Learn the best way to select fresh seasonal produce, the most nutritious ways to cook and store fresh produce and much more. This information will be presented in a 6 week nutrition education class with MSUE.
- Receive up to \$60 to purchase fresh fruits & vegetables at participating farmers markets and grocery stores. (Save-A-Lot, Grayling Greenhouse, & Farmers Market) \$10 is distributed at each nutrition

education class. No income limitations. Anyone 18 years and older can participate!

**Call Jamie at MSU Extension to register. 989-344-3264 Ext 0**

The grant serves residents in Alcona, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda and Presque

Isle Counties.

Northeast Michigan Prescription for Health is funded through a grant from the Michigan Health Endowment Fund. Partners include the Community Foundation for Northeast Michigan, Alcona Health Center, Thunder Bay Community Health Services, Inc., District Health Departments 2, 4, and 10, and MSU Extension.

# Crawford County Commission On Aging Senior Center Raffle

*Sponsored by Feeny Ford of Grayling & Napa-Moore's Automotive*

**Drawing is Thursday, September 21st  
Grandparent's Day Dinner 4-6pm**

**Raffle & Dinner  
Open to the  
Public  
Tickets  
\$1.00 each or  
\$5.00 for 6**

Drawing immediately following the dinner at 6pm.  
Need not be present to win.

The Commission on Aging & Senior Center is located at 308 Lawndale St., Grayling

**1st Prize  
\$250 Cash Prize  
2nd Prize  
\$175 Cash Prize  
3rd Prize  
\$75 Cash Prize**

**Proceeds benefit Activities & Programs at the Commission on Aging & Senior Center**