

Crawford County Senior Gazette September 2021



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Featured Article

Martha Austin

"I Saw the Castle Burn"

On September 28, Martha (Jenson) Austin of Grayling will celebrate her 97th birthday. "I was born at the old Mercy Hospital," she said. "I'm surprised to have made it this long."

She spent her adult life working as a nurse, primarily in the operating room. "I never really wanted to be anything other than a nurse. I always knew that's what I wanted to do." She graduated from Roscommon High School, and entered nurse training in February, 1953 at U of M prior to transferring to Sparrow Hospital where she worked in the O.R. for 3 ½ years. After that she worked for a neurosurgeon "both in the office and the operating room" for another three years.

"And then," she said, "I got married." Her husband, Wayne, was in the Army and they moved to Fort Monroe, VA, where her first child was



born. They later returned north to Bath, Michigan and Martha returned to "occasional" work at Sparrow hospital, and birthed three more babies. When her marriage dissolved after 16 years, Martha decided to move back to Grayling where her parents still resided. They helped her find a house to buy, and 53 years later, she still resides in it.

"It was a mess when I first looked at it. My oldest son was about 14 years old then, and he looked around at the holes in the walls, the dog poop on the floor, and whatnot... it was very bad... and said, 'Well, it's big enough.' It has four bedrooms, but only one bathroom, as houses then did. And I bought it. I have done a lot work to it through the years, but it's been a good house."

Martha said she was always grateful for having pursued a career in nursing, as it allowed her to support her children. She spent 20 years working in the O.R. at the place where she began her life; Mercy Hospital.

While raising four children on her
Continued on Page 5



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on Aging & Senior
Center**

HOURS OF OPERATION

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

**Tuesday-Thursday
8:30am-6pm**

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Grayling, MI 49738**

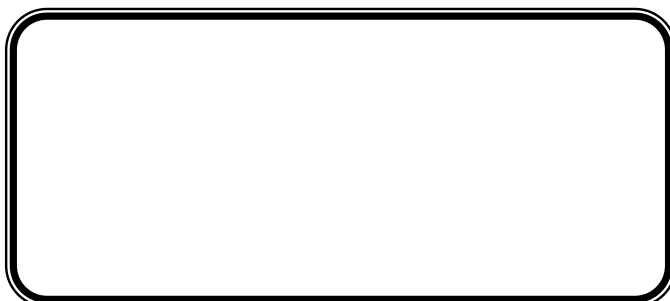
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**Please
Wear a
Face Mask**

Help Stop the Spread



Mask Mandate

We would really love to stay OPEN! Please help us do that by wearing a mask each time you visit the Senior Center – both locations. Effective Monday, August 16th a mask will be required when you enter the Senior Center. Masks will need to be worn during all activities. Masks can be removed when your meal is delivered, but must be put back on after you are done. Over the past couple weeks, Crawford County has increased to the Substantial level of Transmissions of the COVID virus. Both the local District Health Department and the Area Agency on Aging (which funds our agency) has asked that we all “mask up” for safety regardless of vaccination status. Thank you for your cooperation!



Congregate Project Council Meeting

Every year the Crawford County Commission on Aging is required by the Aging and Adult Services Agency to assist with conducting a Project Council meeting of participants in the Congregate Meals program.

The program standards state “Each program shall have a project council comprised of program participants, to advise program administrators about services being provided. Program staff shall not be members of the project council. The project council shall meet at least once per year, in person, and notes from all meetings shall be shared with the respective Area Agency on Aging nutrition program, as well as saved for future reference.”

This meeting is open to anyone who has participated in the Congregate Meals program either in-person or by pick-up. This year's meeting will be held at the Senior Center on Tuesday, September 21st at 3pm. Please join participants, Mary Garcia and Sandy Lakanen who will lead the meeting. Your feedback about our meals program is important to us so we hope you will consider attending.



We Need You!

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

We are currently looking for more individuals to join our team of Meals on Wheels Drivers. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags. All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.

We love Bingo! If you like to have fun and enjoy BINGO, this could be the perfect fit for you. Our BINGO program needs callers and someone to set up Bingo..

Volunteer applications can be found online at <https://www.crawfordcoa.org/volunteer/volunteer-application> or contact Alice Snyder at (989) 348-7123.



Virtual Caregiver Summit

The VA Caregiver Support Program is inviting you to a virtual meeting for professionals who work with caregivers of veterans on Monday, September 20th from 9am-12pm. The program schedule includes:

- Welcome and overview of program
- Campaign of inclusive care
- Roundtable discussion on including caregivers with the Inclusive Care Model
- Presentation of services/collaboration by the Great Lakes PACE/A&D Waiver, The Vet Center, The Veteran Service Officer, and The Alzheimer's Association

To RSVP or for questions please email Christine.Stockford@va.gov or call 989-497-2500 x 12465.

Canning Jars Available

The Crawford County Commission on Aging & Senior Center collected canning jars for a project several years ago, but have quite a few left over. Are you looking for canning jars this year? We would be glad to share them with you for a donation. If you are interested in obtaining jars, please contact Alice Snyder at director@crawfordcoa.org or (989) 348-7123.

General Giving

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

General Donations Made By:

Carol Baker
Bruce Jerome
Richard & Nancy Kiessel

Dorothy Peacor
Liedewey Sims

*Volunteers and
Contributions received
after August 13th will
be acknowledged in the
next edition of the
Senior Gazette.*

Memorial Gifts

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

Legacy Giving

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

Wish List Item

Meals on Wheels Delivery Bags

We are in need of some new Meals on Wheels delivery bags. Each bag comes with a thermal pad to help keep our frozen meals and milk cold. The cost of each bag is \$135. We are looking to replace 8 of these bags. If you are interested in supporting the Meals on Wheels program and have a little extra cash this month, please consider making a donation today. Be sure to mark your donation as Meals on Wheels Delivery Bag.

Sponsors

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

Our Sponsors

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

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

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



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Sharlene Mascarello	Janet Weakes
Dan McCarthy	



Grandparent's Day Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Hog Roast Luncheon on **Thursday, September 16th from 11:30-1pm**. On the menu will be BBQ Ribs, Potato Salad, Green Bean Casserole, Tropical Fruit Blend, and Assorted Desserts.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.

Clogging

Clogging is back! The Crawford County Commission on Aging and Senior Center welcomes you to participate in this fun and easy to learn folk dance!

Classes will be held on Monday at 1:30pm, **starting September 13th** at the future home of the Senior Center on 4388 M-72 Hwy. This class is free to both men and women. No dance experience or tap shoes are required, just come as you are!



Zumba Gold

Zumba is coming back! **Starting in September** the Senior Center will be offering a low-intensity Zumba class, Zumba Gold on Tuesdays at 10am with a Certified Zumba Instructor. Zumba Gold is our low-intensity dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. Zumba Gold will be held at the future location of the Senior Center, located at 4388 M-72 east of Grayling.



Walk in the Woods

Hard to believe the last month of summer is here! It will not be long and the cooler weather will be coming in. One good thing about the heat ending is that Walk the Woods can begin! Whether it is trekking through the Old Growth at Hartwick Pines, enjoying the river scenery of the AuSable River Foot Trail, or watching the fall leaves come in around Hemlock Loop in Gaylord, these walks through the woods will help you gain the benefits of walking and being outside!

Our first Walk in the Woods will be on Wednesday September 8th and continue every Wednesday through the rest of September and October. We will meet at 1pm at each trailhead to walk as a group through the woods. If you have walking poles, bring them. There will be a couple pairs available to borrow. Location and times of each hike are subject to change due to weather/trail conditions. Any social distancing measures in place at the time will be taken.

If you have any questions or need more information, please contact Toby Neal at (989) 348-7123 or seniorcentermgr@crawfordcoa.org.

Walk in the Woods location schedule:

Sept 8 - Hartwick Pines Old Growth Trail, Grayling
 Sept 15 - Hanson Hills Pond Loop, Grayling
 Sept 22 - Marguerite Gahagan Nature Preserve, Roscommon
 Sept 28 - Wakeley Lake, Grayling
 Oct 6 - Hemlock Loop, Gaylord
 Oct 13 - AuSable River Foot Trail, Grayling
 Oct 20 - Marl Lake, Higgins Lake
 Oct 27 - Wellington Farms, Grayling

Geri-Fit

Geri-Fit is an eight-class evidence-based strength and conditioning course offered by the Crawford County Commission on Aging. Our first eight-class session ends on September 3rd. A new eight-class session will be offered beginning Wednesday September 8th and will be held Wednesday and Friday each week through October 1st. These sessions are popular and class space fills up quickly! Call Toby at 989-348-7123 to register to attend this next eight-class offering today!

September Birthdays

Barbara Bunker 9/6
 Shirley Matthews 9/7
 Eileen Kemerer 9/10
 Dean McCray 9/12

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

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Martha Austin (Cont.)

Written by Ann Rowland

own surely provides a wealth of stories to be told, it is Martha's childhood memories that offer a glimpse at a span of Grayling history that is unique.

"When I was 2 years old, and my brother Bob was only 1, my parents became the caretakers of the Downy House on the South Branch of the river. We lived in the caretaker's house, with no running water, no electricity, no indoor facilities," she said.

"When Mr. Downy died, his nephew bought a big piece of property from Mrs. Downy. The nephew's name was (Russell) Clifford Durant. His father was the founder of General Motors, and he had loss of money. Clifford was a race car driver in the Indy 500!"

When Durant bought the property, he set out to build a summer home for himself. He spent the rest of the year in California but had a vision for something grand. "In 1929," said Martha, "he began building The Castle."

Durant's Castle was just up-river from the Downy House, with "56 rooms, seven fireplaces, eight gables, all kinds of luxurious furniture and carpets, beautiful wall murals and things. He built it because he could; he had the money."

She continued, "My parents became the caretakers for that house then. The caretaker's house for the castle had an eight-car garage, and he had cars for it. Big cars... a Duisenberg for one. I remember Mr. Durant as very nice. People who have been here (in Grayling) a long time know where the Castle was. They've filled in the hole now...It was quite a place."

But the Castle never quite reached completion, although Mr. Durant did stay there some when it was nearly finished. "On February 5th, 1931 some workers had been finishing up some painting or light fixtures or something (That house did have indoor plumbing and electricity!) and left to go to the dedication of the new gymnasium in Roscommon. While they were away, the Castle caught fire. Of course, in those days phones weren't as reliable as they are today, and by the time word got to the right people, the blaze was out of control. It was a long drive down a little road with equipment that wasn't enough to fight a fire like that one, and fire crews just couldn't get there in time. They couldn't save it. I was just a little girl, but I remember waking up in the night and seeing flames. I saw the Castle burn."

The Jenson family moved back to the Downy House caretaker's quarters then. "And

that's where we stayed all through my childhood.

"We didn't have much money, but we always had lots to eat! Mother canned everything. She grew a big garden, and was very good at knowing how much of everything we needed to put by to get through the winter, whether canned goods or flour and sugar. We also had chickens, so there were eggs, and Dad hunted deer and rabbits and partridge. We never were without good food."

The house was on a private, dirt, two-track road, and it was often snowed-in. Martha told of how she and her brother Bob would ski 6 miles to Chase Bridge Road to stay through the week with their friends, the Dyers, through the deepest parts of winter and attend the Chase Bridge Country School, until it consolidated with Roscommon schools when she was in Grade 7.

A second brother, Don, was born in 1936 during a winter when "we had a snowstorm every day. On January the 20th, Dad took Mother to the Dyers house, and Don was born on the 21st. When he was 10 days old, Dad took Mother and Don home on a snowmobile of sorts, though it was very different from the ones today, and then came back for Bob and me the next day in the truck. Well, the truck got stuck in the road and we had to ski home. The truck stayed put until spring!"

"Mother often didn't get out for anywhere from 7 – 13 weeks in the winter because there was just no way to get down the road. She had a big, pot-bellied stove where she did all the cooking and baking." Her dad cut wood and hauled water up from the river for washing and bathing, both done with water heated on that big stove.

"We had a log icehouse, and Dad would cut the ice in the winter and pack it in sawdust in that building, and it would keep. We'd make ice cream, using a hand-cranked ice cream freezer, often in the summer and share with the Dyers. Oh, that was good!" Martha's memory is as sharp as if she'd just eaten that ice cream yesterday.

"Another thing," she said, "is we had a pet deer. Her name was Bambi, and she lived to be 21 years old. During deer hunting season, Dad always put her in a pen to keep her safe, but the rest of the year she was just free. When she died, Dad buried her, but he would never tell where. He didn't want anyone disturbing her burial place or for her to be tested and all that stuff. I asked him more than once where she was but he kept that place a



Add Years to Your Life & Life to Your Years ONGOING SENIOR CENTER ACTIVITIES

Activities

Bible Study, Tuesdays, 10am
Birthday Lunch, Thursdays, once per month
Craft & Chat Club, Thursdays, 10am
Pantry Bingo, Fridays 1pm
Penny Bingo, Thurs 1pm
Pool, Fridays, 1pm
Wii Bowling, Wednesdays, 1pm

Fitness

Ballet Basics, Tuesdays, 1pm
Zumba Gold, Tuesdays, 10am
Clogging, Wednesdays, 12pm

Table Games

Bridge, Mondays, 1pm
Euchre, Tuesdays, 1pm
Pinochle, Fridays, 10am
Pokeno, Thursdays, 10am

secret."

Today, instead of a pet deer, Martha has an ink-black cat named Onyx. "He's good company. He adopted me more than I adopted him," she said. "He started coming around, meowing. After a while I gave him a little food, then let him in, and he just stayed."

In her mother's footsteps, Martha does a lot of canning; fruits, vegetables, and jam. She dries herbs too, and weaves baskets using deer antlers for the frames. "I made one for each of my kids," she said, "using antlers from the deer that Dad got the year they were born."

She's done a good bit of traveling, primarily with her oldest son, Keith, including white water rafting in Colorado, and salmon fishing in Oregon. Photos of her adventures dot the walls of her cozy home, sparking lively stories and laughter as she regales the fun she had.

Martha is a member of the Methodist Church in Grayling, and on September 1st will receive her 75th pin as a member of the Eastern Star.

"I've been very fortunate. Really blessed. I have my four children: Keith, Margaret, Sarah and Chris, five granddaughters, a grandson, two step-grandchildren (a boy and a girl), two great granddaughters, and a great grandson on the way. I have my dear friend Karen, who is like the sister I never had, and of course, Onyx. I have, and have had, a very good life."

September 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IF YOU'D LIKE INPUT into our menu for the future consider attending the Congregate Project Council Meeting on Tuesday, September 21st at 3pm		1 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	2 11:30a-12:30p Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	3 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
5 CLOSED FOR LABOR DAY	7 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	8 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	9 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 4:30-5:30pm Dinner Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange	10 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
13 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	14 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30p Dinner Chicken Taco, Corn, Pinto Beans, Grapes	15 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	16 11:30a-1:00p Grandparent's Day Luncheon BBQ Ribs, Potato Salad, Green Bean Casserole, Tropical Fruit Blend, Assorted Desserts 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	17 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple
20 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	21 11:30-12:30 Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	22 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	23 11:30a-12:30p Birthday Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange, Cake & Ice Cream 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	24 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
27 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	28 11:30a-12:30p Lunch Taco Salad, Pinto Beans, Broccoli, Apricots 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	29 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	30 11:30a-12:30p Lunch Sloppy Joes, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Chicken Fajita, Green Beans, Tossed Salad, Apple	

September 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We ask that participants social distance whenever possible. We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.		1 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Wii Bowling – Lawndale	2 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	3 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
5 CLOSED FOR LABOR DAY	7 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	8 9am Geri-Fit – E M72 9:30-10:30am Commodities – St. Mary's Church 10am Geri-Fit – E M72 1pm Walk in the Woods – Hartwick Pines 1pm Wii Bowling – Lawndale	9 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	10 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
13 1pm Bridge – Lawndale 1:30pm Clogging – E M72	14 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	15 9am Geri-Fit – E M72 10am Geri-Fit – E M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Intro to Zoom – via Zoom 1pm Walk in the Woods – Hanson Hills 1pm Wii Bowling – Lawndale	16 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30-1 Grandparent's Day Luncheon— Take Out Only at Lawndale St. 2pm Penny Bingo – Lawndale	17 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
20 1pm Bridge – Lawndale 1:30pm Clogging – E M72	21 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 3pm Congregate Project Council Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	22 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm New to Medicare Seminar – via Zoom 1pm Walk in the Woods – Marguerite Gahagan 1pm Wii Bowling – Lawndale	23 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30a-12:30p Birthday Lunch 1pm Penny Bingo – Lawndale	24 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
27 1pm Bridge – Lawndale 1-4pm Foot Clinic — Appt. Req. – E M72 1:30pm Clogging – E M72	28 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30pm Board Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	29 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Walk in the Woods – Wakeley Lake 1pm Wii Bowling – Lawndale	30 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	

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 The Care Team - Friday, 11am-12pm, BP only

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

4th Monday, 1-4pm at 4388 M-72 E, Grayling

Hearing Clinic - by appointment

by Advantage Audiology

Contact the COA office to set up an appt.

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, \$6.00 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.

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

Quarterly @ American Legion Hall 1-2:30pm
November, February, May, August.

Resources

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 by calling (989) 348-7123.

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Cooking for One

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

Matter of Balance Program

This program offers practical strategies to reduce falls.

PATH (Personal Action Toward Health)

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

Powerful Tools for Caregivers

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

Stress Less with Mindfulness

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

Tai Chi

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

Walk with Ease

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

Wellness Initiative for Senior Education

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

Cost for Services

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



**How We
Served You
in July 2021!**

At the Senior Center

- We served **498** Congregate Meals

In-Home Services

- Delivered **2,535** home delivered meals.
- Provided **59** hours of respite care.
- We provided **326.5** hours of homemaker services.
- We provided **55.75** hours of bathing assistance services.

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

SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

Eligibility for Spouse's Benefits

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who is disabled and entitled to receive benefits on your spouse's record.



Your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child

and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get

a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. You can find out more by visiting www.ssa.gov/planners/retire/divspouse.html for more information.



Upcoming Classes

Our Community Partners are offering free classes. To register or to learn more about the classes visit the links below.

- **Chronic Pain PATH Toolkit**
Thursdays, Sept 2-Oct 14, 12-1pm
<https://events.anr.msu.edu/toolkit/>
- **Mindful Walking and Thought Surfing**
Wednesday, Sept 8, 12-1pm
<https://tinyurl.com/mindfulness-sept21-8>
- **Diabetes PATH**
Wednesdays, Sept 8-Oct 27, 10a-12p
<https://tinyurl.com/diabetes-path-sept21>
- **Who Gets Grandma's Yellow Pie Plate?**
Thursday, Sept 9, 10-11am
<https://tinyurl.com/gmas-plate-sept21>
- **Tai Chi for Arthritis & Fall Prevention**
Mon & Wed, Sept 13-Nov 10, 1-2pm
<https://tinyurl.com/tai-chi-sept21>
- **Chronic Pain PATH Toolkit**
Tuesdays, Sept 14-Oct 19, 2-3pm
<https://events.anr.msu.edu/toolkit/>
- **Sleep Education for Everyone**
Thursdays, Sept 30-Nov 4, 12-12:30pm
<https://tinyurl.com/MSUE-sleep>
- **Creating Confident Caregivers**
Tuesdays, Oct 19-Nov 23, 1-3pm
<https://tinyurl.com/nemcsa-ccc>



NO SMOKING *Thank You*



Smoking and Healthy Aging

September is Healthy Aging Month- do what you can to age gracefully and healthfully, including quitting tobacco!

As you age, it grows easier to make excuses for the bad health habits you have fallen into. You may find yourself saying, "I've smoked for 30 years so there's no sense in quitting now!" The reality is that it doesn't matter how long or how much you have used tobacco- your quality of life WILL improve if you choose to quit.

If you quit smoking, your world is full of happy, healthy opportunity, like:

- Adding years to your life by lowering your risks of cancer, heart attack, and stroke
- Saving money for retirement and other enjoyments of adult life
- Having more energy to play with the kids in your family and visit with friends

- Not smelling like smoke and gaining back self-confidence
- Setting a healthy example for your kids and grandkids

Quitting nicotine is one of the best ways you can ensure you are aging in a healthy way. Even if it is the best decision you can make for your personal health, it is not the easiest thing to do alone. District Health Department #10 (DHD#10) can help you with your quitting journey. If you are interested in receiving support and resources with quitting from DHD#10, call 231-876-3813 to enroll in DHD#10's Tobacco Dependence Treatment Program. You can also contact the Michigan Tobacco Quitline to see if you qualify for coaching and nicotine replacement therapy at 1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-35692).

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Signs of Stroke?
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BE FAST. Learn the signs of stroke at munsonhealthcare.org/stroke.

 **MUNSON HEALTHCARE**

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We are currently considering resuming puzzle collection in the future.

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

- aitken
- alevin
- bugbane
- bukhara
- cabal
- chastise
- chilomonas
- chiquita
- cloudily
- contumacity
- couplet
- covenant
- covers
- cullion
- dayside
- distribute
- ecotypically
- epos
- exaggerate
- haematocryal
- heterospory
- honeymoon
- insinuate
- japygid
- meistersingers
- montessori
- nephtali
- neurotoxin
- nonactinic
- ornis
- overdistortion
- paparazzo
- pastoising
- pathic
- peptonelike
- phoniatic
- pitcherful
- salus
- september
- sind
- soliloquizing
- spiderwebbing
- steamroller
- tiresias
- trabeculate
- undevisable
- unguessed
- unpedantical
- unstifled
- usuriously

Cook's Corner Stuffed Tomatoes



INGREDIENTS

- 6–10 medium tomatoes
- 1/2 c cooked brown rice
- 1/2 c fresh sweet corn (can use canned)
- 1 clove garlic, minced
- a handful of fresh basil ribbons
- salt and pepper to taste
- grated cheese (like Gouda)

DIRECTIONS

- 1) Wash and dry corn, place corn in a skillet over med-high heat (no oil/butter) for 3-4 minutes and stir. Repeat until corn is browned. Remove from heat, set aside.
- 2) Cut tops off tomatoes and carefully scoop out the flesh (reserve flesh in a separate bowl). Crush the tomato flesh until there are no large chunks.
- 3) Combine the mashed tomato, rice, basil, corn, and garlic. Season with salt and pepper. Add a small handful of the shredded cheese, reserving some for topping. Stir together until well-mixed.
- 4) Preheat broiler. Stuff whole tomatoes with the tomato/rice/corn mixture until rounded on the top. Top with shredded cheese. Broil for 3-5 minutes or until tomatoes are heated through.

Recipe by Pinch of Yum

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



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10 Myths About Older Adults and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me. **Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older. **Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall. **Reality:** Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling. **Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained. **Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase

my risk of falling. **Reality:** Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year. **Reality:** People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent. **Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence. **Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business. **Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible.

—<https://tinyurl.com/falling-myths>



New to Medicare Seminar

Are you turning age 65 in 2021? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, September 22nd at 1pm** for a presentation that will help demystify the issues surrounding Medicare.

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

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



Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Wednesday, September 15th at noon**.

Learn how to join meetings online via your computer, tablet, smart phone, or other device. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

To join the meeting visit <https://msu.zoom.us/j/95354614775> (Meeting ID: 953 5461 4775 Passcode: learn). Or join via conference call by calling (312) 626-6799 and entering the passcode 330171. For more information call (989) 348-7123.





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Caregiver Webinar Series

Caregiving for a loved one comes with unique challenges that can lead to increased stress. There is one session left in the NEMCSA Region 9 Area Agency on Aging free Caregiver Webinar Series via Zoom. Friday, September 10th from 1-2pm learn about "Preparing for the Future."

To register visit <https://tinyurl.com/cargiver-webinar-2021>. For more information or to register, contact Brooke at mainvilleb@nemcsa.org or 989-358-4616.

Low Income Household Water Assistance Program

Low Income Household Water Assistance Program (LIHWAP) provides funds to assist low-income households with water and wastewater bills. LIHWAP grants are available to States, the District of Columbia, the Commonwealth of Puerto Rico, U.S. Territories, and Federally and state-recognized Indian Tribes and tribal organizations that received fiscal year 2021 Low Income Household Energy Assistance Program (LIHEAP) grants. To learn more about this program, please contact Tammy Findlay at 989-348-7123.

Sited from <https://www.acf.hhs.gov/ocs/programs/lihwap> Office of Community Services

Free Equipment: Chux Pads

What Are Chux? Chux are multi-purpose pads that have a variety of uses. They can be used on bedding, furniture, flooring and other surfaces. Chux are generally used as a final measure of protection when leakage occurs despite the use of wearable incontinence products.

The Crawford County Commission on Aging has some chux pads available along with other medical equipment for older adults 60 and over. All equipment is FREE and are on a first come, first-served basis. Please call Kathy at (989) 348-7123 to see if we have what you might need.

Greeting Cards Available

Over the years, community members have donated many, many greeting cards to the Crawford County Commission on Aging & Senior Center. We used to sell them in our lobby, but sales had dropped off to less than \$100 per year before the pandemic. We donated some of them to the Riverhouse ReSale Store, but sales there were slim as well. So, we have boxes and boxes of greeting cards in our basement that need to find a new home. If you have any ideas or know someone who would like them, please contact Alice Snyder at director@crawfordcoa.org or (989) 348-7123. Otherwise, their new home will be the recycling bin.

Emergency House Number Signs Available

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

The Crawford County Commission on Aging & Senior Center has a few emergency house number signs still available. These are universal, green, reflective signs with your house number on it which makes it easier for first responders to locate your home.

Crawford County residents age 60 can obtain a sign free if you do not already have one. Contact Tammy Findlay, Advocacy and Resource Coordinator at the Commission on Aging at (989) 348-7123.

Food Assistance

The next CSFP Food Distribution will be Wednesday, September 8th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

There will be a free food distribution Saturday, September 11th at 10am at Mount Hope Lutheran Church.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday to anyone living in Crawford County.



Senior Project Fresh Farmers Market Nutrition Program

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. You must be a Crawford County resident and be age 60 or over with income below \$1,985 per month for a single household and \$2,685 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 by telephone. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.

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