

Crawford County Senior Gazette September 2026

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A New Place to Play, Pickleball Comes to the COA

Written by Carlie Wilson

Under sunny skies on August 3rd, the Crawford County Commission on Aging celebrated the grand opening of three brand-new pickleball courts, welcoming community members, local leaders, and supporters to mark the completion of a project years in the making.



1st District Congressional Candidate Justin Michal expressed that "The opening of the new pickleball courts at the Commission on Aging is a wonderful investment in our community," adding, "They create a place where neighbors can stay active, build friendships, and enjoy healthy competition together. It's exciting to see Grayling continue to invest in opportunities that bring people of all ages together."

The project was made possible through the funding and support of the City of Grayling and the Michigan Department of Natural Resources through the Spark Grant program. District 105 State Rep Candidate Rachel Teeter, who also attended the grand opening, expressed her appreciation for everyone who helped bring the project to life, "The grand opening was wonderful! I'm so grateful for all the hard work that made this happen," Teeter shared. "This court is going to mean movement, friendship, and connection for folks across Crawford County."

While the ribbon cutting may have marked the completion of the courts themselves, the true impact of the project is just beginning. The impact of these courts will come through the new friendships, shared laughter, and the courage to try something new. For many, that journey will begin with a first serve. **Continued on Page 11**

Hours of Operation

Monday - Friday
8:30 am - 4:30 pm
4388 W. M-72 Hwy
Grayling, MI, 49738
www.crawfordcoa.org
Find us on Facebook!



Find Us By Searching

Crawford County
Commission on Aging
& Senior Center



Our Mission

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



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

Smartphone Scan
to our Website



Caregiver Conference

September 10th, 2026, 2:00 pm - 4:00 pm

Mark your calendars for September 10th, 2026! Join us for a valuable and engaging Caregiver Conference at the Crawford County Commission on Aging from 2:00 pm to 4:00 pm. This event is a wonderful opportunity for caregivers to connect, learn, and share experiences. We understand that caring for someone can be challenging, which is why we're excited to offer on-site respite. Feel free to bring the people you care for; it's all about supporting each other on our caregiving journeys! Don't miss out on this chance to gather insights and make new friends in the caregiving community. We look forward to seeing you there! For more details, contact Sarah Pollock at 989-348-7123



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Congratulations, Ellen Thompson! Thank You for 6 Years of Service at the Commission on Aging



The Crawford County Commission on Aging would like to take a moment to express our heartfelt appreciation for Ellen Thompson, one of our dedicated Home Delivered Meal drivers, as she embarks on her well-deserved retirement. Ellen has been an invaluable volunteer in delivering Meals on Wheels for over 6 years, bringing nourishment and joy to our homebound participants. Throughout her time with us, Ellen has not only delivered meals but also brightened the days of many with her warm smiles and genuine concern. She has been a true friend and a source of comfort for those in the community who rely on our services. Please join us in extending a huge thank you to Ellen for her years of service, kindness, and commitment. We wish her all the best in this new chapter of her life! Thank you, Ellen!

Cardio Drumming - Drumming for Fun

Fall Series: Tuesdays, September 8th - October 27th, 2:30 pm - 3:30 pm

Join Nancy Lemmen, Karen Ross, and Sherry Haag for an upbeat, energizing class that's all about having fun while staying active. Drumming for Fun combines rhythmic drumming with simple movements to engage both the body and mind. Participants may experience improved cardiovascular fitness, strength, flexibility, coordination, mental focus, and social connection—all while enjoying music and movement in a welcoming group setting. Classes are offered on a first-come, first-served basis and are limited to 18 participants per session. We kindly ask participants to attend on a session-by-session basis rather than signing up for every week. This allows us to accommodate as many people as possible throughout the series. The series is expected to run September 8th through October 27th.



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Commodities Food Program

Pick Up is September 23rd 1:00 pm - 3:00 pm

Commodities Pick-Up for September will take place on September 23rd from 1:00 to 3:00 pm. For more information about September commodities or to register for the program, please contact Tammy Findlay at 989-348-7123.

Evangelical Free Church of Grayling to offer New Grief Share

Grief Share, a faith-based grief support group, will meet on Mondays from 2–4 PM, September 14–December 16, at the Devereaux Crawford County Library. For more information, contact Jon Schultz at 989-390-0831.

Save a lot

Half Gallon Milk \$1.49, Whole, 2%, 1% or Skim, Limit 2 w/ Coupon

Please use only one Coupon per Family
Coupon Valid 9/1/2026-9/30/2026

Crawford County Commission on Aging & Senior Center Annual Raffle

All Proceeds Benefit the Activities & Programs at the Senior Center



Commission on Aging
& Senior Center

Sponsored By:

Fenny Ford of Grayling,
NAPA Moore's Automotive,
and Cornell Insurance Agency

1st Prize - \$500

2nd Prize - \$250

3rd Prize - \$150

Thursday Night Lights Special Dinner, September 17th, 4:00 pm - 6:00 pm

Drawing immediately following the Special Dinner.

Do not need to be present to win.

The Commission on Aging & Senior Center is located at 4388 W. M-72 (East of Town)

Raffle & Dinner are Open to the Public

Tickets are \$1.00 each or \$5.00 for 6 Tickets, Raffle Lic. # R87577

Elder Abuse, Neglect, and Exploitation Prevention Conference September 10th, 2026, 9:30 am - 1:00 pm

Join the Region 9 Area Agency
on Aging on Thursday,
September 10th, 2026, from
9:30 am to 1:00 pm at
Divine Shepherd Church
(4335 M-61, Standish)
for a free conference
focused on preventing
elder abuse, neglect,
and exploitation.

Learn about available resources and gain
practical skills.
information, and hear empowering
messages to help
protect older adults in our communities.
Breakfast items, conference materials, and
door prizes will be provided. This event is
free and open to the public, but registration
is required. For more information or to
register, contact Amy Otto at 989-358-4650
or ottoa@nemcsa.org.



September 3rd All Staff Training Notice:

On September 3rd, there will be an
all-staff training. This training will
cause the kitchen to close for lunch
that day so staff can attend the
required training. Breakfast on
September 3rd will be served as
normal, but there will be no lunch
served that day.



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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

Charitable Remainder and Charitable Lead Trusts allow you to designate and split your assets in the way that best fits your wishes. By making a legacy gift, you're supporting the Commission on Aging's work to ensure that every older adult is taken care of in our community. Your generosity will ensure that everyone receives a meal, in-home services, and the advocacy needed to support older adults in our community.

Thank you for your consideration.

Sponsors

Silver Sneakers

Led by Rich Ferrigan
of Grayling Fitness Center

Foot Clinic

by Linda Russel

Hearing

by Advantage Audiology

Birthday Lunch Flowers

donated by Family Fare

Legal Aid Offered

by Jason R. Thompson Law
Office PLC

Grayling Pharmacy Bingo

by The Grayling Pharmacy

Fit for the Aging

by Sami Szydzik of Stronger
Fitness

General Donations

Hudson Burr

Cornell Insurance Agency

Feeny Ford of Grayling

Tom Jarosz

Napa - Moore's Automotive

Wayne Nelson

Rae Ann Schanz

Maze Stephan

Dianne Vennard

Ron & Margaret Yon

Hometown Heroes

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

**Running Tally of Support: 106 Days,
\$32,690. Thank You!**

Become a Hometown Hero by donating a day's worth of meals for local Meals on Wheels recipients!

September 11th was donated by Keith Radwanski and Erin Fanning, in memory of John Fanning.

Memorial Donations

Farrell Thomas donated in memory of his wife,
Linda (Brooks) Thomas.

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

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

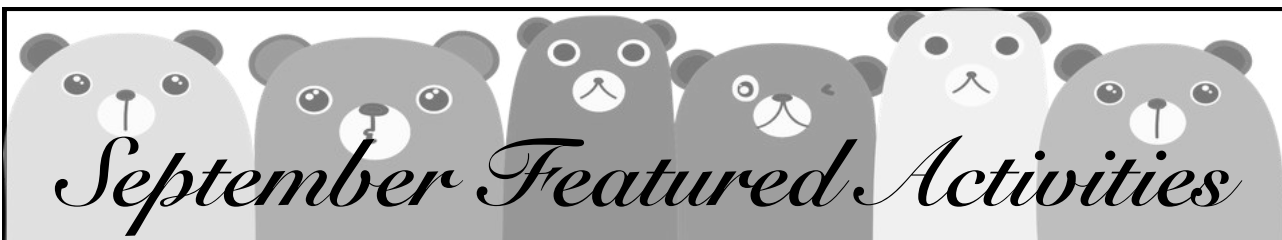
Method of Payment o Cash o Check Amount Enclosed \$ _____

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

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

All Gifts are Tax Deductible

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



September Featured Activities

Informational Housing Workshop September 8th, 10:00 am - 11:30 am

If you've ever had questions about your property taxes, worried about scams targeting homeowners, or wondered how to manage housing costs better, come to the Senior Center on September 8th. This helpful session will cover a range of topics designed to support homeowners and renters alike. Housing specialist Laurie Jamison of the Northern Homes Community Development Corporation will lead the presentation. Whether you're looking to protect your home, plan, or better understand your options, this workshop offers an opportunity to gain useful information in a supportive setting.

Versiti Blood Drive September 15th, 10:30 am - 3:00 pm

Versiti is returning to the COA. To make an appointment, please call 866-MIBLOOD or visit versiti.org/miblood. Please call the Crawford County Commission on Aging at 989-348-7123 if you have questions about the day of the drive. Please call Versiti for questions regarding blood donation. Walk-ins are welcome, subject to availability.

Lynn Oldfield's Painting Class September 18th, 10:00 am

Unleash your creativity and join us for a Painting Class with Lynn Oldfield on Thursday, September 18th, at 10:00 am. Whether you're an experienced painter or picking up a brush for the first time, this class is a fun and relaxing way to create something uniquely yours. The cost is just \$15 per person, and space is limited to 10 participants, so be sure to reserve your spot early!

Monthly Book Club September 23rd, 10:00 am

September's book is Tuesday's Child by Dale Mayer. What would you do if you could experience a murder through the eyes of the victim? That's the unsettling premise behind this month's Book Club selection. Samantha Blair has spent her life hiding her psychic abilities, but when she begins experiencing the final moments of murder victims, she finds herself pulled into a terrifying mystery. Now, she must convince a skeptical detective that what she knows could help catch a killer. Come join us for Book Club and see where the story takes us.

Volunteers

Mark Anderson
Meredith Anderson
Cheryl & Steve Batkoski
Mary-Beth Brady
Debbie Carrigan
Carolyn Cochran
Isabella Cooper
Sarah Corey
Jane Croze
Carolyn Diponio
Kathy Dreffs
Donna Farren
Tom Fauntleroy
Richard Ferrigan
Linda Fielhauer
Tom & Janet Gaffke
Bob Gerring
Janet Gilbert
Karen Gribb
Sherry Haag
Sharron Hagerman
Donn Handy
Nancy Haywood
Ashley Hempel
Susan Hensler
Debi Hool
Cheryl Hopp
Annette Hritz
Liedewey Hunter
Cindy Johnson
John Kay
Ron & Eileen Kemerer
Glenn & Lorelei King
Eileen Langhorne
Alice Lee
Nancy Lemmen
Patty Lemmons
Karen & Todd Leslie
Cathy Lester
Kristen Lietz
Dave & Mary LoPresto

Annette Lucido
Mike Lutz
Nancy MacDonald
Dave Markle
Sandy Marshall
Rick McBride
Dan & Karen McCarthy
Barb McNamara
Jessica Meek
Mike Miller
Tim & Olie Miller
Brian Miller
Barb Miller
Mark & Suzanne
Ostahowski
Ron Pagereski
Lois Platt
Jackson Pollock
Keith Radwanski
Al Reynolds
Chuck & Robin Rodgers
Jeff Rosenberg
Karen & David Ross
Jon & Gail Schultz
Jon Shazri
Sally Slicker
Janis Smith
Richard Smith
Randy & Tanya Stephens
Barb & Brad Summers
Tim & Susie Swedine
Samantha Szydzik
Farrell Thomas
Ellen Thompson
Ken Thurston
Scott Ulery
Becky Walrath
Curtis Williams
Jan & Michael Williamson
Zoella Wethington

Walk in the Woods - September 2026

September 9th, 10:00 am: Hanson Hills Recreational Area
7601 Old Lake Road, Grayling, Michigan 49738

September 16th, 10:00 am: MiLock Family Preserve
2408 Camp Tapico Road, Kalkaska, MI 49646

September 23rd, 10:00 am: Wakeley Lake Recreational Area
M72 East, Grayling, Michigan 49738

September 30th, 10:00 am: Grayling Township Park
906 West North Down River Road, Grayling, MI 49738

September Birthdays

Dean McCray 9/12
Rob Koerner 9/22
Jeri Selthoffer 9/29

Birthday Lunch is on Thursday, September 24th, 11:30 am - 12:30 pm. Want your birthday in the Senior Gazette? Stop by Reception to fill out the form to allow us to share.

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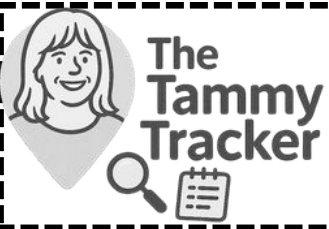


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Rain in September and October often feels colder and heavier because the air temperature is lower and winds are stronger. As summer fades, warm air masses meet incoming cooler air from the north. This temperature clash creates unstable weather systems that are perfect conditions for clouds to form and rain to fall. September's shorter days and cooler nights help kickstart this transition, often bringing slow, steady showers instead of summer's quick thunderstorms.

Support Our Pet Program

The Crawford County Commission on Aging is accepting donations for our Pet Program. Donations can include dog/cat food, cat litter, and other pet supplies. If you are interested in supporting this program, contact Tammy Findlay at 989-348-7123.

Mt. Hope Lutheran Church Saturday Food Distribution

October 3, 2026 10:00 am -11:30 am

Upcoming Mobile Food Pantry Dates

September 17: Grayling Free Methodist Church, 10:30 am
October 22: Frederic Township Hall, 10:30 am

Save the Date: Open Enrollment

2026/2027 Open Enrollment Information- October 15th through December 7th. You can sign up for an Open Enrollment appointment beginning Monday, October 5th.



Prepare for Michigan's unpredictable weather by packing a 72-hour survival kit. Store a 3-day supply of non-perishable food, pet food, prescription medication and one gallon of water per person per day, and a battery-operated NOAA weather radio in a plastic bin. Crucially, add cold-weather gear like thick blankets, winter coats, and sturdy boots.



Fall is a fantastic time for pets, but it brings specific seasonal hazards like toxic mushrooms, moldy leaves, and holiday treats. To keep your furry friend safe in Grayling, Michigan, watch out for antifreeze spills and protect them from chilly weather by adjusting their walking routines as the temperatures drop.

Medicare Fraud and Imposter Scams are on the Rise

Michigan state agencies are actively warning residents about a significant rise in Medicare fraud and imposter scams targeting seniors.

Common Medicare Scams in Michigan

- The Imposter Representative: Scammers cold-call or show up at doorsteps claiming to be "official Medicare agents". They insist you must activate a new card or update your records.
- Coverage Termination Threats: Fraudsters tell victims their benefits will be canceled unless they immediately provide a Medicare number, Social Security number, or banking info.
- Unsolicited Medical Supplies: Criminals use stolen Medicare numbers to bill the government for unneeded medical equipment, such as knee braces or catheters, which randomly show up at a victim's home.
- "Free" Testing and Services: Bad actors offer "free" genetic testing or diabetes screenings at health fairs. They collect cheek swabs and Medicare cards solely to complete fraudulent billing.
- Deceptive Open Enrollment Mailers: Private insurance companies send marketing materials disguised as official government updates to trick seniors into switching plans.

Official Rules of Medicare Contact

- No Cold Calls: Medicare will never make unsolicited phone calls to ask for personal data or money.
- No Home Visits: Official Medicare representatives never visit residential homes uninvited.
- Voluntary Prescription Plans: Medicare Part D is voluntary, and coverage cannot be terminated for refusing to join a specific prescription plan.
- Free Cards: Official replacement cards are completely free and sent automatically without requiring confirmation over the phone.

FEMA Disaster Assistance Available for Crawford County Residents

The Michigan State Police Emergency Management and Homeland Security Division (MSP/EMHSD), with support from the Federal Emergency Management Agency (FEMA), has established multiple locations across the state to connect eligible residents affected by April's severe storms, tornadoes, and flooding with federal disaster assistance. Documentation is required to begin the FEMA IA application process. Residents need to provide proof of identification, Social Security number, annual household income, contact information (address, phone number, and email), bank account information, and insurance information.

FEMA is set up at the Crawford County Emergency Operations Center, located at 200 W. Michigan Ave, in Grayling.

Staff is available to assist eligible residents during these hours:

Monday through Saturday: 8:00 am to 6:00 pm

Sunday: 10:00 am to 3:00 pm

Staff is available to help residents apply for FEMA disaster assistance and answer questions about the recovery process.

Upcoming Online Classes from Michigan State Extension Office, September 2026

TAI CHI FOR BETTER SLEEP- TUESDAY & THURSDAY AM - VIRTUAL

September 1, 2026 – October 29, 2026 9:00 - 10:30 am ET Zoom

MINDFULNESS FOR BETTER SLEEP, SEPTEMBER 1 - OCTOBER 6, 1-2:30 PM ET.

September 1, 2026 – October 6, 2026 Online

THE INFORMED RENTER WEBINAR - SEPT 3, 2026

September 3, 2026 2:00PM – 3:00PM Virtual via Zoom

MINDFULNESS FOR BETTER SLEEP, SEPTEMBER 8-OCTOBER 13, 5-6:30PM ET

September 8, 2026 5:00PM – 6:30PM ET Online

2026 FALL WELLNESS SERIES: CARING FOR THE CAREGIVER

September 8, 2026 6:30PM – 7:30PM Zoom

MINDFULNESS FOR BETTER SLEEP 9.9

September 9, 2026 10:00AM – 11:30AM zoom webinar

HOW MUCH HOME CAN YOU AFFORD?

September 9, 2026 12:00PM – 1:00PM Webinar

THRIVING ON A FIXED INCOME! (WEBINAR) - SEPTEMBER 10, 2026

September 10, 2026 4:00PM – 5:00PM Virtual – Zoom

PRESERVING MI HARVEST-IT'S SAUERKRAUT SEASON! LET'S FERMENT!

September 17, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - SEPTEMBER 21, 2026

September 21, 2026 12:00PM – 1:00PM Virtual – Zoom

WHO GETS GRANDMA'S YELLOW PIE PLATE? (WEBINAR) ~ PASSING ON PERSONAL POSSESSIONS - SEPTEMBER 21, 2026

September 21, 2026 3:00PM – 4:00PM Virtual – Zoom

TIPS TO BUILD AND PROTECT YOUR CREDIT (WEBINAR) – SEPTEMBER 22, 2026

September 22, 2026 6:00PM – 7:00PM Virtual – Zoom

PRESERVING MI HARVEST-PICKLING AND PRESERVING WHAT'S LEFT IN THE GARDEN

September 24, 2026 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

PROTECTING YOUR IDENTITY (WEBINAR) - SEPTEMBER 24, 2026

September 24, 2026 12:00PM – 1:00PM Virtual – Zoom

To register for any event visit:

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

Medical Equipment Spotlight: Prevail Pads

The Crawford County Commission on Aging has Prevail pads for women available. Prevail pads are absorbent bladder control products. They feature adhesive strips to secure

inside regular underwear, gel technology to lock away wetness, and odor-neutralizing properties. The Commission on Aging also has other medical equipment for older adults 60 and over, available on a first-come, first-served basis.

Please call Kathy at (989) 348-7123 to see if we have what you might need.



The Scoop with Jan: September is Healthy Aging Month. 10 Tips for Reinventing Yourself during September Is Healthy Aging Month:

1. Please do not act your age, or at least act as you think your current age should. 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, 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. 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.
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. 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.
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!)

This is an excerpt from an article on the Healthy Aging website: Healthyaging.com. Just seemed like some very sound advice.



September 2026 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 – MEAL DAY 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear	2 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie	3 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch NO LUNCH – Center Closed for All Staff Training	4 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Roast Turkey, Gravy, Redskin Potatoes, Asparagus, Apple
7 CLOSED FOR LABOR DAY	8 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Italian Stuffed Peppers, Baked Potato, Green Beans, Pear	9 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear	10 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Cucumber and Tomato Salad, Orange	11 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Dinner Roll, Kiwi  <i>September 11th was donated by Keith Radwanski and Erin Fanning in memory of John Fanning.</i>
14 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana	15 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	16 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	17 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple 4:00p-6:00p Thursday Night Lights Special Dinner Philly Cheesesteak Sub, Potato Wedges, and Coleslaw with Optional Choices Of 2 Chicken Wings and Peach Pie	18 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi
21 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	22 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lasagna, Mixed Vegetables, Orange	23 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	24 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Birthday Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	25 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear
28 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana	29 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	30 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana		
Light Bites – Dine in Only Ham & Cheese Sub, Cole Slaw, Banana	Light Bites – Dine in Only Pierogi, Fried Cabbage with Bacon, Roll, Pear	Light Bites – Dine in Only Turkey Sub, Tri-Tortellini Salad, Banana	Light Bites – Dine in Only Mojo Chicken Bowl, Mandarin Oranges	Light Bites – Dine in Only BBQ Chicken Flat Bread, Garden Salad, Banana

September 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9a Friends of a Feather Quilting Group 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 1p Penny Bingo 3p Grayling Pharmacy Bingo	2 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	3 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 10a All Staff Training 3p Music for Life NO LUNCH NO BINGO	4 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
7 CLOSED FOR LABOR DAY	8 9a Beginner Pickleball Classes 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 10a Grief Group 10a Housing Education 12:30p Euchre 1p Cancer Support Group 2:30p Drumming for Fun	9 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Hanson Hills 12:30p Mahjong 12:30p Wii Bowling	10 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 2p-4p Caregiver Conference	11 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
14 10a Diabetes PATH Toolkit 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	15 9a Beginner Pickleball Lessons 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 10:30a Versiti Blood Drive 12:30p Euchre 2:30p Drumming for Fun 4:30p COA Board Meeting	16 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ MiLock Family Preserve 11a Alzheimer's Support @ the Brook 12p New to Medicare 12:30p Mahjong 12:30p Wii Bowling	17 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice 4p Thursday Night Lights Special Dinner	18 10a Lynn Oldfield's Painting Class (\$15.00) 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
21 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	22 9a Beginner Pickleball Lessons 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre 2:30p Drumming for Fun	23 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Wakeley Lake 10a Book Club 12:30p Mahjong 12:30p Wii Bowling 1p-3p Commodities	24 9a Beginner Pickleball Lessons 9a Zumba Gold A 10a Zumba Gold B 12p Birthday Lunch 1p Penny Bingo 3p Music for Life	25 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
28 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	29 9a Beginner Pickleball Lessons 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre 2:30p Drumming for Fun	30 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Grayling Township Park 12:30p Mahjong 12:30p Wii Bowling		

September Crossword: Starry Night



**Feeling Stuck?
Flip this Page
Upside Down &
Use a Magnifying
Glass to View the
Word Bank**



Waning, Constellation, Conjunction, Waxing, Culmination,
Meteor, Solstice, Earthshine, Eclipse, Zodiac, Asteroid,
Gibbous, Galaxy, Phase, Twilight, Histogram, Comet,
Equinox, Supernova, Retrograde



ACROSS

2. When the Moon or a planet appears especially close either to another planet or to a bright star
3. The changing illumination of the Moon (or other body) over time this term means the illumination is increasing
4. The moment when a celestial object crosses the meridian and is thus at its highest above the horizon.
6. The two times each year, around June 20th and December 21st, when the Sun is farthest north or south in the sky
11. When the Moon or other body appears more than half, but not fully, illuminated
13. The time after sunset or before sunrise when the sky is not fully dark
15. A “dirty snowball” of ice and rocky debris, typically a few miles across, that orbits the Sun in a long ellipse. When close to the Sun, the warmth evaporates the ice in the nucleus to form a coma (cloud of gas) and a tail
16. The two times each year, near March 20th and September 22nd, when the Sun is directly overhead at noon as seen from Earth’s equator
17. A star ending its life in a huge explosion
18. When an object moves in the reverse sense of “normal” motion

DOWN

1. The changing illumination of the Moon (or other body) over time; this term means the illumination is lessening
2. A distinctive pattern of stars used informally to organize a part of the sky
5. A brief streak of light caused by a small piece of solid matter entering Earth’s atmosphere at tremendous speed
7. Sunlight reflected by Earth that makes the otherwise dark part of the Moon glow faintly
8. An event that occurs when the shadow of a planet or moon falls upon a second body.
9. Greek for “circle of animals.” It’s the set of constellations situated along the ecliptic in the sky, through which the Sun, Moon, and planets move
10. A solid body orbiting the Sun that consists of metal and rock
11. A vast collection of stars, gas, and dust, typically 10,000 to 100,000 light-years in diameter and containing billions of stars
12. The fraction of the Moon or other body that we see illuminated by sunlight
14. A plot of the number of pixels in an image at each brightness level

Featured Article (Continued): A New Place to Play, Pickleball Comes to the COA

In many ways, the grand opening wasn't the finish line; it was more like the starting point. While the ribbon-cutting celebrated the completion of the Crawford County Commission on Aging's new pickleball courts, the real journey began on August 4th, when instructor Debi Hool welcomed the first group of beginners onto the courts.

Trying something new can be exciting, but it can also be intimidating. There's always that little voice wondering, "What if I'm not good at it?" For some people, that question is enough to keep them from trying at all.

That feeling was familiar to beginners Marquita Jordan, Mary Smock, and Geralyn Kogelman as they stepped onto the new courts. Each arrived with some hesitation, but all three were willing to give pickleball a try.

Jordan admitted she arrived "a little apprehensive," wondering whether she even had "the coordination to hit the ball."

For Smock, the hesitation came from a fear many people can relate to. She had always wanted to try pickleball, but admitted, "I was afraid I might be really bad at it."

Kogelman described herself as "a little nervous, intimidated even." Her biggest concern, however, wasn't necessarily the game itself. She was already wondering how she would fit another activity into her day. "You know, I have Zumba right after this," she laughed. "I also have line dancing tonight, so I'm going to get a good workout."



Fortunately, there was no expectation that the three beginners would walk onto the court and immediately know what they were doing. Debi started with the basics, teaching them proper footwork, how to shuffle across the court, how to serve, and even how to keep score.

There was plenty to learn, including one of pickleball's most confusing terms for beginners: "the kitchen," or the seven-foot non-volley zone near the net. But step by step, the three women began getting the hang of it.

Then came the moment they had been working toward: it was time to put the lessons into practice. By the end of the lesson, the nervousness that had followed them onto the court turned into confidence and laughter.

"It was fun!" Kogelman said. "I didn't think it was going to be this much fun. I thought it was going to be a little bit boring like tennis. But this has a little bit more action, and I like action."

That enthusiasm carried over into the question of what they would tell someone else considering trying pickleball for the first time.

"Get going. Get out the door and go!" Jordan said.

Smock agreed. "You might as well try it, and you'll find out it wasn't as bad as you thought it would be."

Kogelman's advice was a little more practical: "Drink water," because you'll "probably sweat a lot."

Even Marilyn Hide, who watched the lesson from the sidelines, was already thinking about giving it a try.

"Been wanting to play," Hide said.

"Gonna make a joke of myself, but I'm okay with that."

She laughed before adding, "I've been wanting to learn, and I've been wanting to get to know people. It sounds like fun; there's a very patient instructor, so there's no reason not to do it."

Throughout the lesson, Hool kept things relaxed, giving the beginners plenty of encouragement while allowing them to learn at their own pace. She was patient when they needed help, encouraging when they got something right, and quick to offer a correction when they needed one.

While watching the lesson, one thing became clear:



the biggest accomplishment wasn't learning how to serve or remembering the rules. More than anything, it was watching three people who had each arrived with their own doubts discover that trying something new is a little easier when you aren't doing it alone.

As Hool shared in a previous interview, "When you end up starting play with a group, because you're all the same level, you just get to be great friends."

Jordan summed it up perfectly, "I'll go with you. Let's do this together. Let's go and do it."

That's what these new courts can offer: not just a place to play, but a place to meet people, try something different, laugh at the inevitable mistakes, and maybe even walk away with a little more confidence than you had when you arrived.

Beginner lesson slots are available on Tuesdays and Thursdays in September. If you've been thinking about giving pickleball a try, take a page from Jordan's book: get out the door and go.

To register for a lesson, come into the Senior Center and sign up at reception, or call the Senior Center at 989-348-7123.

A special thank you to Krista Tacey-Carter of the Crawford County Avalanche for generously providing the photo featured on Page 1.

Baseball: America's Favorite Pastime

by Carlie Wilson



There are few traditions more distinctly American than spending a summer afternoon at the ballpark, where the smell of fresh popcorn, the roar of the crowd, and the crack of the bat have created memories for generations.

Baseball is all but sewn into the very identity of the United States. Its roots trace back to the mid-19th century, when newspapers were already describing the game as a "mania" in the 1840s. During the Civil War, baseball was played on both sides as a welcome diversion from the hardships of war. When the war ended, many veterans carried the game back to their hometowns, helping it spread across the nation, where it became a unifying force in the years that followed.

During World War I, 227 professional baseball players served in the armed forces. Among them were future Hall of Famers Christy Mathewson, Branch Rickey, George Sisler, and Ty Cobb, all of whom served in the Chemical Warfare Service, commonly known as the "Gas and Flame Division."

During the 1918 World Series between the Cubs and the Red Sox, the tradition of playing "The Star-Spangled Banner" was born. During the seventh-inning stretch, the U.S. Navy Band performed the song in an impromptu tribute. As the music began, Red Sox player and Navy sailor Fred Thomas turned toward the flag, snapped to attention, and rendered a military salute. One by one, the other players followed his lead, turning toward the flag and placing their hands over their hearts. Since that day, "The Star-Spangled Banner" has been performed at every World Series game.

More than a century after baseball became America's pastime, its traditions continue to bring people together. On July 29, members of the Crawford County Commission on Aging traveled to Detroit to experience those traditions firsthand at Comerica Park.

For much of the afternoon, it looked as though the Tigers were cruising to victory. Detroit built a commanding 7-0 lead behind another outstanding performance from Tarik Skubal, who reached an impressive career milestone by recording his 1,000th strikeout in the first inning.

Then, everything changed. The Orioles staged an incredible comeback, scoring five runs in the seventh inning before adding two more in the eighth to erase Detroit's lead. What had seemed like a routine Tigers win suddenly became one of the most exciting games of the season. The drama only intensified in extra innings. In the bottom of the 11th, Spencer Torkelson thrilled the home crowd by launching the 100th home run of his career, tying the game and extending the contest. Baltimore answered once again in the 12th inning, however, pushing across the go-ahead run before holding on for a dramatic 10-9 victory.

The excitement on the field was only part of what made the trip memorable. Travelers enjoyed lunch provided by the Commission on Aging before arriving at the stadium, along with a classic ballpark meal while taking in the game. And if you ask many of those who made the journey, one of the biggest highlights wasn't on the field at all; it was the air-conditioned bus that kept everyone cool and comfortable throughout the day.

Although the Tigers came up just short, the Crawford County Commission on Aging group witnessed a game that few fans will ever forget. While this year's trip to Comerica Park was truly one for the books, Peggy Gilbert, a second-time Tigers game participant, quipped, "Maybe next year they will win!"



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Help Us Keep the Senior Gazette a Free Publication

The Senior Gazette is provided free of charge so that older adults in our community can stay informed about programs, events, resources, and opportunities. Many readers may not realize that the advertisements throughout the Gazette help offset the cost of printing and distribution, allowing us to continue offering this publication at no cost. As printing and postage continue to rise, we invite those who enjoy and benefit from the Senior Gazette to consider donating to support it. Contributions of any size help ensure that this publication can remain free and accessible to everyone in our community. To donate, call 989-348-7123 or mail a check to the Commission on Aging, 4388 W.M.-72 Highway, Grayling, MI 49738.

Assistance to Help You Maintain Your Independence

Commission on Aging Services, Classes, and Resources

Health Services

Foot Care Clinic -Appointments Only - \$25

Provided by Linda Russell - 4th
Monday of the month, 9:00 am - 4:30
pm @ 4388 West M-72 Hwy, Grayling

Hearing Clinic - Appointments Only

By Advantage Audiology, call the COA
Office for an appointment.

Blood Pressure Checks

Every Wednesday from 8:30 am -
10:00 am.
Incontinence Supplies
Supplies are available for a donation of
\$5.00

Medical Equipment Loan Closet

Items are available for a donation of
\$5.00

Nutrition Services

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

Commodities Food Distribution:

The 4th Wednesday of the month from
1:00 pm to 3:00 pm @ the
Commission on Aging.

Congregate Meal Program:

Breakfasts: Mon-Fri from 8:30-9:30
am.

Lunches: Mon-Fri from 11:30-12:30
pm.

Suggested donation for seniors 60+ is
\$4.00

For those under 60, the cost is \$8.00.

Home Delivered Meals: (Meals on Wheels)

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

Senior Project Fresh:

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

Resources

Information / Assistance: (989) 348-
7123

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

Legal Assistance:

by Jason R. Thompson, Law Office
PLC

Free legal consultations available on
the 3rd Thursday of each month from
1:00 pm - 5:00 pm
Call 989-348-7123 for an appointment.

State Health Insurance Program (SHIP)

Trained counselors educate seniors
on which health insurance options are
best for them.

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance
maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:

Offered once each year.

Matter of Balance: Participants learn
to see falls as preventable and set
realistic goals to stay active. They also
make simple home safety changes
and build strength and balance
through exercise.

Geri Fit:

Learn helpful skills to improve balance
and strength.

Fitness Programs

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

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

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

Cost of Programs

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

How We Served You in July 2026

Congregate Meals – 984

In-Home Services

HDM – 2,846

Respite – 58

Homemaker – 283.50

Bathing – 35.75

Important Phone Numbers:

Social Security

(800) 772-1213 or

(866) 739-4802

Medicare (800) 633-4227

Veterans Administration

(800) 827-1000

Alzheimer's Assistance

(800) 272-3900

Crawford County Commission On Aging & Senior Center

(989) 348-7123

Telephone Reassurance Service

It is for any older adult in
Crawford County who lives
alone, or for anyone, whether or
not they get COA services.
A phone call is made on Tuesday
or Thursday from 11:00 am to
1:00 pm and serves two main
purposes: a well-being check
and to have a friendly
conversation. This free program
benefits so many and is easy to
sign up for. Contact In-Home
Services, Kathy Meisner at
(989) 348-7123.

The Odyssey Word Search

Puzzle by Cathy Lester

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

Check out the definitions of some of the words in this puzzle. How many do you recognize?

Argus: An old dog who recognized Odysseus.

Athena: Goddess who appeared and disappeared.

Calypso: She loved Odysseus and kept him drugged up on lotus flowers to forget his kingdom, Ithica, and his wife, Persephone.

Charybdis: Female monster who created whirlpools.

Circe: Witch who changed people into animals.

Mentor: Friend appointed to care for Odysseus's family and kingdom. Old, he became blind.

Mycenaean: The main city and culture of ancient Greece. In Greek, a is pronounced "ah," but ae is like the "a" in "fate." (My-cen-ae-an)

Scylla: Female monster with six heads that ate sailors. She and Charybdis created a passage where no one could get by safely.

Telemachus: Odysseus's son.

Ulysses: Latin version of Odysseus's name.

Zeus: The king of the Olympian gods and a distant divine ancestor of Odysseus. Also serves as the ultimate cosmic judge and arbiter.

★ Argus	★ Cyclops	★ Hunger	★ Poseidon	★ Telemachus
★ Arrow	★ Disguise	★ Ithica	★ Raft	★ Trickery
★ Athena	★ Drowned	★ Lotus	★ Rowing	★ Troy
★ Blinded	★ Epic	★ Mentor	★ Sailing	★ Ulysses
★ Bowstring	★ Eye	★ Monster	★ Scar	★ Underworld
★ Bronze	★ Giants	★ Mycenaean	★ Scylla	★ War
★ Calypso	★ Greek	★ Oars	★ Shipwreck	★ Whirlpool
★ Charybdis	★ Helen	★ Odysseus	★ Storms	★ Wife
★ Circe	★ Homer	★ Persephone	★ Suitors	★ Witch
★ Clever	★ Horse	★ Pigs	★ Swords	★ Zeus



Welcome to The Kitchen Corner

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

Baked Apples Recipe

If an apple a day keeps the doctor away, it's because they are full of fiber! This recipe is guaranteed to cure a sugar craving without sacrificing fiber, and you probably already have the ingredients in your kitchen. You can substitute raisins or cranberries for the figs; both will taste great but will be higher in sugar and lower in fiber than the figs. Each finished apple will have 5-7 g of fiber, depending on the size and type of apple you use.

Baked Apples

- 6 medium apples- I like Gala or Fuji, but use what you have.
 - 1/2c. brown sugar
 - 1tsp. cinnamon
 - 1/8tsp. nutmeg
 - Pinch of salt, optional but recommended
 - 1/3c. dried figs, chopped to about raisin size
 - 3Tbl. unsalted butter
 - 1/4c. walnuts, finely chopped, optional
 - 1c. hot water
1. Preheat oven to 375°F. In a small bowl, combine brown sugar, cinnamon, nutmeg, and salt and stir with a fork. Stir in figs and set aside.
 2. Wash and core the apples using a melon baller or paring knife, leaving the base intact to keep the filling in – don't cut all the way through! Place apples in a casserole dish just big enough to hold the apples without them touching.
 3. Divide the filling evenly between apples. Top each stuffed apple with 1/2 Tbsp butter, top with walnuts if using, and sprinkle with any remaining cinnamon mixture. Set apples into a 9x13 casserole dish.
 4. Pour the water into the casserole dish and bake at 375°F for 45 minutes to 1 hour until apples are soft (but not mushy). Baking time will vary by the size of apples you are using. Check at 45 minutes by poking the blade of a knife into the side of an apple; if it goes through without resistance, you are good to go.
 5. Spoon the juices from the baking dish over the apples and serve each apple as a dessert on its own or with whipped cream, ice cream, or caramel; or cut and serve over your morning oatmeal (more fiber!) for a breakfast treat.

Nutrition Education for September: The Facts on Fiber

Soluble Fiber

Soluble fiber dissolves in water and forms a gel-like substance in your stomach, slowing down digestion and helping to control blood sugar and cholesterol. Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.

Insoluble Fiber

Insoluble fiber doesn't dissolve in water and typically remains whole as it passes through your system. It helps increase insulin sensitivity and keeps your bowels healthy, which keeps you regular. Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Fiber Can:

- ✓ Control your blood sugar. Fiber is a carbohydrate that your body doesn't absorb. Instead, it just passes through your system. When enough is eaten regularly, it slows digestion and the absorption of sugar, causing a steady rise and fall in blood sugar instead of a spike.
- ✓ Protect your heart. Fiber prevents your body from absorbing some fat and cholesterol. This lowers your triglyceride and cholesterol levels and may reduce your risk of heart disease.
- ✓ Maintain your digestive health. Fiber acts like a scrub brush, cleaning your digestive tract. It helps clean out unwanted buildup to improve gut health and reduces your risk of colon cancer.
- ✓ Keep you feeling full. Since fiber isn't digested, it moves slowly through the stomach, making you feel fuller for longer. This can help you lose or maintain your weight.

Increasing the fiber in your diet too quickly can be uncomfortable and cause gas and bloating, so build up your fiber intake slowly. Every 2 weeks, add 5 more grams of fiber to your daily intake until you reach your optimal level. For those over 50 years old, aim for 21g/day for women and 30g/day for men. As always, everyone's health status is different, so please consult your physician before changing your diet, as too much fiber can exacerbate some medical conditions.

Learn more at [cdc.gov](https://www.cdc.gov)

Labor Day Meal Day Make-Up Reminder

As we are closed on Labor Day, September 7th, and closed for lunch on September 3rd, our meal make-up date will be on Monday, September 1st.

Commission on Aging & Senior Center

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Sandy Woods, Secretary
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Mark Ostahowski, Member
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Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services Manager
Jan Williamson, RN
Kathy Meisner, Program Assistant
Homemakers:
Danette, Annette, Jennifer and Susan

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Tammy Findlay, Todd Lako, Sarah
Pollock, and Jan Williamson.

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"Views and comments expressed in the Senior Gazette are not necessarily the comments or views 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."

For advertising or addition to the mailing list, contact us at (989) 348-7123.

Support Groups & Resources:

Alcoholics Anonymous

St. Francis Episcopal Church
Monday/Friday: 12:00 pm - 1:00 pm
Tuesday/Friday/Sunday: 7:00 pm - 8:00 pm

St. John's Lutheran Church

Thursday 7:00 pm - 8:00 pm
Sunday 12:00 pm - 1:00 pm

Alzheimer's Support Group

3rd Wednesday, 11 am
The Brook of Grayling, 503 Rose St.

Info call: COA Senior Center
(989) 348-7123

Choices Group

"Choices" is a 26-week education program for women who are in the court system, have experienced domestic violence and/or sexual assault, have fought back in abusive situations, have used force, and need help learning positive conflict resolution skills. For more information on group dates and times, contact River House at (989) 348-1719, opt #8.

Healthy Relationships Group

Please get in touch with an Outreach Advocate at the River House Shelter at (989) 348-1719, opt #5 to learn more about this group and where it meets. These meetings are confidential.

Long COVID - Support Group

First Thursday each month,
5:00 -6:30 pm
via Zoom, call (231) 935-0951

Narcotics Anonymous

Wednesdays, 8:30 pm - 9:30 pm
Saturdays, 4:00 pm - 5:00 pm
St. Francis Episcopal Church, Grayling

Grief Share Ministry

Grayling Baptist Church

This ministry provides support to those who have lost a loved one or to those supporting someone who has lost a loved one. This group meets every Wednesday from 6 pm to 8 pm.

Hope Begins Here

308 Lawndale St
(989) 745-6090

Drop-in Mental Health Assistance Center. Offers a haven for people with mental health disorders

New to Medicare Presentation

Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor, on Wednesday, September 16th, at 12:00 pm for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance.

Monthly Veteran's Coffee Hour

Date: Thursday, September 10th
Time: 10:00 am - 11:00 am

The meeting is held at the American Legion Post #106
More Info: (989) 344-3861



VOLUNTEERS WANTED

Give Back. Stay Active. Connect.

For more information: visit www.nemcsa.org or call 1.877.222.9043

CLASSROOM GRANDPARENT PROGRAM (FGP)

Provide compassion, support, and one-on-one attention to students, helping them build confidence and develop a love for learning.

For adults 55+ in Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon Counties

*20 hours per week.

*Non-taxable stipend of \$4.00/hr.

*Mileage reimbursement

*Supplemental/excess insurance during service

*Annual recognition event.

income eligibility requirements apply*

SENIOR COMPANION PROGRAM (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization



1.877.222.9043

Special Dinner Schedule

September 17th
Thursday Night
Lights
October 22nd
Halloween
November 19th
Thanksgiving
December 17th
Christmas

Dinner is served from 4:00 pm to 6:00 pm. The cost of dinner for those over 60 is a suggested donation of \$4.00; for those under 60, the cost is \$8.00 per person!



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- Long Term Care
- Estate Planning
- Investment Guidance

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