

# Crawford County *Senior Gazette* September 2025



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## A Day at the Ballpark: Memories, Friendship, and Fun by Toby Neal

Cyndi Ducker wasn't even supposed to be on the bus that morning. Sure, her name was on the waiting list, but she was certain no one would cancel for the Commission on Aging's first Detroit Tigers trip in over six years. Seats had been snatched up almost as soon as the trip was announced, and with good reason; the last time a COA group attended a Tigers game was before COVID, and the excitement to finally return to Comerica Park was high.



But life has a way of opening doors just when you least expect it. A spot opened up, and suddenly, Cyndi found herself climbing aboard a bus filled with eager baseball fans, each of them buzzing with anticipation. For Cyndi, this trip wasn't just another day out. It would be her first Tigers game, and her first professional sporting event since her husband passed away two years ago.

Her husband, Ken Ducker had been more than a fan of the game. A gifted player himself, Ken spent time with the New York Mets minor league team, and his lifelong dedication to the sport eventually earned him a place in the Bay County Hall of Fame. "Baseball was in his blood," Cyndi said. "Even after his professional days were behind him, he played in one form or another all his life. He just loved it."

**Continued on Page 5**

## 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.

## Find Us By Searching

Crawford County  
Commission on Aging  
& Senior Center



## Hours of Operation

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



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

Smartphone Scan  
to our Website



## **Senior Gazette Staff**

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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.

## **Commission on Aging Board Members**

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Shannon Sorenson, Vice-Chair

Sandy Woods, Secretary

Laurie Jamison, Commissioner

Mark Ostahowski, Member

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Cheryl Wolken, Member

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Tammy Findlay, Advocacy & Resource Coordinator

Carlie Wilson, Senior Center Manager

Lynn Cheney, Office Manager

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Kate Moshier, Nutrition Manager

Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services Manager

Jan Williamson, RN

Kathy Meisner, Program Assistant  
Homemakers:

Kathy, Jill, Susan & Danette

## *September Birthdays*

Barbara Bunker 9/6

Elieen Kemerer 9/10

Dean McCray 9/12

Jerry Dill 9/30

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

*Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out!*

## **Social Security Updates By Hillary Hatch**

Starting September 30, 2025, the Social Security Administration (SSA) will no longer issue paper checks for benefit payments. By moving to electronic payments exclusively, we aim to improve efficiency, security, and ensure beneficiaries receive benefits promptly.

### **Who Does This Affect?**

Less than one percent of beneficiaries currently get paper checks. We encourage these individuals to enroll in direct deposit or opt for the Direct Express® card.

### **Why the Shift?**

- Speed and Efficiency: Electronic payments are processed more quickly.
- Cost Savings: A paper check costs about 50 cents, an EFT less than 15 cents, saving millions annually.
- Enhanced Security: Paper checks are 16 times more likely to be lost or stolen.

### **What We're Doing**

Notices and inserts explain the change and steps to switch. Technicians are ready to assist.

### **Payment Options**

- Direct Deposit: Payments go directly into a checking or savings account.
- Direct Express® Card: A prepaid debit card for those without a bank account.

Update payment information anytime through your personal my Social Security account.

Learn more at [www.ssa.gov/deposit/](http://www.ssa.gov/deposit/).

## **Support Groups:**

### **Alcoholics Anonymous**

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

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

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

St. John Lutheran Church, Grayling

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

Frederic Twp. Hall

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

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

3rd Wednesday, 11 am

The Brook of Grayling, 503 Rose St.

Info call: COA Senior Center

(989) 348-7123

### **Choices Group**

Anger Management for Women

Mondays, 1:00-2:30 pm

At River House Inc. in Grayling

Register: (989)348-3169 Lynn or Danyelle

### **GLUED**

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

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

River House info: (989) 348-3169

### **Grayling Al-Anon**

Tuesdays 11am

St. Francis Episcopal Church, Grayling

Call: (989)348-5850

### **Healthy Relationships Group**

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Register: (989)348-3169 Barbara

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

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

### **Narcotics Anonymous**

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

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

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

Info: (989)348-1398 Mary Kay

### **Faith Based Grief Group**

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

Grayling Baptist Church,

705 Madsen St. (989) 390-0831

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

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



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

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

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

#### **Bequest**

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

#### **Retirement Plan Beneficiary**

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

#### **Life Insurance Beneficiary**

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

#### **Charitable Trusts**

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

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

Thank you for your consideration.

### *Sponsors*

#### **Silver Sneakers**

Led by Rich Ferrigan  
of Grayling Fitness Center

#### **Foot Clinic**

by Linda Russel

#### **Hearing Clinic Offered**

by Advantage Audiology

#### **Birthday Lunch Flowers**

donated by Family Fare

#### **Legal Aid Offered**

by Jason R. Thompson Law  
Office PLC

#### **Grayling Pharmacy Bingo**

by The Grayling Pharmacy

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

by Sami Szydzik of Stronger  
Fitness

#### **Housing Counseling**

by Laurie Jamison

### *Memorials*

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

### *General Donations*

Don and Annette Albro	Meals on Wheels
Arauco	Little Caesars
Emil Bellenbaum	Northern Pines
Cornell Insurance	Deb & Tom
Agency	Rawlings
Cotton Pickers Quilt	Karl Schreiner
Guild Members	Carolyn & Stephen
Mike & Mary Everson	Skalne
Family Fare	John Whittaker
Barry & Cheryl Goff	& Those that
Kelly Lako	supported the
Kirsten Lietz	Little Caesars
	Meals on Wheels
	Fundraiser

### *Thank You, Donors*

### *Hometown Heroes*

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

**Running Talley of Support:**

**66 Days, \$20,390.00**

**Thank You!**

Be a hero in your hometown, claim your day, and change a life! Celebrate a birthday, honor a loved one, unite your family, team, or workplace for a cause that delivers more than just meals. July 26<sup>th</sup> donated for Eugene Marcinek. September 8<sup>th</sup> was donated in memory of Steve Wood, a former Meals on Wheels driver, and September 10<sup>th</sup> was donated in memory of Scott Foster. Both dates were sponsored by Susanne and Mark Ostahowski.

### *Memorial Donations*

Sheila Kraycs for Arlene Czuba  
Farrell Thomas in memory of Linda  
Brooks Thomas

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

Name \_\_\_\_\_

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

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

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

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

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

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

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

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

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



## COA Volunteers

Meredith Anderson  
 Bob Beck  
 Nancy Billingham  
 Sue Cameron  
 Ben & Pam Carr  
 Debbie Carrigan  
 Carolyn Diponio  
 Diana Doremire  
 Kathy Drefts  
 Donna Farren  
 Dave Felker  
 Linda Fielhauer  
 Bob Gerring  
 Janet Gilbert  
 Sherry Haag  
 Sherry Haag  
 Donn Handy  
 Val Hendricks  
 Susan Hensler  
 Annette Hritz  
 Donna Hubbard  
 Leidewey Hunter  
 Cindy Johnson  
 Jim Johnson  
 Cindy Johnson  
 Glenn King  
 Lorelei King  
 Glenn & Lorelei King  
 Jim Lawless  
 Alice Lee  
 Nancy Lemmen  
 Cathy Lester  
 Judy Marchlewicz  
 Dave Markle  
 Jeannie Matista  
 Rick McBride  
 Dan & Karen McCarthy  
 Max Meisner  
 Mike Miller  
 Tim Miller  
 Tobias Neal  
 Bev Organek  
 Suzanne Ostahowski  
 Mark Ostahowski  
 Ron Pagereski  
 Dave Phelps  
 Lois Platt  
 Dave & Lois Platt  
 Jackson Pollock  
 Keith Radwanski  
 Al Reynolds  
 Chuck & Robin Rodgers  
 Jon Shazri  
 Sally Slicker  
 Sally Slicker  
 Richard Smith  
 Arlene Smith  
 Randy & Tanya Stephens  
 Dave Stephenson  
 Ann Stevenson  
 Brad Summers  
 Tim & Susie Swedine  
 Farrell Thomas  
 Ellen Thompson  
 Ken Thurston  
 Zoella Wethington  
 Carol Wilder  
 Ernie & Ruthann Windolph  
 Laura Wood

## McLEAN'S ACE HARDWARE

For all your hardware, paint, plumbing, electrical, lawn & garden, and animal needs

**Store Hours:** Monday-Saturday, 8:00 a.m. - 5:30 p.m.  
 Sunday, 10:00 a.m. - 3:00 p.m.  
 Call: 989-348-2931



Fix It and Save a Buck!  
 Conveniently Located Next Door!  
 Contact the Repair Shop!  
 Call 989-348-1003

Ace is the place with the helpful hardware folks

## We Have Bushels of Activities this Month



### Grandparents' Day Party September 8<sup>th</sup>, 12:45p- 2:15p

Bring the kids and grandkids to this special Grandparents' Day event. The party will feature a cookie tasting, Jeopardy, Family Feud, and fun for the whole family. Family is invited to attend this special event.

### Cookie Contest September 8<sup>th</sup>, 10:30a

Each team must submit one dozen (12) cookies. Cookies must be homemade, no store-bought or pre-packaged dough. All submissions must include a recipe card with ingredients listed. Judging starts at 12:45 pm on September 8th. Cookies will be rated on taste, texture, appearance, and originality. Winners will be announced at the Southern Comfort Dinner on 9/11.

### Beginner's Photography Class September 15th & 22nd, 1:00p - 2:30 p

Interested in learning tips for taking better photos? Learn tips and tricks for taking better photos and more. Whether you're using a smartphone or DSLR, this course will help you see the world in a whole new way.

### Fall Picnic

**September 25th, 11:00 a - 1:00 p**

The Commission on Aging & Senior Center invites you to a fall picnic out at Hanson Hills Recreation Area. The menu will be Michigan cherry chicken salad on a croissant, a Michigan apple, and a garden salad with milk. The cost is a suggested donation of \$4.00 for those over 60, and is a cost of \$8.00 for those under 60. Please register ahead by calling 989-348-7123. The COA is excited to bring picnics back. We hope to see you there.

**The Brook, it's home.**  
 BrookRetirement.com  
 Independent, Assisted & Memory Care Living



## The Brook

Retirement Communities

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

## Grayling Hospital for Animals



- Dr. Katherine Powning
- Dr. Troy Fairbanks
- Dr. Christina Maxwell
- Dr. Pamela Busser

5806 W. M-72 Grayling, MI 49738  
 989-348-8622 Fax: 989-348-1542



## Supporting Crawford County's Senior Citizens

4786 North Down River Rd.  
 P.O. Box 668  
 Grayling, MI 49738

(989) 348-7321  
 (800) 968-2722  
 Fax (989) 348-7698

## Get Involved at the COA

Looking to stay active, keep your mind sharp, and enjoy the company of friends? The Senior Center has something for everyone! Check out some of these regularly scheduled activities and see what you can get involved in!

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

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



## ***A Day at the Ballpark: Memories, Friendship, and Fun (Continued)***

Sitting in those stands, hearing the crack of the bat and the roar of the crowd, was like stepping into one of his old memories. It brought her back to ballfields, warm summer nights, and the shared love of the game that had been such a part of their life together. “Although the Tigers didn’t win,” she said with a smile, “we felt like we were all winners that day.” Cyndi spends her summers here in northern Michigan, where she’s a regular at the Senior Center. In the winter months, she trades snow for sunshine, living in Augusta, Georgia: home of the Masters golf tournament. She and her husband were big golf fans, so Augusta holds its own special place in her heart.

But this trip wasn’t about golf. It was about baseball, and even more so, it was about the people she spent the day with. From the moment the group left, Cyndi noticed the kindness among her fellow travelers. “Some of the folks on the trip had mobility challenges,” she recalled, “and others jumped right in to help without hesitation. It was wonderful to see everyone looking out for each other. You can’t help but feel connected when you see that.”

For many on the trip, this wasn’t just a chance to watch the Tigers play, it was a chance to step outside of routines, share a new experience, and meet people they might not have otherwise met. Friendships, it turns out, often arrive at exactly the right time, sometimes when you don’t even realize you needed them.

The weather that day was nearly perfect for a ball game: warm, sunny, and bright enough to make you squint when you looked up at the scoreboard.

The COA staff kept the group well-fed, hydrated, and on schedule, no easy task when shepherding a bus full of excited fans. “They did a great job,” Cyndi said. “I’m sure it felt like herding cats at times, but they kept us together.”

The trip included a packed lunch for the ride down, but Cyndi was delighted to learn that the ticket package also came with a stadium meal.

“I went for pizza from Little Caesars (they own the stadium) and it turned out to be a great choice. Almost too much food!” she laughed.

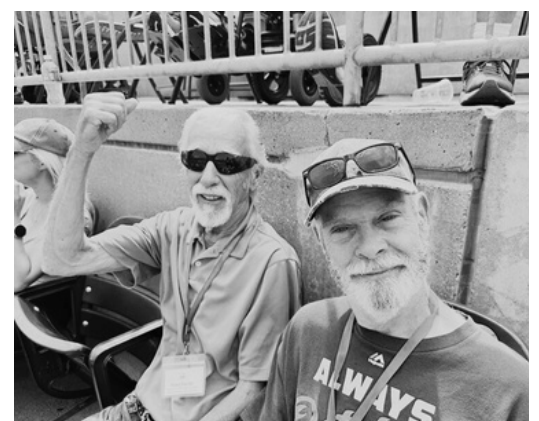
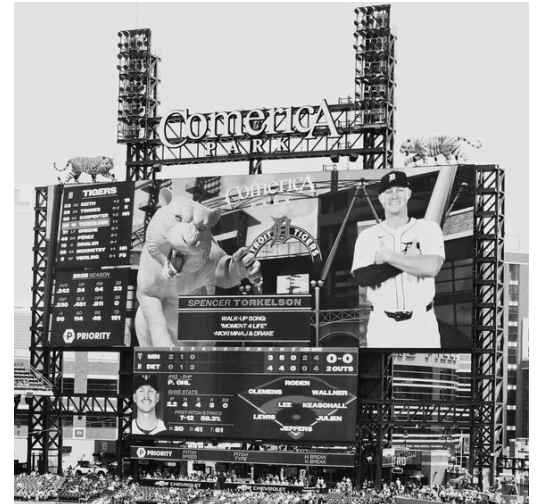
The last Tigers game trip the COA had organized was before COVID. That one, too, had been a hit, but no one could have guessed it would take six years to plan the next one. Between the pandemic and shifting schedules, the pause was longer than anyone intended. For many, this trip felt like a small sign that life was settling into a new rhythm, one where group outings, shared meals, and bus ride conversations were part of the calendar again.

For Cyndi, it was something more personal. Baseball was the sport that had first captured her husband’s heart and later became a part of her own life through him. Walking into Comerica Park without him was bittersweet, but she also knew he would have wanted her to enjoy every inning.

And she did. She laughed with new friends, cheered for the Tigers, swapped stories, and even found herself comparing stadium snacks with her seatmates.

Interest in the trip was so high that the waiting list was longer than the bus could handle. The COA is already looking ahead to future outings, hoping to secure more seats so even more people can share in the experience. “It was a long day, and we got back late, but we all had smiles on our faces,” Cyndi said. “It was just one of those days you tuck away in your heart.”

These trips are about more than the destination. They’re about stepping into moments you didn’t expect, finding yourself surrounded by new friends, and realizing that joy has a way of showing up right when you need it most. Whether it’s a first Tigers game, a return to a beloved sport, or simply a day spent in good company, the COA’s adventures prove that you’re never too old to make new memories and never too old to make new friends along the way.







To prepare for fall as a senior, focus on safety and comfort by addressing potential hazards at home, dressing appropriately for cooler weather, staying active, and preparing for seasonal changes. This includes fall-proofing your home, adjusting to daylight saving time, and getting vaccinated against the flu.



## Open Enrollment Starts October 15th

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from the premium amount, overage changes to plan terminations. There may be new, more affordable plans available that might give better coverage and possibly save you money. It is important for EVERY Medicare recipient to review his/her coverage and be certain that the plan you will have for 2026 is the best plan for you!

Starting Monday, October 6th, you can call Tammy Findlay at 989-348-7123 to make an appointment with one of our trained State Health Insurance Assistance Program "SHIP" counselors. They will help you review your options and determine what is covered and what costs you will likely incur throughout the year. Appointments will begin the week of October 20th and take place at the Crawford County Commission on Aging, 4388 M-72 E. You can also do this review yourself by going online to the Medicare website at [medicare.gov](https://www.medicare.gov). If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show or talk you through it over the telephone.

## Monthly Commodities

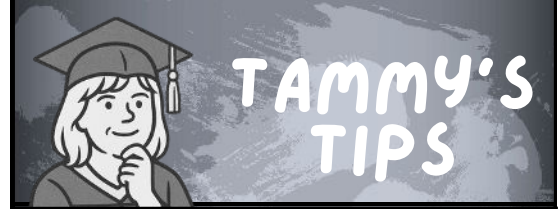
Commodities will be available for pick-up on Wednesday, September 24th, between 2:00 and 4:00 pm. If you are currently receiving commodities or plan to pick them up, please be sure to collect your items by the end of the day on Friday, September 26th. To find out if you're eligible and to get signed up, contact Tammy Findlay at 989-348-7123.



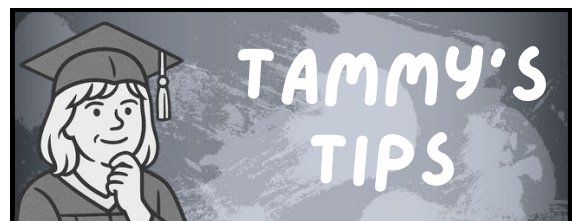
Happy Birthday! Are you going to be 65 soon? Are you getting mail & phone calls from insurance companies? Protect yourself from Scams and Fraud! Need help understanding Medicare? Join Tammy Findlay, a certified State Health Insurance Assistance Program (SHIP) Counselor on Wednesday, September 17th @ 11:00 am for a New to Medicare Presentation. Learn whether you need to enroll in Medicare at 65 if you have employer-sponsored insurance. Understand the potential risks of late enrollment and gaps in coverage.

## Emergency Signs

Emergency address signs are now available for free at the Commission on Aging. Emergency address signs play a crucial role in ensuring the safety and well-being of residents, particularly in rural or challenging-to-navigate areas. To get your free emergency address sign, visit the Crawford County Commission on Aging & Senior Center at 4388 M-72, in Grayling. You can also call 989-348-7123 to get one ordered for pick up. These signs might just save your life.



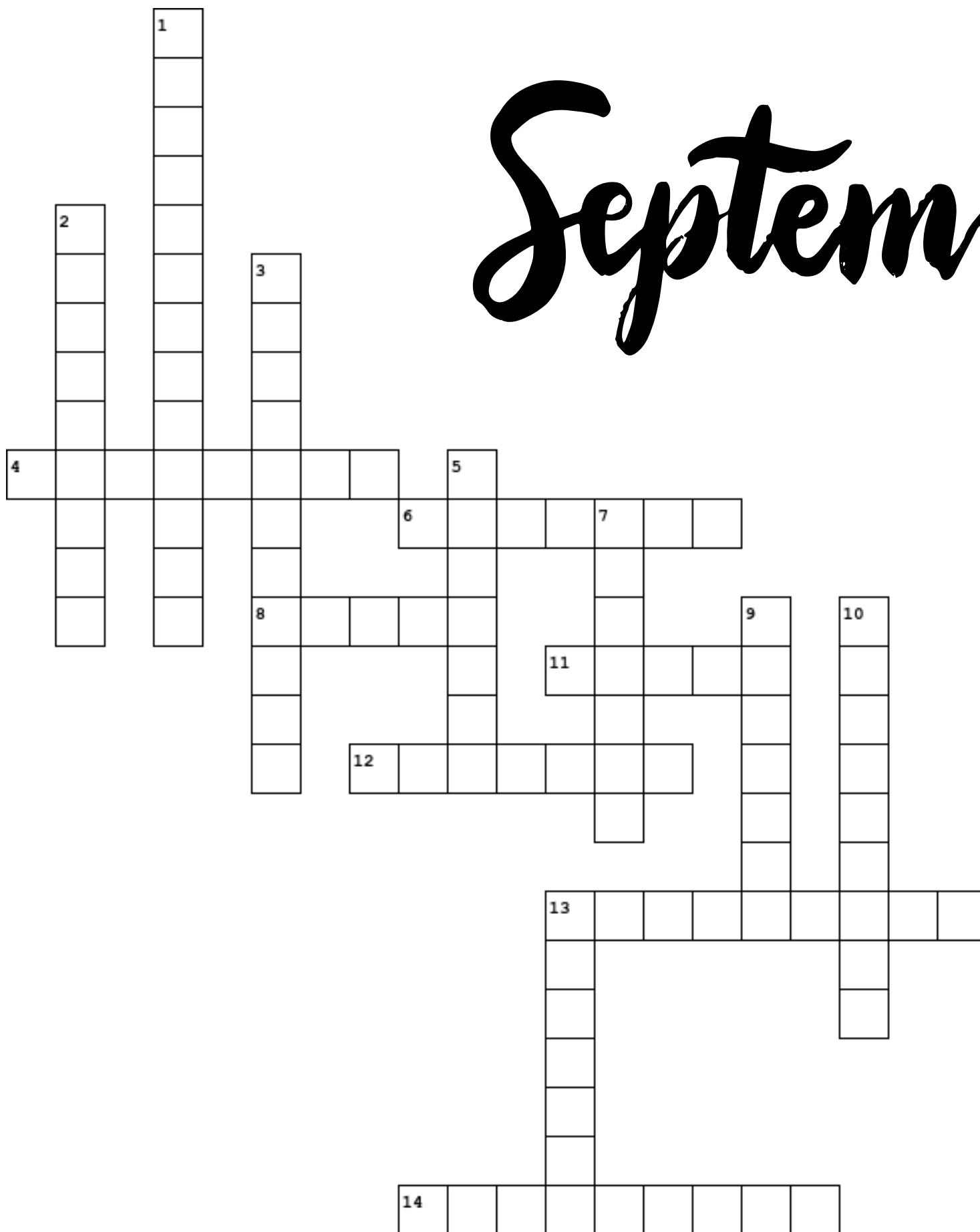
As Fall's chill sets in, our pets feel it too – especially the little ones, puppies, and senior furballs. Keep an eye on outdoor time and help them adjust to the cooler weather by providing extra warmth, like blankets for outdoor dogs, and observe how they cope with the changes in temperature. And if you've got a short-haired pup? Consider a stylish doggy sweater for those crisp morning walks. Don't forget about outdoor kitties – a cozy shelter can make all the difference on chilly nights.



There are ways you can fall to avoid injury. If you feel yourself falling:

- Try to let your body go limp.
- Keep your knees, wrists and elbows loose and bent. Don't try to break your fall by landing on your hands or knees.
- Tuck in your chin and throw your arms up around your ears to protect your head.

# September



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

Chrysanthemum, Backpacks, Matriculate, Layering, Hayride, Harvest, Equinox, Labor, Foliage,  
Goldenrod, Virgo, Thermos, Scarecrow, Sweater, Migration

## Down



1. Hardy fall flower and symbol of longevity
2. Load-bearers that signal a new academic year
3. Fancy word for enrolling in school
5. Rustic wagon event often paired with apple cider
7. A twice-yearly event when daylight and darkness are twins
9. New England's cash crop in autumn
10. Fall weed often blamed for allergies (unfairly!)
13. Garment that appears with the geese

## Across

4. Style strategy when it's 50 in the morning and 75 by noon
6. It's time to reap what was sown
8. Hard day's work
11. Precise and practical, this sign rules early September
12. Keeps cider warm on a cool fall hike
13. Field figure with a straw-for-brains charm
14. What birds begin doing as instincts pull them south






## September 2025 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED FOR LABOR DAY</b>   July 28 <sup>th</sup> was donated in remembrance of Eugene Marcinek's Birthday on July 26th	<b>2</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Parmesan Cod, Brown Rice, Prince Charles Vegetables, and a Fresh Pear	<b>3</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Roast, Red Grapes, Baked Potato, Green Beans	<b>4</b> <b>11:30a-12:30p Lunch</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Baked Beans, Red Grapes	<b>5</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Cheese Ravioli, Asparagus, Italian Bread, Red Grapes
<b>8</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear   Donated in Honor of Steve Wood, former Meals on Wheels Driver	<b>9</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Fresh Orange	<b>10</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi  In Memory of Scott Foster	<b>11</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Potatoes with Beef Gravy, Brussels Sprouts, Apple <b>4:00p-6:00p Special Dinner</b> Chicken Fried Steak, Mashed Potatoes, Biscuits, Country Gravy, Bacon & Green Beans, and Flame Roasted Cinnamon Apple Slices with Cream.	<b>12</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken & Pepper Bake, Sourdough Roll, Apple
<b>15</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana	<b>16</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>17</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>18</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi	<b>19</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas
<b>22</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear	<b>23</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Birthday Lunch</b> Sweet & Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	<b>24</b> <b>8:30a-9:30a Breakfast</b> Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots	<b>25</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Picnic Lunch</b> Michigan cherry chicken salad on a croissant, a Michigan apple, and a garden salad with milk  Lasagna, Mixed Vegetables & Red Grapes available at the Senior Center	<b>26</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange
<b>29</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	<b>30</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>Join the COA at the Rotary Pavilion at Hanson Hills for a Fall Picnic &amp; Outdoor Fun, or at the Senior Center for Lasagna. Both meals will be served during lunch on September 25<sup>th</sup>. For more information on the Fall Picnic, please read the article on Page 4.</p> </div>		
<b>Light Bites – Dine in Only</b> Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	<b>Light Bites – Dine in Only</b> Crab Cakes, Lemon, Broccolini, Sourdough Roll, Tangerine Clementine	<b>Light Bites – Dine in Only</b> Italian Meatball Sub, Garden Salad, Apple Sauce	<b>Light Bites – Dine in Only</b> Mojo Chicken, Red Grapes	<b>Light Bites – Dine in Only</b> BBQ Chicken Flatbread, Garden Salad, Banana



## September 2025 ~ Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED FOR LABOR DAY</b>	<b>2</b> 9a Friends of a Feather Quilting Group <b>9:30a Matter of Balance</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	<b>3</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Rayburns</b> <b>10:30a Water Aerobics</b> 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b>	<b>4</b> 9a Zumba Gold A <b>9:30a Matter of Balance</b> 10a Zumba Gold B 1p Penny Bingo 3:30p Grayling Pharmacy Bingo	<b>5</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>8</b> 10a Silver Sneakers 1-4p Chess Club <b>9:30a Matter of Balance</b> <b>10:30p Cookie Contest</b> <b>12:45 Grandparents' Day Party</b> 2-3p Diamond Art Club	<b>9</b> <b>9a-12p Housing Counseling</b> 9a Zumba Gold A 10a Zumba Gold B <b>10a Grief Support Group</b> <b>10:30a COA Food Truck</b> 12:30p Euchre <b>1p All Staff Training (Building Remains Open)</b>	<b>10</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Hanson Hills</b> <b>10:30a Water Aerobics</b> 12:30p Mahjong <b>12:30p Project Council Meeting</b> <b>1:00-3:00p Wii Bowling</b>	<b>11</b> 9a Zumba Gold A <b>9:30a Matter of Balance</b> 10a Zumba Gold B 1p Penny Bingo <b>4-6p Special Dinner</b>	<b>12</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>15</b> 10a Silver Sneakers 1-4p Chess Club <b>1p Beginners Photography Class</b> 2-3p Diamond Art Club	<b>16</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre <b>4:30p COA Board Meeting</b>	<b>17</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Aspen Park</b> <b>10:30a Water Aerobics</b> <b>11a New to Medicare</b> <b>11a Alzheimer's Support @ the Brook</b> 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b>	<b>18</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>1p Legal Advice</b>	<b>19</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>3p Tree Dedication Ceremony</b>
<b>22</b> <b>9a-4:30p Footcare</b> 10a Silver Sneakers 1-4p Chess Club <b>1p Beginners Photography Class</b> 2-3p Diamond Art Club	<b>23</b> 9a Zumba Gold A 10a Zumba Gold B <b>11:30a Birthday Lunch</b> 12:30p Euchre	<b>24</b> 8:30a Blood Pressure Checks <b>10a Walk in the Woods @ Wakeley Lake</b> 10a Silver Sneakers 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b> <b>2p-4p Commodities</b>	<b>25</b> 9a Zumba Gold A 10a Zumba Gold B <b>11:00a-1:00p Fall Picnic &amp; Outdoor Day</b> 1p Penny Bingo	<b>26</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>29</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>30</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	<div> <div> <div>Accepting New Patients!</div> <div>  <div> <div>Heather Lee, DO</div> <div>Neurology</div> </div> </div> <div> <div>HANDS-ON</div> <div>NEUROLOGICAL CARE</div> </div> </div> <div> <p>Need care for your neurological condition – or suspect you have one? Munson's trusted neurologists diagnose and manage a wide range of neurological issues that can lead to symptoms like tingling, numbness, tremors, problems with balance, and more.</p> <p><b>Common conditions we treat include:</b></p> <ul style="list-style-type: none"> <li>• Migraines and Chronic Headaches</li> <li>• Neuropathy and Nerve Pain</li> <li>• Memory and Movement Disorders</li> <li>• Epilepsy and Seizures</li> <li>• Brain Injury and Concussions</li> <li>• And Other Neurological Conditions</li> </ul> <div>  <p>Visit <a href="https://munsonhealthcare.org/neurosciences">munsonhealthcare.org/neurosciences</a> to get started or scan the QR code to learn more.</p> </div> <div>  </div> </div> </div>		

## Assistance to Help You Maintain Your Independence

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

#### Health Services

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

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

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

#### Incontinence Supplies

Supplies are available for a donation of \$5.00

#### Medical Equipment Loan Closet

Items are available for a donation of \$5.00

#### Nutrition Services

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

#### Commodities Food Distribution:

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

#### Congregate Meal Program:

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

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

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

#### Senior Project Fresh:

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

#### Resources

##### Information / Assistance:

**(989) 348-7123**

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

##### Legal Assistance:

by Jason R. Thompson, Law Office PLC

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

##### Housing Counseling

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

Call 989-348-7123 for an appointment.

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

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

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

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

##### Telephone Reassurance/Senior Companion:

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

#### In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

#### Classes

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

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

##### Geri Fit:

Learn helpful skills to improve balance and strength.

#### Fitness Programs

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

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

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

#### Cost of Programs

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

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

#### At the Senior Center

We served a total of 813  
Congregate Meals

#### In-Home Services

HDM – 3,199

Respite – 91.25

Homemaker – 201.50

Bathing – 34.75

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

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

Listen online: Community Calendar for the COA Calendar of Events

aired daily by: Blarney Stone Broadcasting Stations

q100michigan.com upnorthsportsradio.com

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





## Region 9 Area Agency on Aging Webinars for September 2025

### Upcoming Meetings and Trainings:

- **SHIP new to Medicare**  
Webinar, September 10 at  
10:00 am. Contact your  
local COA or call 1-800-  
803-7174 for more  
information or to register
- **RAC Meeting at the  
NEMCSA Main Office,**  
September 22 at 1:00 pm

### Dementia Caregiving Support Group

- **Home Safety/Fall  
Prevention,** September  
3<sup>rd</sup>, 5:00 pm - 6:30 pm,  
Webinar

### Caregiving Support Group

- **Home Safety/Fall  
Prevention,** September  
1<sup>st</sup> 5:30 pm - 7:00 pm,  
Webinar

### Kinship Support Group

- **Home Safety/Fall  
Prevention,** September  
11<sup>th</sup>, 10:00 am - 11:30 am,  
Webinar

### Healthy Living Webinar

- What to Know About  
Vaccines After 50,  
September 11<sup>th</sup>, 1:00 pm -  
2:00 pm, Webinar



## Mount Hope Lutheran Church 2025 Food Truck Schedule

These food trucks will occur at  
Mt. Hope Lutheran Church,  
located at  
905 N. I-75 Business Loop, in  
Grayling.

Each truck will be on a  
Saturday and will begin at  
approximately 10:00 am.

### **Dates:**

September 6th  
October 4th

## Coming Attractions: Save the Dates



### **Veteran's Coffee Hour Date**

Date: Thursday, September 11th

Time: 10:00-11:00 AM

At the American Legion Post #106

More Info: (989) 344-3861



## COA Holiday & Party Schedule

**September 8th**

Grandparents' Day

**October 31<sup>st</sup>**

Halloween Party  
& Pet Parade

**November 20th**

Friends-Giving Party

**December 30th**

Noon Years Eve

## Electronic Recycling

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

## Coping with the Holidays After Death

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

## COA Vegetable & Food Trucks

September 9<sup>th</sup> & October 21<sup>st</sup> @ 10:30 am

## Grayling Pharmacy Bingo

The First Thursday of the Month Following Penny Bingo!  
Everyone is invited to play Grayling Pharmacy Bingo. Play  
FREE to win Grayling Pharmacy Coupons. These coupons  
can be used to make purchases at the Grayling Pharmacy.

## The COA is Collecting UPC Labels

The COA is collecting Our Family Brand UPC labels as a  
fundraiser. Your UPC Labels can be redeemed for cash,  
supplies, or equipment. Please call 989-348-7123 for  
more information.



## Versiti Blood Drive

Next scheduled drive is

**October 13th.**

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

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



## Secretary of State Mobile Office October 20th

Appointments are held at the  
Commission on Aging.

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

## Christian Help Center Food Trucks

**Thursday, September 18th**  
Grayling Free Methodist  
Church  
6652 W. M-72 HWY, Grayling

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

# Yearly COA Raffle is Going On Now!

*Proceeds Benefit Activities and Other Programs at the Senior Center*  
*Sponsored By...*

**Cornell Insurance Agency**  
**Feeny Ford of Grayling**  
**NAPA Moore's Automotive**

**Tickets are \$1.00 each or \$5.00 for 6 tickets.**

The drawing will be held at the 9/11/25 Southern Comfort Special Dinner.  
Need not be present to win.

## **Southern Comfort Special Dinner**

Thurs, 9/11/25 - 4-6pm, at The Commission On Aging & Senior Center,  
4388 W M-72, Grayling, MI, 49738 Raffle & Dinner - Open to the Public  
State Raffle Lic. # R81462

Suggested donation for those over 60 is \$4.00, the cost for dinner for  
those under 60 is \$8.00



**Tickets are available for purchase beginning on July 28<sup>th</sup>.** Prizes are as follows:

First Prize is \$500  
Second Prize is \$250  
Third Prize is \$150

You do not have to be present to win.  
Winners will be called following the dinner on 9/11/2025.

## Tree Dedication Ceremony

After months of thoughtful planning and generous community support, the Crawford County Commission on Aging is proud to open its Memorial Tree Garden, a living tribute to loved ones, friends, or family members.

Thanks to the contributions of dedicated donors, trees have been planted, creating a peaceful space for reflection and remembrance. The COA invites the public to attend a Tree Dedication Ceremony on Friday, September 19th, from 3:00 to 4:30 pm. During the ceremony, guests will have the opportunity to view the memorial trees, honor those being remembered, and express appreciation. Following the brief ceremony, guests are encouraged to eat and enjoy light snacks and refreshments.

## Walk in the Woods Fall Schedule

### **September 3rd, 10 am @ Rayburns\***

Meet at the M-72 E Trail Head

### **September 10th, 10 am @ Hanson Hills\***

Led by guide Wendy Kelso. Hanson Hills  
7602 Old Lake Rd.

### **September 17th, 10 am @ Aspen Park**

239 Commerce Blvd, Gaylord, MI, 49735.

There will not be an organized lunch for this walk.

### **September 24th, 10 am @ Wakeley Lake\***

Wakeley Lake is located in eastern Crawford County and is about 10 miles east of downtown Grayling. To get there from town, drive east on M-72 E until you see the entrance road and parking lot on the left (north) side of the road.

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

585 Southline Rd, Roscommon, MI 48653

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

2590 Camp Au Sable Rd, Grayling, MI 49738

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

10950 Hetherton Rd, Johannesburg, MI 49751

### **October 22nd, 10 am @ Hartwick Pines State Park\***

3612 State Park Dr, Grayling, MI 49738

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

### **October 29th, 10 am @ Linda Fay Property\***

9030 Heidelberg Rd, Roscommon, MI, 48653

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



## Senior Center Updates

After you "Like" us, our events, program posts, and many more pictures will link on your page. Facebook will set you as a "Follower" of our page. You'll get fast updates on us and stay connected to our latest announcements.

When your friends & family visit your Facebook page, they will see our posts on your page feed. It's a great way to brag about the awesome activities, programs, and pictures we have for you plus include your family in events.

[facebook.com/CrawfordCOA/](https://facebook.com/CrawfordCOA/)  
Like, Love, or Share!

Please help  
us grow our impact  
with free publicity





K K C F F C I D B X T Y G E C N E L O D E R R G  
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- |             |                |                |                  |                 |
|-------------|----------------|----------------|------------------|-----------------|
| 1. Crisp    | 11. Cornucopia | 21. Cinnamon   | 31. Auburn       | 41. Sere        |
| 2. Pumpkin  | 12. Cranberry  | 22. Spice      | 32. Umber        | 42. Tawny       |
| 3. Gourd    | 13. Turkey     | 23. Mulled     | 33. Ochre        | 43. Pernicious  |
| 4. Cinnamon | 14. Pecan      | 24. Blanket    | 34. Zephyr       | 44. Hibernial   |
| 5. Apple    | 15. Windy      | 25. Gratitude  | 35. Brumal       | 45. Somnolent   |
| 6. Cider    | 16. Amber      | 26. Deciduous  | 36. Mellifluous  | 46. Evanescent  |
| 7. Bonfire  | 17. Rustling   | 27. Transience | 37. Incalescence | 47. Pulchritude |
| 8. Maple    | 18. Orchard    | 28. Ambergris  | 38. Camaraderie  | 48. Tenebrous   |
| 9. Acorn    | 19. Oak        | 29. Carmine    | 39. Redolence    | 49. Auriferous  |
| 10. Rake    | 20. Pinecone   | 30. Russet     | 40. Aestival     | 50. Susurrus    |

## Monthly Medical Loan Closet Spotlight By Sarah Pollock

Vinyl Gloves/Powder Free/Single Use Only/Size Large

The Crawford County Commission on Aging has some available along with other medical equipment for older adults 60 and over. Please call Kathy at (989) 348-7123 to see if we have what you might need.



## Need Tech Support?

Need help with Windows ® or programs on your computer? Do you have questions about your smartphone? Do you have questions about the Internet?

COA Tech Support is now available. Receptionist Patty Lemmons is available on Tuesday afternoons to help answer any tech-related questions you may have. Call 989-348-7123 to book an appointment!



## Tips for Medication Management

Many of us take medication regularly. Whether it's prescription or over-the-counter medication it is very important to manage our medication safely. Medication management has many facets. These include the following:

- Follow medication schedules and doses
- Understand your medication routine. Confirm the exact dose and timing of each medication with your pharmacist. Follow the schedule and take the exact dose prescribed.
- Understand what to do if you miss a dose. Don't double up on doses unless your Dr or a pharmacist has approved this.
- Keep a medication schedule and update changes. Update your schedule whenever your medicine changes. This includes dose changes or how often you are to take the drug.
- Keep your schedule/list in an obvious place. Try putting the schedule in a place you see often.
- Consider a Pill organizer. This is a great way to be sure you're taking your medications every day and at the right time.

Make sure all clinicians know what medications you take

- If you go to different clinicians for different conditions, it's extremely important to tell each of them about all of the medications you are taking.
- Use a medicine wallet card. The card will help you keep an up-to-date list of your medicines with you
- Make sure your Dr has a record of all the medicines you take. Don't assume all of your physicians and clinicians know about all of your medications. Be sure to include all over-the-counter medications.
- Fill your prescriptions at one pharmacy.
- Tell your physicians, clinicians and your pharmacist about your allergies.
- Never stop taking a medicine on your own. Some medicines must be stopped gradually to avoid complications. If the medicine is making you feel sick or causing side effects that are difficult to tolerate, ask your Dr. about adjusting the dose or changing the medicine.

Manage medications safely

- Store medicines in a proper location. Medication should always be stored safely in a dry, cool place.
- Keep medicine out of reach of children.
- Take only your own prescriptions. Never take medicines prescribed for someone else.
- Ask your Dr or pharmacist if it is safe to drink alcohol with the medications you take.



## Upcoming Online Classes from MSU Extension September 2025

### Thriving on a Fixed Income! (Webinar) -

September 4, 2025 9:30AM – 10:30AM Zoom Webinar

### Tips to Build and Protect Your Credit

September 4, 2025 12:00PM – 1:00PM Zoom

### RELAX Alternatives to Anger Weekly Sept 2025 Series

September 8, 2025 – September 29, 2025 Online via Zoom

### Mindfulness Lunch & Learn: Changing Negative Self-Talk

September 8, 2025 11:00AM – 12:30PM ZOOM

### MI Money Mondays - Virtual Drop-in Hours (Webinar)

September 8, 2025 12:00PM – 1:00PM Zoom – Virtual

### ONLINE: Sleep Education for Everyone Sept/Oct 2025

September 9, 2025 – October 14, 2025 Every Tuesday Online

### Mindfulness for Wellbeing, 6:30pm, Sept. 9-Nov. 4

September 9, 2025 – November 4, 2025 Online

### Michigan Birding 101 - Fall 2025

September 9, 2025 7:00PM – 8:15PM

### Make a Spending Plan Work for You! (Webinar) -

September 10, 2025 12:00PM – 1:00PM Zoom Webinar

### Preserving MI Harvest- Three Sisters-Preserving Corn, Squash and Beans

September 11, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

### Michigan Birding 101 - Fall 2025

September 11, 2025 7:00PM – 8:15PM

### Mindfulness Lunch & Learn: Mindfulness in the Workplace

September 15, 2025 11:00AM – 12:30PM zoom

### MI Money Mondays 9.15

September 15, 2025 12:00PM – 1:00PM

### Tai Chi for Better Sleep - Tuesday & Thursday AM

September 16, 2025 – November 6, 2025 9:00 – 10:30 am ET Zoom

### Mindful Self-care for Health and Well-being Series - Begin with a Breath

September 16, 2025 6:30PM – 7:30PM Online via Zoom

### RELAX: Alternatives to Anger--Evenings

(Thursdays, 6:30-7:30 pm ET)

September 18, 2025 – October 9, 2025 Online

### Mindfulness Lunch & Learn: Sleep Basics

September 22, 2025 11:00AM – 12:30PM Zoom

### MI Money Mondays 9.22

September 22, 2025 12:00PM – 1:00PM

### Mindful Self-care for Health and Well-being Series - Be Kind to Your Mind

September 23, 2025 6:30PM – 7:30PM Online via Zoom

### Mindfulness for Better SLEEP--Online

September 26, 2025 – October 31, 2025 Zoom

To register for any event visit:

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



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THE KITCHEN  
CORNER

## Welcome to The Kitchen Corner

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

### Apple Sauce Recipe

September has begun and Fall is right around the corner! I don't know about you, but Fall is my favorite season, and the countdown has begun until I am surrounded by Autumn leaves, pumpkin spice, crisp air, and a favorite cardigan. Of course, Fall also means apples and Michigan apples are really something special. I hope you join me in looking forward to the change in seasons and apple everything, starting with this applesauce recipe adapted from the Food Network Kitchen.

#### Applesauce Recipe

- 4 lb of assorted apples (peeled, cored, chopped)
- 1 c. water or apple cider
- ¼ c. brown sugar
- 1 tbl. Fresh lemon juice
- ½ tsp. cinnamon
- Pinch of salt

Combine apples, sugar, salt and water or cider in a large pot. Bring to a simmer over medium-high heat, stirring occasionally. Reduce heat to med low. Cover with a tight-fitting lid and cook until the apples are very soft, about 20 minutes.

Stir in the lemon juice and cinnamon and let cool for 5 minutes. From here, blend in batches in a food processor or blender, or use an immersion blender or potato masher right in the pot. Here is where you decide what texture your sauce will be. If you like it with chunks, use a masher or pulse in a processor until you get your preferred texture instead of blending.

Cool in the refrigerator for 1 hour.

Notes: 1. This makes about 5 cups of applesauce, and you can halve or double this recipe as needed.

2. If you are using an immersion blender, food mill, or high-speed blender and want a smooth applesauce you don't have to peel them. If you like your applesauce chunky you will want to remove the peels.



### Special Dinner Recap & Preview

Thank you to everyone who joined us for our special BBQ dinner!! I saw many smiling faces and much enjoyment of the smoked pork. As usual, I would like to brag on our volunteers for a minute. Have you ever met a friendlier group of servers than our special dinner volunteers? No matter the obstacle being navigated, like training a new server, being moved to a new position, or just being plain busy, they are truly happy to be here and to be working together, and I admire each one of them. Thank you to all of our special dinner volunteers, another job well done! The winner of the BBQ Grilling Set, Cooler Bag, and Buffalo Wild Wings Sauces was Ruth Pilon, and the 50/50 winner, taking home \$172.50, was Sandy Woods. Coming up September 11<sup>th</sup> from 4-6PM is our Southern Comfort dinner, and no, not the alcohol!! This meal is all about what is considered comfort food in the Southern United States. You can look forward to Chicken Fried Steak, Mashed Potatoes, Biscuits, Country Gravy, Bacon & Green Beans, and Flame Roasted Cinnamon Apple slices with cream. I am getting hungry just thinking about it! We hope to see you there!



### Project Council 2025

This year's meeting will take place at the COA on September 10th directly following lunch from 12:30-1:30PM.

For those of you that are new to it, once a year we ask that anyone who participates in our congregate meal program and would like their voice to be heard to meet and discuss everything that you want us to know. This is your chance to discuss our menus or anything else related to our meal programs and let us know what you think. To this end, we are looking for a volunteer participant to lead this meeting so that staff can stay uninvolved, as we would like you to feel free to speak your mind. As the leader, you will be responsible for taking the meeting minutes and prompting the group conversation to the next subject when necessary. If no one wishes to lead this meeting it will be necessary for a COA staff member to be present for these tasks. If you are interested in being our leader, please speak with Kate Moshier.