

Crawford County Senior Gazette October 2022

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a lot
food stores
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Business Loop
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Featured Article

Sandra Moore

“Life, Death and Everything In Between.”

By Toby Neal

If you have ever floated down the AuSable river from Grayling, then chances are good that you have seen Sandra Moore's beautiful home.

Nestled along the historic riverbanks, Sandra's home is a site to behold, and a place that she is humbly very proud of. As we toured the river front property, Sandra's response to every compliment given about the place was, “I know.” Do not mistake those responses with pride in that sense, but rather it was always spoken with a deep sense of humility. “I say ‘I know’ because everyday I am just as humbled to see what you are seeing,” Moore says. “I am honored to have,



and share, such a beautiful space along this river.”

Moore is the youngest of 8 siblings from their 4th generation Crawford County family. Crawford County has always been Sandra's home. “I have lived here my whole life,” Moore shared. Whether it was the Manistee or AuSable rivers or the shores of Lake Margarethe, Moore's feet have always been firmly planted here. In fact, she has never really

wanted to be anywhere else. “I have always loved Grayling,” Sandra said. The love of her hometown and long running roots led her into public service here. “There is no higher calling in terms of a career than that of a public service,” Moore shared.

While in high school Sandra began to embrace her desire to service in a public office. Serving as an intern through a school program, Moore got interested in clerk work, which soon translated into a job with Fred Bear

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 for **Crawford
County Commission
on Aging & Senior
Center**

HOURS OF OPERATION

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

**308 Lawndale St
Grayling, MI 49738**

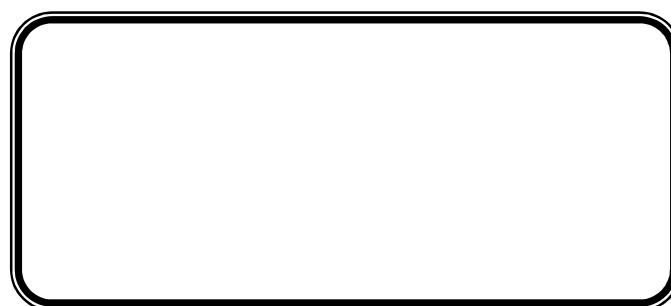
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Smartphone Scan
to our Website



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**For advertising or addition to the mailing list, contact us at
(989) 348-7123 or
director@crawfordcoa.org**



Communication Corner... Notes from the Director

Some of the people we know who live the longest wake up every day with a purpose even after their body doesn't allow them to be active. Maybe get a part-time job? Grayling needs employees in so many areas. Maybe volunteer? There are great service clubs in town like the Grayling Promotional Association, Rotary, Lions Club, Shriners, the Eagles, the Legion and more! Or volunteer for a non-profit organization like the Christian Help Center, Riverhouse, the Baby 2 Toddler Closet or here at the Commission on Aging. We are in desperate need of volunteer meals on wheels drivers right now. Think about how you spend your time today. Put down the remote and make a difference in your community!

Be Well!
Alice Snyder, Director



Volunteer Opportunity for adults 55 years and older willing to commit to an average schedule of 20 hours per week.

Senior Companions

- o Helping Frail/Homebound Adults
- o Providing Respite to Families & Caregivers
- o Offering One-to-One Companionship
- o Building Mutually Beneficial Friendships

Benefits of this volunteer program includes:

- o Non-taxable stipend of \$3.15/hour (will not affect eligibility for public assistance)
- o Transport Reimbursement
- o Excess insurances during service hours
- o Monthly in-service education
- o Community Service Recognition

Must pass Federal and State background check

For more information & to request an application: 877-222-9043 or visit www.nemsca.org

Commission on Aging Board Members:

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CRAWFORD COUNTY COMMISSION ON AGING

WANTED: MEALS ON WHEELS DRIVERS

Join our team and bring food to people in need!

**IF YOU LIKE TO DRIVE, HAVE AVAILABILITY DURING THE
WEEK DAYS AND WANT TO MAKE A DIFFERENCE, WE COULD
USE YOUR HELP!**

Go to crawfordcoa.org/volunteer or stop by 308 Lawndale Street to apply.
For questions call 989-348-7123.

General Giving

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

General Donations Made

Catherine McBride
(family)

David & Melodie Killion

John Pamerleu

Roger Wilcox

Kirsten Lietz

Val Hendricks

Ron & Margaret Yon



Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for. Sponsorship can be one-time or continual and is available at any financial level.

Our Sponsors

Foot Clinic Offered by Comfort Keepers

Hearing Clinic Offered by
Advantage Audiology

Legal Aid Offered by
Jason R. Thompson Law Office PLC

Birthday Lunch Flowers
donated by Family Fare

Medicine Shoppe Bingo by The Medicine Shoppe

Memorial Gifts

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

Legacy Giving

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

Volunteers

Volunteers give of their time and we could not do what we do without them. Volunteer applications can be found at www.crawfordcoa.org/volunteer/volunteer-application. See Page 2 for Volunteer opportunities!

Memorial Donations

In Memory of Tina Foster

Scott Foster

In Memory of Linda (Brooks)

Thomas

Farrell Thomas

*Volunteers and Contributions received after **September 16th** will be acknowledged in the next edition of the Senior Gazette.*

Gifts of Supplies

You can pick up and donate items on our Wish List rather than making a financial donation:

- Reams of Copy Paper
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Kleenex

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 ☐ Cash ☐ Check **Amount Enclosed \$** _____

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

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

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

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

Thank you! to our COA Volunteers

Nancy Billinghamurst	Dan McCarthy
Charlotte Bloomquist	Barb McCray
Judy George-Crook	Dean McCray
Charlie Curro	Tim & Olie Miller
Dick & Lyn Dodge	Wayne & Rosemary Nelson
Joe Ellison	Sharen Perkins
Kathy Ellison	Ruth Pilon
Jordan Evans	Nancy Pletzke
Rich Ferrigan	Alexia Porter
Mary Garcia	Keith Radwanski
Mary Jo Gingerick	Tad Randolph
Karen Gribb	Tom & Deb Rawlings
Sherry Haag	Karl Schreiner
Susan Hensler	Jon & Gail Schultz
Cheryl Hopp	Liedewey Sims
Donna Hubbard	Richard Smith
Cindy Johnson	Cheryl Starr
Eileen & Ron Kemerer	Maze Stephan
Glenn & Lorelei King	Farrell Thomas
Jim Kitch	Ellen Thompson
Sandy Lakanen	Mark & Susan Topham
Ron Larson	Vera Trimble
Jim & Sarah Lawless	Deb Umlor
Alice Lee	Ceriel VandeCastele
Nancy Lemmen	Janet Weaks
Cathy Lester	Becca Wolford
Alexis Lott	
George & Sharleen Mascarello	

October Birthdays

Sheryl Biggs 10/8
Marie Hatfield 10/15
Kirsten Lietz 10/19
Gayle McCollom 10/8
Beverly Ohsowski 10/17

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

Recycle Your Used Cell Phones



- ✓ Simply drop off your phone at the Senior Center
- ✓ All data will be erased
- ✓ Keep chemicals and heavy metals out of the environment

Your old phone can be income for the Commission on Aging

Things We Collect!

We collect the following and turn them in to receive money for our programs!

- Family Fare Receipts
- Used Cell Phones
- Our Family UPC Labels

Did you get your memory screening yet?
Free Virtual Memory Screenings

A memory screening is a quick and easy healthy brain checkup, similar to other routine health screenings, such as blood pressure and cholesterol.

Memory screenings should be a part of good health and wellness routine for everyone!

Learn more or request a memory screening appointment at:

<https://alzfdn.org/memory-screening-2/virtual-memory-screenings/>

Senior Gazette
ADVERTISE WITH US
Call 348-7123

Reaching Seniors and Beyond!



Jordan Evans

By Toby Neal

Jordan Evans, or "Sister Evans," as she is known by many during her time in our community, just loves serving others and being around people. That was always evident when she was at the Senior Center helping with Penny Bingo and carrying out meals on our Curbside Special Luncheon Days.



Light-hearted and outgoing, Evans was born and raised in Tampa, Florida, but was directed to be in northern Michigan as a missionary for The Church of Latter-day Saints. "I got called to serve in this community and I love it here!" Jordan shared. Her light-hearted and outgoing ways came from being around her family. "I have a big family," Jordan said. "They are a little crazy, loud and rambunctious. They really know how to have a good time and love the people around them."

"It's so important for us to all love one another."

Aside from volunteering her time with the Commission on Aging (COA), Evans is busy as a Latter-day Saint missionary. "So right now I'm on a service

mission," Evans explains, "and the reason why I love it so much is because I get to serve God and the people around me." When not doing her missionary work, Jordan loves to be outdoors and play sports. She is a fan of soccer, basketball and volleyball. "I also love to cook and read!" Evans adds.

When asked what she was passionate about Evans shared, "I'm passionate about treating others with love and kindness. It's so important for us to all love one another." Evans loves helping out with bingo, and decided to volunteer her time with the COA because "it is a great way to give back to the community."

Where does Jordan see herself in the future? "I hope to go to college and eventually have a family later on in life! I also want to travel to a cool country like Japan!" We are thankful her travels brought her here to volunteer with us! Thank you Jordan!

and Bear Archery in 1975. This connection with Fred Bear will soon come back into her life, but more on that later. Moore began working for the Crawford County Register of Deeds in 1979. "They quickly combined the clerk and register responsibilities," Sandra stated, which would make way for her to become the Chief Deputy Register in 1980 and later in 1995 the Elected Clerk/Register. Moore defines this calling to a career of public service as "giving of oneself."



Moore's grandfather, father on a hunt with Fred Bear.

Moore has given herself to the County Clerk position as it has evolved over the last four decades. Sandra described the County Clerk's position as encompassing three main areas of responsibility: Property for the whole County, Clerk over vital records/notaries and the Circuit Court in the realm of rules and procedures. In 2015, Sandra became the President of the Michigan Association of County Clerks which is a five-year succession ladder and served as the District Chair for two years for 16 Counties in northeast Michigan. She was the President of United County Officers for two years and served as Past President for all 83 County Clerks, Register of Deeds, Treasurers & Surveyors. Furthermore, Sandra has been an actively involved in the Michigan Association of Registers of Deeds by serving on various committees and sitting on the PRIA National Organization.

Moore continued to embrace the evolution of her position by becoming Master Certified as a United County Officer through Michigan State University which required 100 hours of

clerical work and 100 hours of registrar work. "I never went to college for one, but ended up with a Masters," quipped Moore.

Sandra's energy and involvement is not restricted to just things that surround her position as County Clerk. Sandy stays very busy with the continued remodeling of her river home and landscaping, with the help of her husband, Geno. She is blessed with a son Sam and daughter Shayla, as well as her quadruplet grandchildren, Ava, Kolten, Mila and Mason. If chasing grandkids, and quadruplets at that, did not keep her busy enough, Moore has also been involved in many facets within her community. Most notably her involvements include AuSable Artisan Village Board member, as well as being a member of the Grayling United Way, Grayling Lion's Club, Youth Booster Club, Grayling Eagle's, Friends of the Library and also spent 14 years as the Director of the Graying Junior Miss program. Sandra was also the past Chairperson of the Crawford County Republicans and past Chairperson of the AuSable Canoe River Marathon Opening Ceremonies.

Like many families who trace their history in Crawford County as far back as Moore does there is bound to be a connection to Fred Bear. Sandra beamed as she shared a photo of Bear with her grandfather and father. It was her dad and grandfather who instilled her work ethic and later love for things related to her current position. She had found memories of being with her grandfather as he went to sell homes and properties. "God only created so much land," her grandfather told her.

Knowing this and their connection to Fred Bear and Bear's iconic presence in the



Sandra and husband, Geno, holding a poster with images of the proposed Fred Bear Museum.

Grayling community has spurred Moore on to helping with future plans on a Fred Bear Museum. Aside from her family's connection with Bear, Moore herself is also tied to the icon. Sandra worked for Bear Archery in her younger days doing microfilm.

When asked "what do you do?" Moore responds with "Birth, death and everything in between." Sandra has been on the "everything in between" part for many years now, giving herself wholeheartedly to her family, job and community. Part of that "in between" is being able to take a break, which Moore did recently visiting Hawaii with some close friends from her school days. With family in Texas and dreams of going to Alaska and Italy, Moore plans to spend more of that "in between" time traveling in the future. No matter where she travels, though, Grayling will always be home.



Moore in front of her home along the banks of the AuSable River.

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To age "well" is more than just a state of being. Healthy aging includes being well-rounded psychologically, socially, and physically, and includes taking active measures to ensure such. While some may associate being diagnosed with certain physical ailments as inevitable due to genetic predispositions, many physical maladies are actually not determined by genetics alone and can be combated with appropriate preventative measures.

Here are some general tips for aging successfully and living a healthier lifestyle:

Get Regular Check-Ups And Yearly Physicals

Don't ignore symptoms. If you're not feeling well, don't "wait for it to go away." While you don't need to visit the doctor for every ailment, know yourself and your body well enough to detect if there is something out of the ordinary.

Don't neglect regular medical check ups; have an annual physical examination. and schedule the tests your doctor recommends. This would include your eye doctor and dentist as well as your physician. Many diseases can be prevented when caught early if you remain diligent about your health.

Stay Social

Don't be afraid to make new friends, and make an effort to see your old friends, too. A sedentary lifestyle devoid of interaction with friends and family lead to health issues and isolation can lead to depression. Instead of feeling lonely and bored reach out and invite friends and family over! Or you can socialize with others by volunteering, joining a class or bringing a caregiver — which may in to help you look forward to activities such as cooking with their help, playing cards/games, or simply talking.

Don't Forget Your Mind

Keep your mind active by reading the newspaper (or read on your tablet) while you eat breakfast. Keeping your mind active and engaged may ward off brain chemistry

changes that could lead to Alzheimer's disease. Working on puzzles, reading books are also great for the mind and will help reduce stress that comes with aging problems. You can even take up a new creative hobby!

Maintain a Healthy Diet

Many Americans aren't aware of proper portion sizes and inevitably eat larger portions than recommended, and we all know overeating leads to obesity — which could lead to even bigger health concerns such as diabetes or heart disease. Plus as we age, our metabolism slows down and we need fewer calories.

Healthy eating is a big part of staying healthy, and the USDA emphasizes the need for more vegetables and fruits in the

American diet — recommending five a day. Eat a variety of fresh fruits and vegetables, and try to avoid excessive processed foods. Boosting the amount of fresh vegetables in our diet is an easy way to feel full without a lot of calories.

Get Moving

If you are not accustomed to exercise, consult your doctor before starting an exercise routine and be sure to start slowly to allow plenty of time to get used to each level of activity.

Exercise can be as simple as walking just ten or fifteen minutes, three to four times a week and increasing as you go. For those who are more active, try taking up tennis or joining a club where you can swim or use the exercise equipment. Even just taking a dance class or senior yoga, gardening or mowing the lawn. There are countless ways to stay active that will keep your body moving.



October Schedule:

Oct 5 - Beaver Pond Trail, Grayling
 Oct 12 - Mertz Grade Trail, Grayling
 Oct 19 - Camp Tampico Trail, Kalkaska
 Oct 26 - AuSable River Foot Trail, Grayling
 Meet at the trailhead at 1pm



Mobility Presentation


If mobility is an issue, then this presentation might be of help to you! The Commission on Aging is hosting Amigo Mobility Center to put on a Mobility Presentation. Join Amigo Mobility Center to view the latest in mobility equipment including Walkers, Scooters, Power Wheelchairs, Life Recliners, and insurance coverage! Cider and donuts provided!

Thursday, October 27th from 12:00pm-2:00pm at 308 Lawndale Street, Grayling

This is a free presentation and you do not have to register in advance. Come and have lunch with us and then enjoy dessert and this presentation after!

Free Masks & COVID Tests Kits

The Senior Center has a supply of free N95 & cloth masks available to those in need. Also, Americans with Medicare Part B have access to COVID-19 tests at no cost, allowing Medicare beneficiaries to receive tests at no cost, in addition to the two sets of four free at-home COVID-19 tests Americans can continue to order from covidtests.gov.



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 Bridgeport, MI 48722
 989-777-2060

Mobility Consultant
 Luke Lipinski
 989-297-6277

A Matter of Balance and Tai Chi Start at the New Senior Center!

The Commission on Aging is partnering with MSU Extension's Nicole Wethington to bring you the evidenced based programs, A Matter of Balance and Tai Chi for Arthritis and Falls Prevention.

Matter of Balance will be held one a week on Fridays from 9-11am **starting October 14th**. There is still time to register for this class.

Tai Chi will be held **Tuesdays and Thursdays from 9-10am starting October 4th**. Registration is open until the day the class begins. If you haven't registered for these classes do so soon!

Wii Bowling to Host Annual Traveling Team End of Season Party!

The Wii Bowling team will host their end of season party on October 13th during lunch at the COA. They will then bowl one last time against the other traveling teams at the Senior Center at 1pm.

COA to Start NEW Chess & Checkers Club this Month!

Our new Chess & Checkers Club called Checkmate starts this month! Now you can come and play Chess & Checkers and make new friends and enjoy the company of old ones on Mondays at our Lawndale Senior Center from 1-4pm. Edward Kinkle, former Chess pro, will be teaching anyone who wants to learn the art of Chess. To help facilitate this activity we are still looking for donations of Chess and Checker boards and pieces! If you want to donate either or both, or have questions about Checkmate, please call 989-348-7123



32nd Annual Crawford AuSable Community FREE Thanksgiving Dinner

In the spirit of staying healthy again this year all meals will be delivered to you on November 24th, 2022. *Take-Out will be available from the Airfield Mess Hall.*

Starting October 15th reserve your home delivered meals by calling 989-387-3672 by noon the day before Thanksgiving. Leave your name, phone #, delivery address, # of meals needed, and any special instructions for delivery

This meal is provided by the generosity of local businesses, organizations, individuals, and the U.S. Army National Guard.



Halloween Party

You have officially been summoned to join us for our Halloween party on Monday, October 31st starting at 12:30. Enjoy a Ghoulish, Goblin Finger, Car Eyes lunch from 11:30-12:30pm then join us for a Costume Contest with prizes, a Candy Corn Guessing Game and Halloween Movie Trivia! For more information, call Toby at 989-348-7123.

Support Groups

ALCOHOLICS ANONYMOUS

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.
Mon. / Fri (C/D/H) A.A. NOON
Mon.. (H)"Recovery Group"* 7 p.m.
Thur. O/D/H) NOON (Women's)

At St. Francis Episcopal Church, Grayling

SAT. 6:00 PM (C/D/H)

At Frederic Twp. Hall

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

CHOICES GROUP

Anger Management for Women

Mondays, 1:00-2:30pm

At River House Inc. in Grayling

Call Lynn or Danyelle to register (989)348-3169

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders

At River House Inc. in Grayling

who have experienced domestic violence (directly or indirectly) sexual abuse or bullying. Call RiverHouse, Inc at 989-348-3169 for info.

GRAYLING AL-ANON

Tuesdays 11am

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm

At River House Inc. in Grayling

Call Barbara to register at (989)348-3169

LONG COVID PATIENT SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm

Saturdays, 4pm

St. Francis Episcopal Church, Grayling

TOPS WEIGHT LOSS CLASS

Thursdays 10am – 11:15am

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398

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Social Security
1-800-772-1213 or 1-866-739-4802
Medicare
1-800-633-4227
Veterans Administration
1-800-827-1000
Alzheimer's Assistance
1-800-272-3900

October 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	4 11:30a-12:30p Lunch Chicken Fajita, Roasted Corn & Black Bean Fiesta, Apple	5 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Mandarin Oranges	6 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Pear	7 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
10 11:30a-12:30p Lunch Chicken Penne Alfredo w/ Mushroom, Broccoli & Cauliflower, Orange	11 11:30a-12:30p Lunch Beef Enchilada, Brown Spanish Rice, Corn, Mandarin Oranges	12 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	13 11:30a-12:30pm Lunch Lasagna, Mixed Vegetables, Breadstick, Apple	14 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
17 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Peas and Carrots, Pineapple	18 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	19 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi	20 11:30a-1:00p Harvest Luncheon Cornish Hens, Candied Sweet Potato, Green Bean Casserole, Chunky Applesauce, Apple Pie	21 11:30a-12:30p Lunch Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
24 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	25 11:30a-12:30p Lunch Birthday Lunch – Cake & Ice Cream Dine-in Only Sweet and Sour Meatballs, Brown Rice, Peas and Carrots, Pineapple	26 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	27 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Cabbage Fried w/ Bacon, Green Beans, Grapes	28 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas and Carrots, Yogurt Blueberry
31 11:30a-12:30p Lunch Ghoulish, Goblin Fingers, Cat Eyes				

October 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	4 10-12pm Pickleball –M72 9-4pm Friends of a Feather - Lawndale 9-10am Tai Chi, - M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	5 9-11am Pickleball –M72 10am SilverSneakers M72 9:30-10:30am Commodities – St. Mary’s Church 11am-12pm Chair Yoga, M72 1pm Wii Bowling – Lawndale 1pm – Mahjong 1pm – Walk in the Woods – Beaver Pond Trail, Grayling	6 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale	7 NO – Geri-Fit 1pm Pantry Bingo – Lawndale
10 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	11 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	12 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm Wii Bowling – Lawndale 1pm – Mahjong 1pm – Walk in the Woods – Mertz Grade Trail, Grayling	13 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Wii Traveling Team Party- Lawndale 1pm Penny Bingo – Lawndale	14 9-11am Matter of Balance, M72 11am – Geri-Fit 1pm Pantry Bingo – Lawndale
17 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	18 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	19 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 11am Alzheimer’s Support Grp. @The Brook of Grayling 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Walk in the Woods – Camp Tampico Trail, Kalkaska	20 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11:30-1pm Harvest Luncheon 2pm Penny Bingo – Lawndale	21 9-11am Matter of Balance, M72 NO – Geri-Fit 1pm Pantry Bingo – Lawndale
24 9-11am – Pickleball -M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale 12-4pm Foot Clinic – Appt. Req. – Lawndale	25 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Bible Study – Lawndale 10am Zumba – M72 11:30-12:30pm Birthday Lunch - Lawndale 1pm – Euchre – Lawndale 7pm – Diamond Dancers – M72	26 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Walk in the Woods – AuSable River Trail, Grayling	27 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 10-2pm Veterans Benefits Fair – Ramada 12-2pm Amigo Mobility Presentation – Lawndale 1pm Penny Bingo – Lawndale	28 9-11am Matter of Balance, M72 11am – Geri-Fit 1pm Pantry Bingo – Lawndale Drug Take Back Day – October 29th! See page 16 for more information!
31 9-11am – Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 12:30pm – Halloween Party, Lawndale 1-4pm Chess Club, Lawndale				Note: NO Diamond Dancers on Saturday, Oct. 1 Every Saturday at 9am – Diamond Dancers meet at the New Senior Center on M72 East.

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

4th Monday, 12-4pm at 4388 M-72 E, Grayling

Hearing Clinic - by appointment

by Advantage Audiology

Contact the COA office to set up an appt.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

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

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 cost.

Home Delivered Meals

(Meals on Wheels)

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

Senior Project Fresh

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

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

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

Resources

Information and Assistance

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

Legal Assistance

by Jason R. Thompson, Law Office PLC

Free legal consultations available by calling (989) 348-7123.

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

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

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Geri-Fit

Strength and conditioning program focusing on proper form and building muscle for stability and mobility.

SilverSneakers

is the nation's leading exercise program designed exclusively for older adults.

Matter of Balance Program

This program offers practical strategies to reduce falls.

Tai Chi

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

Cost for Services

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



Tammy's Tip:
Call COA for Medicare open enrollment appointment



How We Served You in August 2022!

At the Senior Center

- We served **620** Congregate Meals

In-Home Services

- Delivered **3014** home delivered meals.
- Provided **76.50** hours of respite care.
- We provided **198** hours of homemaker services.
- We provided **115.25** hours of bathing assistance services.

The Future is Here.
Make it Munson

Now introducing Munson Healthcare Orthopedic Institute. Northern Michigan's top orthopedic surgeons have combined to bring you decades of experience in one convenient space. **Let's get you back to it.**

MUNSON HEALTHCARE
ORTHOPEDIC INSTITUTE
munsonhealthcare.org/MOI



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



REMEMBERING TINA FOSTER

From Alice Snyder, Director of the Crawford County Commission on Aging

I think of our friend Tina Foster often, but especially at this time of the year because one of Tina's passions was helping older adults with reviewing their Medicare prescription drug plans and Medicare Advantage plans. Even though she helped people all year long, Tina was really busy in October when Open Enrollment began. For 2 months, she had multiple days per week of appointments. Tina had a calming presence about her and explained the complicated world of insurance to people very well.

I also worked with Tina on the Board at the Christian Help Center where she volunteered. Her other volunteering passion was the AuSable Artisan Village downtown Grayling. She dedicated her time in retirement to

helping others for which I'll be forever grateful.

We lost Tina in late December 2019 way too early. Since then, her husband, Scott Foster, has been making monthly donations to the Crawford County Commission on Aging in her memory. So, her memory lives on and continues to help those in need in this community. I am grateful for this continued legacy and appreciate the continued support this provides. Mostly, I'm grateful that I knew Tina.

In Memory,

Alice Snyder, Director



MEDICARE AND OPEN ENROLLMENT

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from premium amount to coverage changes to plan terminations. There may be new, more affordable plans available that might give better coverage. It is important for EVERY Medicare recipient to review his/her coverage and be certain that the plan you will have for 2023 is the best plan for you! Starting Monday, October 10th, you can call Tammy Findlay at 989-348-7123 to make an appointment with one of our trained MMAP 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 17th by ZOOM or phone. You can also do this review yourself by going online to the Medicare website. 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.

Pull Ups, Pads & Hand Cream Available at the COA

These products available for older adults 60 and over. Please call Kathy at (989) 348-7123.



If tank is at 25% or less call Tammy at the COA for Financial Assistance 989-348-7123



Tammy's Tips:

Avoid getting sick and passing germs, wash your hands with soap for at least 20 seconds



DOUBLE UP BUCKS

UPDATE: FAIR FOOD NETWORK HAS PAUSED THE DOUBLE UP FOOD BUCKS PROGRAM AT GROCERY STORES FROM AUGUST 1-DECEMBER 31.

During this time, you cannot earn more Double Up Food Bucks at our grocery store but you can keep spending any Double Up Food Bucks you have earned to date. For more information please visit FairFoodNetwork.org

AARP Smart Driving Class in November

Tuesday, November 1, 2022 and Wednesday, November 2nd, 2022 at the Commission on Aging's Lawndale location we will be hosting an AARP Smart Driving Class. Both sessions are 12:30-4:30pm. Cost is \$20 for AARP members or \$25 for non-members. Make payment at the time of the class and payment can only be made in cash or check. Please bring a valid Michigan Drivers License and AARP card, if you have one. Please call 989-348-7123 to sign up. There are no tests to pass and upon completion of the course you may be eligible to receive an Auto Insurance discount. Consult your individual Auto Insurance agent to find out more.



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BrookRetirement.com

Independent, Assisted
& Memory Care Living

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The Brook

Retirement Communities

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

Random Word Search Puzzle

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

P E A R L Y J T C J P O O R M V W N Y K V T K
F A M E F T S O O N S L Q C E K H O I H V Y V
S E K I J A M S Y N D X I N S E C T O L O G Y
V X R S D M T R W I K K N S L I J X U L E O Z
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paracoita
vau
gorgonize
palynology
kouros
stereopsis
liturgician
conatus
pteric
spoliative
irrased
pessary
commove
slype
insectology
nightpiece
visile
buccinal
quarter
corium
calico
dermographia
stereometer
enthymeme
ruddock
lucent
cuspidor
baryecoia
isochar
testicond
ruffianize
theriolatry
unition
conjunction
indwell
perlaceous
pearly
terpsichorean
sterquilinian
dentiologist
stack
dysphoria
zoonosology
urtext
positivism
novena
isophote
bathypelagic
megrim
eftsoons

Cook's Corner Cabbage Roll Casserole



Ingredients:

- 1/2 lb ground beef
- 1 onion, chopped
- 1 tsp. garlic salt
- 1 can diced tomatoes
- 1 1/2 cups tomato sauce (or tomato juice)
- 1 1/2 cups water
- 1/4 cup rice
- 1 cabbage head (small to medium, chopped in bite-sized pieces)

Instructions:

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
3. While the cabbage is cooking, cook the rice in a separate pot.
4. When the rice is cooked, add to the cabbage mixture and stir.
5. Serve warm.

Grayling Save a Lot

Purchase of
Dozen Large Eggs 79¢

Limit 2 Please with coupon Valid Oct 1st, 2022
thru Oct 31st, 2022

2333 S. I-75 Business Loop 989-348-6690
Look for printable coupons at www.Save-A-Lot.com

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Audiologist & Director

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Gaylord Office

321 E. Main Street

P: 989-448-2500

Grayling Office

2375 Bus. Loop 1-75

P: 989-745-6667

To submit your recipe for the
Cook's Corner please email
seniorcentermgr@crawfordcoa.org
or mail a copy to our offices!

Risks of Thirdhand Smoke

From - Katie Miller, District Health Department #10

Did you know that the risks of smoking extend beyond firsthand and secondhand smoke? The University of Michigan and American Academy of Pediatrics are sharing the importance of protecting yourself and those you love from the dangers of thirdhand smoke.

Article from the Academy of Pediatrics: How Parents Can Prevent Exposure to Thirdhand Smoke

University of Michigan handout: Thirdhand Smoke: Another Health Concern

Thirdhand smoke is defined as the chemical residue that's left behind when smoke is no longer visible. The smoke particles settle onto clothing, fabric, furniture, and other objects in the home, and contain chemicals that can pose a danger to those exposed. Chemicals from the smoke also cling to hair and skin, as well as the floors, walls, bedding, curtains, toys, and other surfaces in the home or place where a person smokes.

An easy way to understand the difference between the types of smoke exposure is as follows: Firsthand smoke- affects the person smoking and harms the user. Secondhand smoke- affects the smoker and other bystanders, as the smoke in the air harms the user and others nearby. Thirdhand smoke- affects those in the places where smoking took place, as the chemicals from smoke residue come in contact with the skin, mouth, and lungs.

Infants, young children, and pets are especially vulnerable to thirdhand smoke exposure, since they are play near the ground where smoke particles settle, and their bodies metabolize the chemicals differently than adults. They also are more prone to putting objects in their mouth, such as toys. Unfortunately, thirdhand smoke is detected on indoor surfaces long after smoking occurs, and the chemicals from the smoke are not removed through standard cleaning practices. The only way to fully protect children, infants, pets, and nonsmokers from thirdhand smoke is to establish a smokefree environment. Here are some ways to do that:



Don't allow smoking in your car or home- this includes e-cigarettes or vapes which contain harmful chemicals in the vapor. Don't allow smoking near you, your children/ grandchildren or your pets. If someone is smoking nearby, simply walk away or excuse yourself. Ask anyone who cares for your children/grandchildren or pets to follow these rules, and explain why they're important to you. If you are a smoker and are looking to quit, find a local resource at: <https://www.livewell4health.org/tobacco-cessation>

Sources: <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/tobacco/the-dangers-of-secondhand-thirdhand-smoke>, Thirdhand Smoke Resource Center (Thirdhand Smoke Research Consortium)



New to Medicare Seminar

Are you turning age 65 in 2022? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, October 26, 2022 @ 9:00 am** for a presentation that will help demystify the issues surrounding Medicare.

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

VETERAN'S BENEFIT FAIR

★ 27 OCTOBER, 2022 ★
10am - 2pm

Connecting Veterans & Families with their Earned Benefits

Register Here
GraylingVBF.Eventbrite.com

VA . DD-214s . Veteran Service Officers . Employment . Housing . Education
Quality of Life . Service Dogs . Over 60 Vendors with Veteran Resources!!

RAMADA CONFERENCE CENTER
2650 I-75 BUSINESS LOOP . GRAYLING, MI

QUESTIONS: CONTACT RYAN SANDERSON
PHONE: (989) 448-9670 . EMAIL: SANDERSONR2@MICHIGAN.GOV

Register Soon for the Harvest Luncheon!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Harvest Special Luncheon on Thursday, October 20th from 11:30am-1pm. On the menu will be Cornish Hens, Candied Sweet Potato, Green Bean Casserole, Chunky Applesauce and Apple Pie for desert! The luncheon will be curbside pickup and RSVP is required by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6.



Crawford County
Commission on Aging & Senior Center
2022 Special Luncheons

Oct 20th ~ Harvest

Nov 17th ~ Thanksgiving

Dec 15th ~ Christmas

Open to the Public
Reservations Required
Serving Time 11:30am-1pm

60 & Over Suggested Donation \$3.50
Under 60 Cost \$6.00

308 Lawndale, Grayling, MI 49738 ~ (989) 348-7123

GIVING TUESDAY

Giving Tuesday Approaches!

Don't forget Giving Tuesday is coming up! This year's date is November 29th. Every year all Giving Tuesday donations go directly to the Meals on Wheels program which is more important now than ever to helping the most at-risk remain connected and well-nourished. Look for more information in the November Gazette as well as on Facebook to stay in the know about this great, giving event!

Enjoy the Health Benefits of Apples this Fall

Joyce McGarry, Michigan State University Extension

Does an apple a day really keep the doctor away? Apples are part of the Rose family of plants that include apricots, plums, cherries, peaches, pears, raspberries, and almonds. The Rose family of foods have diverse nutrient values. It is important to include a wide variety of fruit in your diet on a daily basis.

Michigan State University Extension promotes eating at least 2-3 whole fresh fruits, or the equivalent of 2-3 cups worth of fresh fruit a day.

Health benefits of apples include: Apples can certainly be included for their benefits of adding water-soluble fiber, a mix of polyphenols (Phytochemicals are naturally occurring compounds that give plants their colors or help to protect them from various things they might face in nature. Phytochemicals are thought to work as antioxidants to protect the cells in your body from free radical damage) and provides vitamin C to our body.

Apples provide our cardiovascular system with anti-inflammatory benefits which can lower the risk of chronic heart problems.

Research has shown apples to demonstrate a unique relationship with lung cancer risk reduction, as well as colon and breast cancer.

Multiple studies have shown apples to be associated with decreased risk of asthma.

Eating a whole apple rather than applesauce or apple juice is proven to be more satisfying. Eating whole apples is an extra benefit in helping us to manage our hunger and calorie intake.

When healthy adults consume one medium-sized apple approximately 15 minutes before a meal, their calorie intake is decreased about 15 percent.

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area,



Upcoming Online Classes

Diabetes Path October 2022 kl

October 3, 2022 -November 7, 2022 1-3pm et

Protecting Your Identity

October 5, 2022 12:00pm – 1:00pm

Retirement Myths and Facts (webinar) -

October 6, 2022 12:00pm – 1:00pm

Begin With A Breath Mindful Monday lunch & learn online October 10, 2022 11:30am – 12:30pm

Sleep-Sleep Education for Everyone October 11, 2022 – November 15, 2022 1:30-2:00pm (EST)

Forgiving & Letting Go lunch & learn online October 12, 2022 12:00pm – 1:00pm

Mindful Eating Monday lunch and learn online October 17, 2022 11:30am – 12:30pm

Begin With A Breath lunch & learn online October 19, 2022 12:00pm – 1:00pm

Mindful Morning Coffee Hour

October 20, 2022 – November 17, 2022 zoom webinar

Powerful Tools for Caregivers - Mondays 2:30-4:00 pm October 24 – November 28, 2022

Mindfulness for Wellbeing (Tuesdays, 6:00-8:00 pm et) October 25, – December 13, 2022

Relax Alternatives to Anger October 26, 2022 – November 23, 2022 Wednesdays from 5:00-6:30 pm

Be Kind to Your Mind lunch and learn online October 31, 2022 11:30am – 12:30pm

Enjoy the Holidays On A Budget! ~ (webinar) November 1, 2022 12:00pm – 1:00pm

To register for any event visit:

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

Electric Wheel Chair

OPEN 8:30AM-4:30PM

Call 989-348-7123 about availability. Must be medically necessary and prescription may be required.



See Page 9 for a full list of COA activities!

Making Healthy Choices for Seniors

Erin Powell, Michigan State University Extension

Homemade convenience

Buying small, ready-to-eat packages of food for snacks and lunches saves time, but you pay extra for the convenience. Try making these foods at home. You might find you can create your favorite snacks quicker and for less money than you thought.

Fruit cups

Fruit cups are easy to grab for a snack, but store-bought varieties usually have a lot of added sugar and might not be your favorites. Look for fresh fruit that's in season (when it's cheapest), and divide into half-cup servings. If the fruit you want isn't in season and seems a bit pricey, buy large containers of frozen or canned fruit (look for fruit canned in 100% juice). Then divide it into half-cup servings.

Veggies & dip

Choose a variety of vegetables that you enjoy such as carrots, celery, bell peppers, snap peas, cauliflower, and broccoli. If you have issues chewing raw vegetables, use canned options, thaw frozen varieties, or steam fresh versions. Softer fresh vegetables include cucumbers, zucchini, summer squash,

mushrooms, and tomatoes. Wash, cut and package the veggies into single servings. For the dip, try hummus, cottage cheese, black bean dip or ranch dip made with Greek or plain yogurt (try low-fat). Buy large containers of dip and divide it into smaller portions.

Yogurt with fruit & nuts

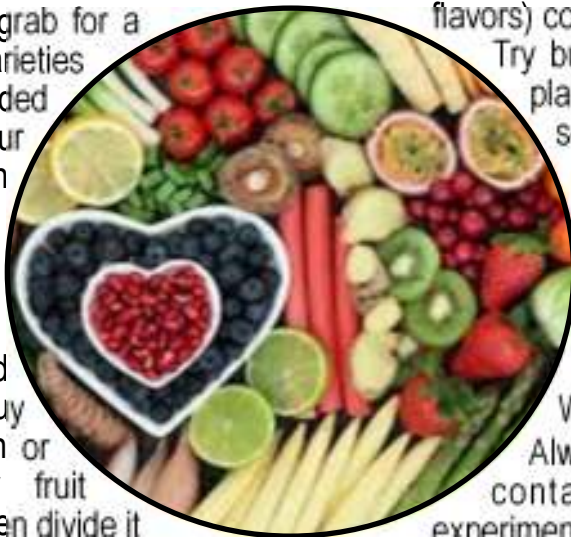
Many flavored yogurts (including the fruit flavors) contain a lot of added sugar. Try buying a large container of plain yogurt instead and separating it into smaller portions. Add flavor and crunch to each container with fruit and nuts such as almonds or walnuts. Use fresh, canned or frozen fruit.

What about containers?

Always choose food-safe containers. Beyond that, experiment to find the containers that work best for you. You don't have to buy new containers – just use whatever food-safe containers you have on hand.

Did you know?

You're more likely to grab a nutritious snack if it has already been prepped and is ready to go. Give yourself a range of nutritious options to choose from and store them at eye level.



Medical Equipment Spotlight: Side Style Hemi One Arm Walker

Side Style
Hemi One
Arm Walker

Features and
Benefits

Designed for
individuals
with the use of
only one hand
or arm

Lighter than a
walker and

more stable than a cane

Folds easily with one hand

Ideal for users who do not require a walker
but need a wider base for support



If you are in need of this style of walker the Commission on Aging has two available along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.

Food Distribution

The next CSFP Food Distribution will be Wednesday, October 5th from 9:30-10:30am at St. Mary's Catholic Church. Reminders: Notify staff of any household changes, phone, income or address. If school is closed in your County due to bad weather, we reschedule for following week same day same time. Call (989) 358-4700 for more information.

Frederic Food Truck - October 13th, 10:30am
Frederic Township Office, 6470 Manistee
Street, Frederic, MI 49733

Mt. Hope Food Truck - October 14th, 10:30
am. 905 1-75BL, Grayling, MI 49738

The Crawford County Community Christian
Help Center food pantry is open Monday,
Wednesday, Friday 11am-3pm to anyone
living in Crawford County.



Don't forget that the
Crawford County
Commission on Aging
serves lunch from 11:30am-
12:30pm Monday-Friday.
See our menu on Page 8!

Chair Yoga Starts!

Chair Yoga with Hoffman's Hands is on Wednesdays from 11-12pm at the New Senior Center. This class costs \$30/month to attend. Call Toby for more details. 989-348-7123.

Tammy's Tip:

Get ready for Daylight
Savings time! Next
month on November 6th
we "fall back" a hour!



Sorenson Lockwood
FUNERAL HOME INC.
Pre-Planned Funerals Cremation Services
Markers Monuments
Terrie L. Lockwood, Manager/Owner
Phone: (989)348-2951 Fax: (989)348-4968
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Ralph Oppermann D.D.S.
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Drop Off Your Old, Unused & Expired Medications

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

Anytime at Crawford County
Sheriff's Department, Grayling City
Hall, Munson Healthcare Grayling
Hospital. During business hours at
The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!





DETERRA Free Drug Disposal Pouch

With Deterra, drug disposal has just gotten easier and safer. These free drug disposal pouches are easy and safe to use. All you do is open the pouch and place unused medication inside. Then fill the pouch halfway with warm water and wait 30 seconds. (some foaming may occur). Once the 30 seconds are up you simply seal the pouch tightly, gently shake it and then dispose of the pouch in the trash. Just like that you have participated in helping dispose of RX drugs to help keep them out of reach of those they can harm. The COA will have pouches available to pickup starting in August.

COA Board Meeting Schedule Fiscal Year 22-23

Unless otherwise noted below, all meetings will be held at the Crawford County Commission on Aging & Senior Center located at 308 Lawndale Street in Grayling. All meetings are scheduled at 4:30pm unless otherwise noted.

December 20th
March 14th
May 16th
July 18th
August 15th
September 19th

Keeping Kids Safe by Locking Up Marijuana.

Marijuana use is both legal medically and recreationally (for those over the age of 21) in the state of Michigan. A person may have up to 2.5 ounces of marijuana on them in public. Within their home they may have up to 10 ounces of marijuana. It's important for those with marijuana in their homes or vehicles to safely secure them out of the hands of children. This will reduce the risk of easy access and potentially dangerous use. If you or someone you know is interested in a free lock box, they are available at the Crawford County Commission on Aging.

Stay in the Know!



Sign up for
FREE
e-mail news
about the
Senior Center
activities

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail. Signing up is easy; just send an email to

director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.

Like us on
Facebook for
updates!



Join over 1,000 other people and Like and follow us on Facebook to see information about new events and programs.

facebook.com/CrawfordCOA/

Like, comment, and share our posts to help friends and family see all the great activities at the Senior Center.



National Prescription Drug Take Back Day

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

- **City Hall**—24 hour, free, outdoor drop box
1020 City Blvd
- **Crawford County Sheriff's Department**
—24 hour, free, outdoor drop box
200 W. Michigan Ave.
- **Medicine Shoppe Pharmacy**
—During business hours
500 James Street in Grayling
- **Munson Hospital Grayling**
—Medsafe drop available in main lobby
1100 E Michigan Ave

Although October 29, 2022 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home. **Together, we can make difference!**

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