

Crawford County Senior Gazette December 2022

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Featured Article

Santa's Secret Helper - *Julie McClain*

By Toby Neal

Former COA volunteer, Julie McClain mentioned recently that she wants to come back and volunteer again! She joked, "after the 15th of December, though." Why that date? That's when she will be done picking up the over 40 Toys for Tots boxes you see all throughout our community.

McClain spearheads the Toys for Tots efforts in Crawford County. Last year, Julie helped pick up the work of gathering toys for households in need and was tapped to lead it this year. Jumping in and helping people during the holidays like this was easy for McClain. "My parents used to (sell) Christmas Trees," Julie shared. "There are some kids that never got a



Christmas tree. So, they go home and get like 80 cents and bring it down to my dad and my dad gave (them) a tree."

Julie learned some things volunteering for Toys for Tots last year, like the value of depending on others and the impact businesses can make financially to the cause. McClain now has four main volunteers that help her put out the

Toys for Tots boxes and then collects them for Christmas. "I've got four volunteers that help me, they're great!" McClain praised. Just last year, McClain started writing a letter to the businesses about putting out a Toys for Tots box and or making a monetary donation. "Businesses giving money instead of putting boxes out," Julie expressed, "that's a big help!"

The money given by individual or business donation is sent to the Toys for Tots foundation. This money is then deposited into an account that

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

HOURS OF OPERATION

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

**308 Lawndale St
Grayling, MI 49738**

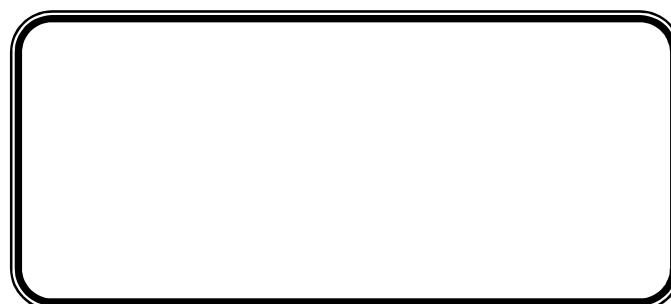
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Smartphone Scan
to our Website



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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

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Giving Tuesday 2022!



The Commission on Aging would like to take a moment to thank you in advance for your donation during the worldwide giving event, #GivingTuesday on Tuesday, November 29th.

The money raised through yours and others donations will go directly toward our Meals on Wheels program. The Meals on Wheels program delivers meals to home-bound Crawford County older adults every week. In addition to healthy, prepared meals, Meals on Wheels helps combat social isolation by delivering smiles through our friendly volunteers.

No one is ever turned away from Meals on Wheels because of an inability to donate so we rely on the community to help make this program possible. Giving Tuesday provides a tremendous opportunity for you to be able to give through a reputable organization to us, giving you confidence that your money is not donated in vain!

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

MISSED GIVING TUESDAY? IT'S NOT TOO LATE!

ONLINE @ CRAWFORDCOA.ORG/MAKE-A-DONATION!

MAIL A CHECK SEE PG. 3 FOR A CUT OUT SLIP TO SEND IN!

BY CREDIT CARD OVER THE PHONE: 989-348-7123

IN PERSON @ THE SENIOR CENTER

CRAWFORD COUNTY LIBRARY

News



Our New Website! <http://www.crawfordcolibrary.org/> It's still a work in progress, things will be updated regularly!

Check out our Passive Programs! December's Guessing Jar is MINTS! The person who guesses the closest wins a prize! Keep looking forward for what the Guessing Jar will hold in the upcoming fall months...

December's Book Club read will be "The Whistling Season" by Ivan Doig. This book is available on our e-readers. Ask clerks at circulation desk for more details. The meeting will take place on Wednesday December 28th, at 1pm. If you have any questions, call (989) 348-9214.

Pick up a calendar at one of the Crawford County Library's branches, or go online to our website or Facebook account to see the most recent calendar of events with programs and guest authors!

Need to utilize our conference rooms? Stop at the desk and check-in using our Sign-in Notebooks! You can also find a link to our Conference Room Request Form on our library website under Services; if you are in need of a meeting space or study area.

Do you shop on Amazon? The library has its very own Wish-list! Items will be labeled with the name of the purchaser/donor. Inquire within for more details.

We are now FINE FREE! If you return one of our books/dvds late, no worries! There are exceptions; hotspots, e-readers, board games, & interlibrary loans; these items will still have late fees, or if items are returned damaged, as these items are more expensive and harder to replace.

Stop in the Devereaux Memorial Library and see the current Patron Review by Ginger Lyons! Please put your name in the basket by the circulation desk to be drawn for the next Patron Review for December!

**"We are
now
FINE
FREE!"**

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

Michele Arnholt
Nancy Wilcox
Wendy Burden
Dave Markle
Tad Tandolph
Al Estson

Mark & Val Sloan
Margaret Dorenkamp
William Dean
Ron & Jean Smith
Dottie Peacor
Melissa Pickard

Community Foundation
for Northeast Michigan

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 7 for Volunteer opportunities!

Memorial Donations

In Memory of Linda (Brooks) Thomas
Farrell Thomas



Volunteers and Contributions received after November 11th will be acknowledged in the next edition of the Senior Gazette.

Gifts of Supplies

See Page 16 for our Countdown to Christmas - Gifts for the COA list!



Make a Donation Today & Create Golden Opportunities for a

Name _____

Mailing Address _____

City _____ State _____ ZIP _____

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

E-Mail Address _____

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

Michelle Arnholt	Judy Marchlewicz
Nancy Billingham	David Markle
Charolette Bloomquist	George & Sharleen
Judy Crook	Mascarello
Joan Culbertson	Dan McCarthy
Charlie Curro	Dean & Barb McCray
Carolyn DiPonio	Jamie McClain
Dick & Lyn Dodge	Tim & Olie Miller
Diane Doremire	Judy Morford
Rich Ferrigan	Bev O'Conner
Mary Garcia	Brooklyn Petersen
Mary Jo Gingerick	Ruth Pilon
Karen Gribb	Tad Randolph
Sherry Haag	Tom & Deb Rawlings
Valerie Hendricks	Karl Schreiner
Susan Hensler	Jon & Gail Schultz
Cheryl Hopp	Liedewey Sims
Donna Hubbard	Richard Smith
Francis Hummel	Judy Steffen
Eileen & Ron Kemerer	Maze Stephan
Glenn & Lorelei King	Farrell Thomas
Edward Kinkle	Ellen Thompson
Jim Kitch	Mark & Susan
Sandy Lakanen	Topham
Ron Larson	Martha Trenkner
Jim & Sarah Lawless	Vera Trimble
Alice Lee	Ceriel VandeCastele
Nancy Lemmen	Janet Weaks
Karen Leslie	Deb Weiss
Cathy Lester	Nicole Wethington
Alexis Lott	Sandy Woods



The Crawford County Commission on Aging Turns 50!

2023 marks the 50th anniversary for the establishment of the Crawford County Commission on Aging. A lot has changed since then! During the next year, we will be celebrating in different ways and sharing stories from our history. Were you around when the COA started? We need to hear from you. Past employee, volunteer, board member? Give us a call. Do you have any old pictures to share? Or maybe you don't know anything about the COA but would like to interview people and write stories or help put scrapbooks together or plan a party. We are looking for people who would like to be involved in our 50th Anniversary. If interested, please call Alice Snyder at (989) 348-7123



A special thanks to Melissa Pickard and Smoke & Mirrors Hair Studio who donated all the tips they made from their Free Veteran's Hair Cut event on November 11th. These tips totaled \$100 and the money goes to our Meals on Wheels Program! We are grateful for their donation and partnership to help our Meals on Wheels program continue to be a success!

Could You Become A Senior Companion?

Senior Companions provide friendship, socialization, and companionship for other seniors who may not receive the social engagement they need. A Senior Companion may also provide respite for family caregivers needing a much deserved break from caregiving. Senior Companions serve in private homes, senior centers, and short and long-term living facilities. Volunteers serve an average of 20 hours per week in their community and make an impact in the lives of those they serve. The program is open to limited-income seniors, age 55 years and older.

Senior Companions establish mutually beneficial friendships with homebound seniors/residents in long-term care facilities, provide respite for family caregivers, read newspapers and books to the visually impaired, and help ease feelings of isolation that often accompany advanced aging. If you would like to become a Senior Companion, contact the Alice Snyder at 989-348-7123 or more information!



Senior Companions receive:

- A non-taxable stipend of \$3.15 per hour
- Excess accident and liability insurance
- Meals on days of volunteer service
- Mileage reimbursement to and from the site of service
- In-service educational trainings
- Recognition for community

December BIRTHDAYS

Donna Burke 12/2
Roxie Chumack 12/9
Loren Crampton 12/21
Jackie Gerhardi 12/11
Clara Gibbs 12/3
Marilyn Hawkins 12/26
Lois Jean Miller 12/10
Richard Persing 12/15

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

Tammy's Tips:

Get your vehicle serviced before wintertime hits!



local Toys for Tots representatives can use to purchase toys for children to have. "Sometimes I get cheaper toys through the foundation," Julie explained. "So, I have (our volunteers) take so much money out and get more toys for the community." However, this year McClain is trying something different for the kids who sign up for toys. "We can go up to \$30 for one toy. So, each child that signed up from Crawford County, we are going to try and buy them one special toy they want." This means more work for her and her volunteer team. Julie shared that, "as volunteers, we run out and get (the toys)."

McClain and her team try and shop local for these gifts. "We try and stay local, but it's kind of hard." Julie has sought grants from some of the big -name stores like Meijer and Walmart. Meijer has answered the call giving a \$1,000 grant last year. McClain is seeking the same this year, and hoping other companies like Meijer join in.

The idea for writing letters and working on grants have come from the annual training Toys for Tots leaders receive. This four-day training conference is held in Washington D.C. Julie was able to attend last year but was unable to go this year due to some health concerns but looks forward to next year's conference. McClain shared that she needs to "learn to slow down" and then questioned, "how do you just do that though. It's hard. I love people."

Julie sees business participation in the Toys for Tots program as a win-win for both



Julie's mother and father, who sold & gave out Christmas Trees locally.

the business and the program. Working hard to give businesses who put a box out or donate money, McClain and her team have been sharing their work through social media. Julie shares pictures of business owners and operators with their Toys for Tots box on her Instagram page. She does this to help people recognize which location has a Toys for Tots box available to donate to. It also gives the businesses who participate some exposure. There is also what McClain calls a "floating plaque" which is displayed by the business who donates the most money to Toys for Tots during the year.

Last year children of Crawford County were able to receive seven to eight gifts each. Some toys are left over from the previous year and go toward the next year. McClain said she was left with 63 toys when she took over the program. How many kids did they

serve toys to in Crawford County last year? "We were able to serve over 400 kids last year," McClain answered with a smile. Julie's goal for how many kids will receive gifts this Christmas? "I am hoping to hit 500. Every kid in Crawford County deserves a Christmas."

How do the Toys for Tots representatives know who needs toys? McClain and her team have partnered with local help agencies to give kids the Christmas presents their families can not provide. From November 1st to the 30th on Monday, Wednesday or Friday, families can also go to the Christian Help Center to sign up to receive toys. Show proof of Crawford County residency and you are eligible and they will arrange a time and date to pick up the toys. "We are not going to turn nobody away because...there's hope out there," Julie offered.



Toys for Tots is a nationwide program that has been around for 75 years this year. Julie expects to be leading

their efforts in Crawford County for many more years. McClain's hope is for more businesses to step up and be apart of their growing efforts to help kids have a great Christmas.

Indoor Walking UPDATE!

In January our indoor walking group will be walking for free at our New Senior Center every Tuesday and Thursday from 11-11:45am. This will provide you with two days to walk indoors! If you want to continue to walk at Kirtland in December and ongoing months, you can do so at their normal operating hours and cost, but it will not be overseen by the COA. Please note, Kirtland's gym is closed when their school is closed. For any questions please call the COA at 989-348-7123.



McClain's Toys for Tots Team

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NorthernPinesAssistedLiving.org
130 Mary Ann Street - Grayling 49738
p: (989)344-2010 • f: (989) 344-2011

Crawford County area veterans honored by ProMedica and the Commission on Aging

On Thursday, November 10th, Crawford County area Veterans were invited to a free lunch and service at the Crawford County Commission on Aging (COA). Lon Cook from ProMedica, a Naval Veteran himself, led the service. Cook and representatives from



ProMedica along with Toby Neal, Senior Center Manager shared songs, poems and the history of Veterans day with those in attendance. Lon Cook played the piano and led a sing-a-long featuring the theme songs from five branches of the military (Army, Navy, Marines, Air Force and Coast Guard). Afterward, attending veterans received flags, flowers, certificates and pins. (See photos to



the right) There were refreshments and a time to connect and share military history and stories following the service.

The Commission on Aging would like to offer a sincere thank you to Lon Cook and ProMedica for putting on this Veterans Day service, and would like to also thank the veterans who attended the service, and those who came for lunch. We honor and salute all our veterans!



Above, Dean McCray receiving his pin from a ProMedica representative. Below, Ken Jones is pinned by a ProMedica representative.



Above, Marcus Niedzielski hold his certificate, receives his pin from a ProMedica representative. Below, ProMedica representative pins Bill Mino.



New Chair Yoga Classes @ the COA

Chair Yoga is designed to provide choreography options that support the goals of increasing flexibility, range of motion, balance and mind-body integration. In chair yoga, students practice poses while seated in a chair or use the chair for assistance in some standing poses. Those with chronic conditions, weight issues, past injuries, disabilities, or anyone looking for a gradual and gentle ways to increase range of motion can all experience benefits from this practice. People of all ages, levels, and physical conditions are able to start a chair yoga practice without hesitation.

If you are interested in joining this class, the fee is \$30/month per person. **Sponsorships may be available for those who can not afford the cost but want to attend.** If you are interested, please call 989-348-7123. To host this class we need at least 6 people sign up.

Geri-Fit Starts Up Again in January!

Geri-Fit will be starting again in January! Fridays at 11am at the New Senior Center. If you would like to improve your strength, conditioning and balance, this class is for you! Beginners and past Geri-Fit participants welcome! You must register in advance. You can sign up at the New Building, or call Toby @ 989-348-7123 to register. Classes are at no cost and are open to any older adult age 60 and over. Participants are encouraged bring their own set of light dumbbell weights, a stretch band, and water to drink. Weights and stretch bands will be provided for those without their own equipment.

These sessions are popular and class space is limited ! Call Toby at 989-348-7123 to register to attend this next eight-class offering today!

Free Masks & COVID Tests Kits

Available online! You can order free tests here: <https://www.accesscovidtests.org/>



6838 M 93 HWY S
Grayling, MI
P: (989) 348-6600
F: (989) 348-3537

Robert Boykin, D.C.
rboykindc@gmail.com



Veteran's Coffee Hour

December 8th, from 10-11am at the American Legion Post #106 For more information call 989-344-3861.



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Making Healthy Choices for Seniors

Keep in mind

Source: Erin Powell Edited by Sandra Westover , MSU Extension

Habits aren't made overnight. Building healthier habits can help you have more energy to do things you love and reduce your risk of chronic disease. Here are some gentle reminders to keep in mind. Clip this and hang it on your fridge as a quick guide.

Remember to eat a variety of foods within each food group. Different foods contain different nutrients.

Include more vegetables in your meals by trying a variety and preparing them in different ways. Natural sugars in fruit are paired with vitamins, minerals, and fiber, which help the body process sugar. If you're trying to eat less sugar, avoid foods with added sugar such as cake and candy.

Whole grains can be cooked, cracked, crushed, and rolled without losing their nutritional value. Refined grains such as white flour and white rice lack many of the nutrients, such as iron and fiber that whole grains have.

Many plant-based foods as well as meat, fish and poultry can provide your body with protein and a range of other nutrients. Processed meats such as hot dogs, and deli meats such as salami and bologna, have been linked to an increased risk for cancer.

They also often contain high amounts of saturated fat and sodium.

Many foods made from dairy can be a great source of calcium and other nutrients for you and your family. Other sources of calcium include canned fish with bones, such as salmon or sardines, calcium-fortified orange juice, almonds, white beans, and navy beans.

Fat is an essential part of every cell in your body. A source of energy, fat aids in the absorption of certain vitamins and minerals. There are many types of food that are high in fat but also full of nutrients.

Examples include avocados, nuts, seeds, and fatty fish such as salmon or mackerel.

Just a reminder
Make meals social.
Store chopped veggies in your refrigerator for easy access for recipes or snacks.
Drink water.
Beans and nuts provide protein, vitamins, and fiber.
Fresh, frozen, and canned produce are all good options.



The Commission on Aging
is looking for:

**Meals on Wheels
Drivers**

&

Kitchen Volunteers

Stop in to apply or apply online
@ crawfordcoa.org/volunteer



volunteers needed

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

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am

St. John Lutheran Church, Grayling

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

Important Phone Numbers

Social Security

1-800-772-1213 or 1-866-739-4802

Medicare

1-800-633-4227

Veterans Administration

1-800-827-1000


Alzheimer's Assistance

1-800-272-3900

December 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30a-12:30p Lunch Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	2 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
5 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	6 11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only Chicken Fajita, Roasted Corn & Black Beans, Apple	7 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes 7 Gravy, Peas & Onions, Pear	8 11:30a-12:30pm Lunch Chicken Stew with Biscuits, Brussels Sprouts, Kiwi	9 11:30a-12:30p Lunch Pepper Steak & Brown Rice, Stir Fry Vegetable, Asparagus, Orange
12 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	13 11:30a-12:30p Lunch Beef Enchilada, Spanish Rice, Corn, Mandarin Oranges	14 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	15 11:30a-1:00p Christmas Luncheon Roast Beef, Au Gratin Potatoes, Venetian Blend Vegetables, Chocolate Mint Pie	16 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
19 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	20 11:30a-12:30p Lasagna, Mixed Vegetables, Breadstick, Apple	21 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi	22 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	23 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
26 CLOSED	27 CLOSED	28 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Orange	29 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	30 11:30a-12:30p Lunch Ravioli Squares, Green Beans, Italian Blend Vegetables, Grapes

December 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 9-11am Matter of Balance, M72 9am – Hanging of the Greens - Lawndale 1pm Pantry Bingo – Lawndale
5 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	6 9am – Friends of a Feather - Lawndale 10-2pm Pickleball –M72 9-10am Tai Chi – M72 10am Zumba –M72 10am Bible Study – Lawndale 11:30-12:30pm Birthday Lunch – Lawndale 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	7 9-11am Pickleball –M72 9:30-10:30am Commodities – St. Mary's Church 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	8 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	9 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
12 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	13 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 12pm – Christmas Party - Lawndale 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	14 9-11am Pickleball –M72 10am – New to Medicare - ZOOM 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	15 0-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11:30-1pm Christmas Luncheon 2pm Penny Bingo – Lawndale	16 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
19 9-11am – Pickleball -M72 10am SilverSneakers M72 11:30am – Clogging M72 12-3pm Foot Clinic – Appt. Req. – Lawndale 1-4pm Chess Club, Lawndale	20 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 1pm – Euchre – Lawndale 4:30pm – Board Meeting - Lawndale 6pm – Diamond Dancers – M72	21 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 11am Alzheimer's Support Grp. @The Brook of Grayling 1pm – Mahjong – Lawndale	22 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	23 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
26 CLOSED	27 CLOSED	28 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	29 10-12pm Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	30 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

4th Monday, 12-4pm at 308 Lawndale St., 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.

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 twice 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:
Check your batteries on your carbon Monoxide Detector



How We Served You in October 2022!

At the Senior Center

- We served **762** Congregate Meals

In-Home Services

- Delivered **3834** home delivered meals.
- Provided **65.50** hours of respite care.
- We provided **244.25** hours of homemaker services.
- We provided **84** hours of bathing assistance services.

Pull Ups, Pads & Cream Available at the COA

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

Blood Drives In December

Grayling Fire Department is hosting a blood driver December 7th 12:45-5:30pm

Munson Healthcare is hosting a blood drive on December 30th 9am-3:55pm

Go to donate.michigan.versiti.org or call 866-642-5663 to schedule your appointment.



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





Snowshoe with the COA

The Crawford County Commission on Aging and Senior Center is planning some snowshoeing opportunities to explore the beauty of the winter season for January and February and would like to know if you would be interested in participating. Beginners welcome! For more information or **if you are interested in attending** please contact Toby Neal at 989-348-7123.

KARAOKE & UGLY CHRISTMAS SWEATER PARTY!

DECEMBER 13 @ NOON

SNACKS | SINGING | SWEATERS

Join us at the Senior Center on Lawndale Street for a fun time of singing Christmas Karaoke! Sing your favorite Christmas songs with your favorite people! Break out your ugly Christmas sweater and join us!

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! 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 are available this month by ZOOM or phone. Some in-person appointments are available at your township hall. 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.



COA Kitchen Remains Violation Free

This past October, our kitchen staff was visited by the local health department for their regular inspection. Another health inspection, another perfect score. This has become a regular thing for the COA's kitchen, and they expect nothing less. Pictured above is Kate Moshier, Nutrition Manager for the COA with cooks, Denise Conte and Megan Hagle.

With 15 perfect scores in the last 16 years, they have a lot of reasons to be proud. Denise and Megan shared that the key to their success is that they "follow the rules, keep it clean and sanitized. Proper dates go on everything, and everything is rotated." The COA kitchen remains one of the cleanest, safest, healthiest kitchens to eat from in Crawford County. The next time you see them, congratulate them for this accomplishment!

DETERRA Free Drug Disposal Pouch

With Detera, drug disposal has just gotten easier and safer. These free drug disposal pouches are easy and safe to use. Help dispose of RX drugs to help keep them out of reach of those they can harm. The COA will have pouches available to pickup. Stop in to get a pouch at 308 Lawndale St. in Grayling.

Stay in the Know!



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

Signing up is easy; just send an email to director@crawfordcoa.org or call us @ 989-348-7123.

The Brook, it's home.

BrookRetirement.com

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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.

B	P	L	T	L	Q	S	T	S	C	Q	L	I	W	U	J	O	W	F	M	Q	V	A	xenocracy
F	I	O	E	O	A	Z	I	P	C	S	H	A	N	T	U	N	G	G	V	W	N	M	membral
S	R	B	L	B	L	R	S	S	W	I	C	M	O	A	X	S	M	K	E	K	R	U	nothous
U	R	O	U	Y	E	L	B	M	O	Y	T	F	U	S	R	J	C	L	W	O	J	F	ateknia
O	O	H	N	L	N	J	A	M	V	N	W	E	Q	U	A	T	R	E	F	O	I	L	planography
R	P	Y	M	D	O	I	H	H	E	F	G	C	N	U	C	R	F	I	R	M	C	A	frondiferous
E	G	W	P	P	I	U	A	I	S	M	O	O	P	E	Z	B	R	Y	A	R	D	N	raticide
F	A	W	W	M	M	F	S	I	F	N	Y	E	E	B	G	T	I	R	F	E	O	G	surplice
I	S	O	A	W	O	S	E	O	T	J	R	G	Y	R	L	O	G	H	R	T	O	L	echinate
T	M	F	W	J	U	S	R	R	R	S	E	O	M	U	E	O	N	K	U	I	T	O	cacolet
L	M	Y	A	A	X	F	I	Y	O	S	W	I	C	X	N	T	Z	U	J	B	G	P	meatus
A	L	X	N	T	A	T	R	N	Y	U	P	F	J	O	O	E	S	S	M	O	U	H	errhine
B	E	T	M	I	U	M	A	N	W	O	S	Y	R	H	N	V	A	V	S	M	V	I	quatrefoil
O	H	M	T	R	C	L	K	X	N	H	E	H	K	I	M	T	N	Y	P	H	I	L	bibulous
C	U	I	A	W	I	H	Q	B	C	T	C	Z	H	X	S	I	R	P	U	N	K	I	phototonus
E	N	T	K	S	G	Z	K	K	E	O	B	R	V	B	I	C	A	W	I	S	H	A	contrituate
G	E	N	M	D	Z	X	F	R	S	N	R	D	X	C	S	V	T	W	Q	C	R	D	quotennial
E	L	T	R	O	W	B	L	J	M	E	Q	J	R	B	E	L	I	P	N	A	A	B	jebel
N	O	I	T	A	C	I	F	I	N	M	A	D	Q	N	I	L	C	G	P	T	R	S	speciesism
X	Y	B	S	K	N	A	H	U	C	M	O	W	A	O	C	A	I	J	Q	A	W	F	sepulchre
C	I	I	E	V	I	P	Z	D	C	R	N	S	A	S	E	H	D	I	K	L	U	W	ceraunoscopy
V	P	L	A	N	O	G	R	A	P	H	Y	U	X	H	P	S	E	F	T	M	E	N	stylography
C	X	U	K	O	L	E	S	R	U	H	E	T	N	W	S	V	M	S	H	B	G	J	platypussary
R	W	E	M	E	T	A	N	I	H	C	E	A	M	E	P	N	M	Y	S	R	R	Y	issant
G	T	L	H	M	V	S	I	Q	I	N	X	E	O	N	H	I	E	U	Q	S	A	I	wortle
A	S	L	A	I	N	N	E	T	O	U	Q	M	L	H	O	P	O	P	G	O	V	Y	stereognosis
J	X	M	L	L	L	B	B	Y	E	V	C	W	Z	H	T	N	L	H	A	E	A	M	obiter
T	X	W	G	V	C	M	C	F	M	L	Z	J	P	I	O	L	N	F	R	W	M	P	chronogram
S	H	C	E	R	A	U	N	O	S	C	O	P	Y	R	T	G	A	H	A	D	E	L	shantung
I	T	C	S	K	F	A	P	P	C	N	P	C	H	C	O	H	C	J	R	Q	N	A	pica
G	I	Y	Y	C	A	R	C	O	N	E	X	C	A	M	N	L	A	W	D	L	A	T	yelting
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A	T	F	Z	C	G	U	N	C	I	O	M	Z	E	Y	B	V	L	G	T	R	R	U	cobaltiferous
C	F	V	J	Q	R	R	I	C	E	D	Z	S	W	E	P	C	Q	H	A	K	F	S	bechic
E	O	N	E	P	I	H	A	B	B	Z	M	E	S	L	Z	Z	E	R	C	S	D	S	yeowoman
D	I	B	L	C	C	C	C	P	Y	G	O	L	O	T	A	M	A	I	Y	J	Z	A	polynia
T	T	I	V	E	F	I	X	N	H	K	Y	B	P	I	W	X	S	S	G	O	U	R	gravamen
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Cook's Corner Christmas Morning Breakfast Casserole



Ingredients

- 1lb ground breakfast sausage, any flavor
- 1red bell pepper, chopped
- 2cups cremini or white mushrooms, sliced
- 2teaspoons salt
- pepper to taste
- 1loaf (8 cups, 1-inch cubes) Italian bread, Ciabatta or Baguette (crusty bread)
- 1 1/2dozen (18) large eggs
- 1cup whole milk
- 1 1/2cups cheddar cheese, shredded

Steps

- 1 Heat oven to 375°F. Brown the sausage in a saute pan over medium heat for 3 minutes, breaking it into bite size pieces. Add the mushrooms, bell peppers, 1 tsp salt and pepper. Cook an additional 5 minutes. Let cool. Drain.
- 2 In a bowl, beat the eggs and milk. Add remaining salt and cheese; stir to combine.
- 3 Add the bread cubes and cooled sausage mixture to a greased 13×9-inch baking dish. Toss to combine.
- 4 Pour the egg mixture over the bread and sausage: press the bread mixture down gently to soak up some of the egg mixture.
- 5 Cover the dish with foil and bake for 30 minutes; uncover and bake an additional 20 minutes. Serve immediately.

Source: bettycrocker.com

Grayling Save a Lot

Purchase of
Coca Cola Products 99¢
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Limit 2 Please with coupon Valid Dec 1st, 2022
thru Dec 31st, 2022

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Look for printable coupons at www.Save-A-Lot.com

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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!

New and Improved Michigan “Quitlink” for Quitting Tobacco

Source: AAA Aging News & Views Newsletter Oct. 14, 2022

New and Improved Michigan “Quitlink” for Quitting Tobacco

Are you thinking about quitting tobacco? Do you want to support a friend or family member who is quitting? The new and improved Michigan Quitlink is here to help.

Quitting smoking has immediate as well as long-term benefits for you and your loved ones. It is one of the most important things you can do for your health.

The Michigan Tobacco Quitlink offers free information, tobacco treatment referral, online programming, and text-messaging 24 hours a day, seven days a week, at 1-800-QUIT-NOW (1-800-784-8669) in English or 1-855-DÉJELO-YA (1-855-335-3569) in Spanish.

Free counseling and nicotine replacement therapy (NRT) may be available to certain callers.

Special offerings include programs for prenatal and youth commercial tobacco users. Counseling is available in English, Spanish and Arabic.

My Life My Quit (MLMQ) is a free text and online program for youth under 18. MLMQ provides youth with information about e-cigarettes and how to quit vaping. Print materials and other resources for parents, educators, and health care professionals are also available.

American Indian Commercial Tobacco Quitline, offered in partnership with the Michigan Tobacco Quitline. American Indian

coaches provide services that have been developed by and for American Indians. 1-855-372-0037.

LGBTQ+ Michigan Tobacco Quitlink coaches receive special training and supervision for helping LGBTQ+ people to help create a safe environment for quitting.

Prenatal Michigan Tobacco Quitlink offers a special program to all prenatal callers. Enrollees will receive help to quit and stay quit throughout their pregnancy and after delivery. Coaches in the prenatal program are specialists in prenatal cessation and have received additional training to help during pregnancy. Enrollees will receive a gift card for each coaching appointment that they keep.

Asian Smokers Quitline offers free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean, and Vietnamese). Chinese: 1-800-838-8917; Korean: 1-800-556-5564; Vietnamese: 1-800-778-8440.

Smokefree VET helps veterans who get their health care through the U.S. Department of Veterans Affairs (VA) become tobacco-free, whether they smoke cigarettes, chew or dip tobacco, or use any other tobacco products. SmokefreeVET is a partnership between VA and the National Cancer

Continued on Page 15



Register Soon for the Christmas Luncheon!

The Crawford County Commission on Aging & Senior Center would like to invite you to our Christmas Luncheon on Thursday, December 15th from 11:30am–1pm. On the menu will be Roast Beef, Au Gratin Potatoes, Venetian Blend Vegetables, and Chocolate Mint Pie for desert! The luncheon will be curbside pickup and RSVP is required by calling the Commission on Aging at (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6.



Urgent Care in Your Pocket

Skip the trip and get seen from your screen! Munson Healthcare Virtual Urgent Care is available for ages 3+. No app or download required. Learn more at munsonhealthcare.org/virtualvisits.

MUNSON HEALTHCARE

SPECIAL LUNCHEON SCHEDULE 2023

January 19

Winter Picnic Luncheon

February 9

Valentine's Luncheon

March 16

St. Patrick's Day Luncheon

April 13

Spring Fling Luncheon

May 11

Mother's Day Luncheon

June 15

Father's Day Luncheon

July 20

BBQ Chicken Luncheon

August 17

Hog Roast Luncheon

September 14

Grand Parent's Luncheon

October 19

Harvest Luncheon

November 16

Thanksgiving Luncheon

December 14

Christmas Luncheon

60 & over suggested donation of \$3.50, under 60 the cost is \$6. You must register in advance for each meal. Pick-up only.

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

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TANKS**

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Boar's Head
PREMIUM DELI MEATS & CHEESES

989-344-5554 [tworiverdeli.com](https://www.tworiverdeli.com)
203 Ionia St. across from Spikes Keg O Nails

Free Medical Equipment/Supplies

The Crawford County Commission on Aging has these items available for free.
If you are interested in any of these items, please contact
Kathy Meisner at 989-348-7123 or stop by the Senior Center.

Chux



Adult Diapers



Perineal Cream



Shampoo Cap



Seated Walker with Wheels



Walker with 2 Front Wheels



Bedside Commode



Misc. Canes w/ and w/o Feet



Wheelchairs



Bath Bench



Upcoming Online Classes

Upcoming Online Classes from MSU Extension

Surviving & Thriving on a Fixed Income
December 8, 2022 12:00PM – 1:00PM

Top 10 Credit Tips
December 15, 2022 12:00PM – 1:00PM

Mindfulness for Wellbeing
January 5, 2023 – February 23, 2023 Online

SLEEP (Sleep Education for Everyone Program)
January 9, 2023 – February 20, 2023 Zoom Meetings

Tai Chi for Arthritis & Fall Prevention
January 10, 2023 – March 9, 2023 9:00 - 10:00 AM Online via Zoom

SLEEP (Sleep Education for Everyone Program)
January 20, 2023 – February 24, 2023 12:00 - 12:30 PM Online via Zoom

To register for any event visit:
<https://www.canr.msu.edu/rlr/> and click on the Events tab.

See Page 9 for a full list of COA activities!

Curbside Congregate Meal Options

There are a couple of exceptions to our normal rules which may allow you greater access to our meals.

- You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day that you can pick instead.
- You can pick up enough frozen meals to last a few days or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day of the week.

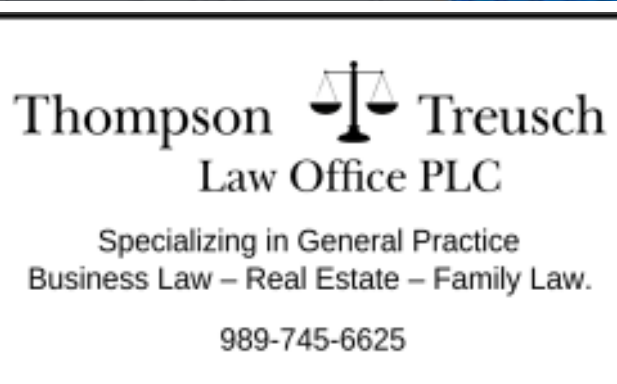
SNAP card recipients can still use their benefits to make a donation for Congregate Meals. To place an order or for questions call (989) 348-7123. Meal orders can be placed between 9-11:30am and picked up between 11:30am-12:30pm.

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!



Institute's Smokefree.gov Initiative. This partnership began with the SmokefreeVET text messaging program and has grown to include the SmokefreeVET website and a Facebook community.

Medicaid is here to help you quit tobacco! Your Medicaid benefit covers all seven FDA-approved medications to help people quit. You will need to visit your primary care provider to get a prescription. Even over-the-counter medications like the patch require a prescription. Most Medicaid Managed Care Plans partner with the free Michigan Tobacco Quitlink. To get help quitting, call or visit the Michigan Tobacco Quitlink or call the customer service line on the back of your Medicaid card.

Medicaid Benefits for Smoking Cessation
Free or Reduced-Cost Quit Smoking Medications

Medicare Part B covers up to 8 smoking and tobacco-use cessation counseling sessions in a 12-month period with a healthcare provider or specialist. It is important to speak with your healthcare provider about what they recommend and how your services and/or nicotine replacement

therapy (NRT) medication may or may not be covered by your Medicare plan. Medicare will cover certain prescription drugs to help you stop smoking. However, Medicare does not cover over the counter medications or stop-smoking aids like nicotine gum. To get prescription coverage, you must have a Part D prescription drug plan or a Medicare Advantage plan that includes prescriptions. Your Medicare plan should cover these smoking cessation medications:
NRT inhaler
NRT nasal spray
Bupropion or Zyban
Varenicline, also known as Chantix

You may be responsible for part of the cost of these medications. The amount you'll pay will depend on your plan and the amount you spend on prescriptions this year. (Source: www.medicarefaq.com).

Find out how Quitlink can support your family member or friend. Call 1-800-QUIT-NOW to learn more or help your loved one enroll today—it's easy and takes less than 5 minutes to enroll.

This article has been adapted from existing content on the Michigan Quitlink website: <https://michigan.quitlogix.org/en-US/>



Don't wait: Medicare Advantage Open Enrollment ends March 31

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

Switch to a different Medicare Advantage Plan with or without drug coverage

Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan.

Food Distribution

The next CSFP Food Distribution will be Wednesday, December 7th 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.

NEW! Food Truck coming Beaver Creek Fire Barn on Thursday, December 8th at 10:00 am

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!



Pickleball on Friday's in January!

Starting in January our New Senior Center Pickleball courts will be open on Fridays from 9am-11am.

Beginner Pickleball Players Wanted!

If you have never played or are a beginner who wants some tips and time to practice. We are putting together a 2 hour course for beginners. 8 people max for the class. Contact Toby @ 989-348-7123 for details!

MEALS ON WHEELS Holiday Delivery Schedule

During the Holidays "Meals-on-Wheels" Delivery Schedule is as follows:

Wednesday Dec 21st
Thursday, Dec 22nd
Friday, Dec 23rd

Wednesday, Dec 28th
Thursday, Dec 29th
Friday, Dec 30th





Gift Ideas

Call 989-348-7123 or stop by to purchase for an older adult in need or for that special Senior you LOVE! Or be a Secret Santa and adopt and older adult in need!

- **Chair Yoga Sponsorship:** Sponsor someone who can't afford Chair Yoga, but needs it! \$30/month Sponsorships available.
- **Congregate Meal Coupons:** Gift Coupons to be used at the Senior Center - \$3.50 for any meal.
- **Dial-A-Ride Tickets:** Cost is 50 cents for one-way ride for adults age 60+. There are two ways you can get these tickets. If you would like to buy these tickets to give them to an older adult, visit Dial-A-Ride at 4276 W North Down River Rd, Grayling, MI 49738 and purchase them Mon-Fri 8-3. If you would like the Commission on Aging to handle your gift, then simply donate at the COA and the COA will buy them and make sure they get to the someone in need.

For any questions please contact the Senior Center at 989-348-7123.

Pickleball Time Changes

Please note the new times available to play Pickleball in December! There have been some changes made throughout the month to the calendar on page 9.



alzheimer's association®

Dementia Webinar:
Enjoying Family Celebrations and Understanding Dementia Behaviors



Date: December 16, 2022
Time: 1:00pm - 2:00pm
Method: Virtual via Zoom.
Register: 989.358.4616 or mainvilleb@nemcsa.org



HANGING OF THE GREENS

We need your help decorating to make the Senior Center look festive for the holiday season. Join us at the Senior Center on **December 2nd starting at 9:00am.**

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500 N. James St. • Grayling



Count Down to Christmas – Gifts for the COA

Be Santa's helper and provide these needed items for the COA!

Supplies

1" White 3 Ring Binders
 Paper Towels
 Bleach
 AA Batteries
 Postage Stamps
 Bottled Water
 Kleenex
 Sticky Notes
 Reams of Copy Paper
 Hand Sanitizer – Germ-X Pump Bottles

Gift Cards

Dollar Tree
 Dollar General
 Save-A-Lot
 Family Fare
 Gordon Food Service in Gaylord

Food from Gordon Food Service in Gaylord

#292346	Egg Noodles, 5lb bag
#516371	Rice, 25lb bag
#189979	Pineapple Tidbits
#142204	Potato Pearls
#655973	BBQ Sauce
#820783	Ketchup, 10lb Can
#246131	Diced Tomatoes, 10lb Can
#306347	Tomato Sauce, 10lb Can
#219096	Sweet and Sour Sauce, 10lb Can
#282057	Stewed Tomatoes, 10lb Can
#598461	Enchilada Sauce
#415360	Pan Spray
#285684	Scrub Pads
#211362	Probe Wipes
#513687	Cream of Tarter (Trade East)
#513938	Dill (Trade East)
#513881	Granulated Garlic (Trade East)
#126993	Onion Powder (Trade East)
#428574	Italian Herb (Trade East)

