



Crawford County Senior Gazette February 2025

**ADVANTAGE
AUDIOLOGY
& HEARING
CENTER**

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Lois and her Superman: A Lifetime of Love

By Toby Neal



Valentine's Day celebrates love in all forms—new, enduring, and eternal. It's a time to reflect on the magic of human connection, and few stories illuminate this magic better than that of Lois and Larry, a couple who have shared 66 incredible years of marriage. Lois was just shy of 14 years old when she first saw Larry. She was in seventh grade, and it was an ordinary day in the hallways of her high school in Charlotte, Michigan. But to Lois, it was anything but ordinary. As Larry walked past, something stirred in her heart. That

evening, she went home and declared to her mother, "I don't know his name, but I think I'm going to marry him." Her mother brushed off the bold proclamation, chalking it up to youthful fancy. But Lois was undeterred. She found out his name was Larry—or as some called him, "Daypo"—and fate seemed to conspire to bring them together. One winter evening, Lois's cousin invited her to go ice skating. Little did she know that this night would mark the beginning of a love story that would last a lifetime. As the group of friends skated behind the high school, Larry appeared with his buddy, Butch. The frigid Michigan air couldn't cool the excitement that coursed through Lois when Larry joined them. When the warming house heater failed, Larry invited everyone to warm up in his car. Although Lois's strict parents forbade her from sitting in a car with a boy, she made an exception, and the two struck up a conversation. Lois's heart raced—a feeling that would become all too familiar when Larry was around. After that night, their connection deepened. They attended proms together, shared countless memories, and supported each other through life's ups and downs. Lois fondly recalls how Larry's visits to her home became

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 4:30 pm**

**4388 West M-72 Hwy
Grayling, MI 49738**

**Phone (989) 348-7123
Fax (989) 348-8342
www.crawfordcoa.org**

director@crawfordcoa.org

www.facebook.com/crawfordcoa



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Phone: (989) 348-7123
Fax: (989) 348-8342
4388 West M-72 Hwy
Grayling, MI 49738

Smartphone Scan to our Website



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Editor — Alice Snyder

Contributing Writers

**Toby Neal, Kate Moshier,
Tammy Findlay, Sarah Pollock, Jan
Williamson, and Carlie Wilson**

The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging.

The publication is distributed free to Crawford County residents by direct mail and at local businesses.

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

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

Commission on Aging

Board Members:

Karl Schreiner, Chair
Shannon Sorenson, Vice-Chair
Sandy Woods, Secretary
Laurie Jamison, Commissioner
Mark Ostahowski, Member
Jason Thompson, Member
Cheryl Wolkens, Member

Commission on Aging Staff:

Alice Snyder, Outgoing Director
Brian McLaughlin, Incoming Director
Todd Lako, Facility Maintenance
Tammy Findlay, Advocacy & Resource Coord.
Carlie Wilson, Senior Center Manager
Lynn Cheney, Office Manager

Receptionist: Helen Nolan & Patty Lemmons

Kate Moshier, Nutrition Manager

Cooks: Megan Hagle, Dalton Keir

Sarah Pollock, In-Home Services Manager
Jan Williamson, RN

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Jill, Susan & Danette

February Birthdays

Barbara McCray 2/3

Pete Cheney 2/5

Norm Beach 2/13

Jeannie Matista 2/18

Richard Sobieralski 2/19

Janet Gildner 2/21

**Senior Center Birthday Lunch
Tuesday, February 25th,
11:30 a- 12:30p**

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

Happy Birthday!

Tammy's Tips

During cold fronts, be sure to stay indoors. If you have to go out in dangerously cold temperatures, follow these rules of thumb. Wear a hat (you lose a lot of heat through your head), gloves or mittens, a scarf, and warm socks. Make sure you wear something to protect your face and neck, you can use a scarf, face mask, or balaclava to shield your nose and mouth from the cold air. Most importantly, cover your mouth, it can protect your lungs from the extreme cold.



Car Donation Program

Keeping that old car running can be expensive. Donating your car to Senior Neighbors is easy, the pick-up is free, and your gift is tax deductible. Senior Neighbors accepts cars, trucks, RVs, vans, motorcycles, boats, and much more! Visit the COA's link to donate your old vehicle today: <https://careasy.org/crawford-county-commission-on-aging> or call 844-411-5768 for more information on the car donation program.

TwoRiverDeli

Slicing Meat's & Cheese's to Order

Fresh & Frozen Pasties

989-344-5554 tworiverdeli.com

Check out our new location @ 600 N James St. Grayling



Support Groups:

ALCOHOLICS ANONYMOUS

St. Francis Episcopal Church, Grayling
Sun. (O/ST) / Tue. (C/D) / Fri. (C/B)
@ 7:00 pm
Mon. / Fri. (C/D) @NOON
Wed. (W/C/D) (Women's) @ 7:00 pm
St. John Lutheran Church, Grayling
Sat. (B/C) @ NOON / Thurs. (C/D)@7:00 pm
Frederic Twp. Hall
SAT. @ 6:00 pm (C/H)

ALZHEIMER'S SUPPORT GROUP

3rd Wednesday, 11 am
The Brook of Grayling, 503 Rose St.
Info call: COA Senior Center (989) 348-7123

CHOICES GROUP

Anger Management for Women
Mondays, 1:00-2:30 pm
At River House Inc. in Grayling
Register: (989)348-3169 Lynn or Danyelle

GLUED

Tuesdays, 4:00-5:30pm, for 1st-6th graders
at River House Inc. in Grayling
who have experienced domestic violence
(directly / indirectly) sexual abuse or bullying.
River House info: (989) 348-3169

GRAYLING AL-ANON

Tuesdays 11am
St. Francis Episcopal Church, Grayling
Call: (989)348-5850

HEALTHY RELATIONSHIPS GROUP

Thursdays, 2:00-3:30pm
At River House Inc. in Grayling
Register: (989)348-3169 Barbara

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

Wednesdays, 8pm
Saturdays, 4pm
St. Francis Episcopal Church, Grayling

WEIGHT LOSS & SUPPORT GROUP

Thursdays 10:30am – 11:30am
St. John Lutheran Church, Grayling
Info: (989)348-1398 Mary Kay

FAITH BASED GRIEF GROUP

Wednesday, 6-8pm—(Aug 2 to Oct 25 Class)
Grayling Baptist Church, 705 Madsen St.
(989) 390-0831 www.griefshare.org/about
www.griefshare.org/groups/169551

GIVING

General Giving

GIVING

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

Make Your Mark: Leave a Legacy

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

Bequest

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

Retirement Plan Beneficiary

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

Life Insurance Beneficiary

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

Charitable Trusts

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

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

Thank you for your consideration.

Sponsors

Silver Sneakers led by Rich Ferrigan of **Grayling Fitness Center**

Foot Clinic Offered by **Linda Russel**
Hearing Clinic Offered by **Advantage Audiology**

Birthday Lunch Flowers donated by **Family Fare**

Legal Aid Offered by **Jason R. Thompson Law Office PLC**

Medicine Shoppe Bingo by **The Medicine Shoppe Pharmacy**
Fit for the Aging by **Sami Szydzik of Stronger Fitness Housing Counseling** by Laurie Jamison

General Donations from:

Meridith Anderson	Cathy & Henry Lester
Paul Bailey	Kirsten Lietz
Renee Bickar	Joan M. Lukes
Charlotte Bloomquist	McBride Family
Ron & Lina Bolt	Dennis & Mickey Meyers
Dianne Branch	Tim & Ollie Miller
Dave & Gerri Brown	Cheryl Millikin
F. Carr	Erika Mudry
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Elizabeth M. Chase	Bruce & Bea Patrick
Joan Culbertson	Patti Quinlan
Charles Curro	Al Reynolds
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Family Fare	Jodi Serra
Roxanne Franklin	Valerie Sloan
Robert Gerring	Dawn Smith
Paul Gilbert	Judy Stark
Janet Gildner	Pete & Jackie Urcheck
Bill & Sherry Haag	Kelly & Terry Van DeCarr
Tina & Tom Haskel	Marjorie Warner
Valerie Hendricks	St. Mary's Women's Group
Bruce & Pam Jerome	Ron & Margaret Yon
Kim's Magic Nails	
Sarah & Jim Lawless	
Nancy Lemmen	
Paul Lerg	

Memorials

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

Hometown Heroes

\$300 per day or supports a day of Meals on Wheels

Running Tally of Support: \$14,135, Thank you!

45 meal days have been purchased to date. Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. Help us keep providing exceptional care and meals for our local older adults. Donate today!

Be our Hometown Heroes.

Memorial Donations

Farrell Thomas in memory of Linda (Brooks) Thomas
David and Cheryl Millikin in memory of Betty Millikin and Joan Rasmussen
Juanita Millikin in memory of Arlene Mae Czuba
Scott Foster in memory of Tina Foster.

Make a Donation Today & Create Golden

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 4388 West M-72 Hwy, Grayling, MI 49738
Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.
All Gifts are Tax Deductible

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

Thank you to our COA Volunteers

- | | |
|----------------------|---------------------------|
| Claudia Albright | Dan & Karen McCarthy |
| Meredith Anderson | Jamie McClain |
| Bob Becks | Tim & Olie Miller |
| Donna Brown | Michelle Millikin |
| Ben & Pam Carr | Wayne & Rosemary Nelson |
| Debbie Carrigan | |
| Judy George-Crook | Mark & Suzanne Ostahowski |
| Caroline Diponio | Ron Pagereski |
| Kathy Drefts | Sharen Perkins |
| Brittlynn Elliott | Lois & Dave Platt |
| Dave Felker | Tom Rawlings |
| Rich Ferrigan | Deb Rawlings |
| Linda Fielhauer | Chuck & Robin Rodgers |
| Anna Fradl | Jon & Gasil Schultz |
| Mary Garcia | Jon Shazri |
| Sherry Haag | Sally Slicker |
| Donn Handy | Randy & Tanya Stephens |
| Susan Hensler | Ann Stephenson |
| Cheryl Hopp | Dave Stephenson |
| Annette Hritz | Brad Summers |
| Donna Hubbard | Sami Szydzik |
| Liedewey Hunter | Farrell Thomas |
| Cindy & Jim Johnson | Ellen Thompson |
| John Kay | Scott Ulery |
| Ron Kemerer | Kate Wagner |
| Glenn & Lorelei King | Becky Walrath |
| Eileen Langhorne | Zoella Wethington |
| Alice Lee | Carol Wilder |
| Nancy Lemmen | Curtis Williams |
| Cathy Lester | Jan Williamson |
| Kirsten Lietz | |
| Judy Marchlewicz | Ernie & Ruthann Windolph |
| David Markle | Sandy Woods |
| Sandy Marshall | |
| Rick McBride | |

★★★★★★★★★★★★★★★★★★★
 ★ **Volunteers and donations received** ★
 ★ **After the 11th day of the month, will be** ★
 ★ **noted in the next Senior Gazette.** ★
 ★★★★★★★★★★★★★★★★★★★★



Sorenson Lockwood
 FUNERAL HOME INC.
 Pre-Planned Funerals Cremation Services
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Terrie L. Lockwood, Manager/Owner
 Phone: (989)348-2951 Fax: (989)348-4968
 1108 North Down River Rd, Grayling MI 49738
 Web: sorensonlockwood.com
 E-mail: sorensonlockwood@gmail.com



Blood Drive February 3rd, 10:30 am—3:30 pm

Join the Commission on Aging and Versiti for a life-saving Blood Drive. Your donation can help provide hope and healing to patients in need within our community. Every pint counts—come be a hero today. Please register in advance by either:
 Visiting: www.donateblood.versiti.org/donor/schedules/county/ once you get to this page, be sure to search Crawford County Michigan.
 Scanning this QR Code:
 To scan the code, open your camera and hover it over the square, a link should appear. Click the link and fill out the form to register.



Palentines Party February 6th, 12:30 pm

Forget the couple stuff—this Valentine’s Day is all about friendship and fun! Grab your crew and head to the Commission on Aging for music, hilarious Valentine’s trivia, and creative card-making. The party kicks off right after lunch with snacks, drinks, and good vibes for everyone. Don’t miss out on making memories with your pals, after all— love doesn’t always have to be romantic, for many of us, our truest love is platonic.

Secretary of State Mobile Office Visit February 10th, 10:00 am—3:30 pm

What if you could handle those tedious Secretary of State tasks quickly, on your schedule, and all in one stop—without long waits or online forms? Now you can! Visit the Commission on Aging on February 10th for services like first-time Michigan IDs, driver’s license renewals, title transfers, disability placard applications, and more. Call 989-348-7123 to schedule your appointment. The COA and Secretary of State Mobile Office team are ready to help!

DHD#10 Heart Healthy Class February 11th, 1:00 pm

Take a step toward better heart health! Join Shaun O’Connor from District Health

Department #10 for a free, quick seminar on simple ways to keep your heart healthy. Learn practical tips and make heart-smart choices—because small changes can make a big difference.

State of the Senior Center February 20th, 12:30 pm

For more information on this event, please reference page 6 of the Senior Gazette. This event is free and open to the public. For more information call 989-348-7123.

“Skins” Painting Class with Clare Spaulding February 27th, 10:30 am \$5.00 Class Fee

Clare Spaulding is back by popular demand, this time with a series that includes the full process of making acrylic jewelry. The first step of this process is crafting the “skins.” Paint skins are dried layers of acrylic paint that can be peeled off a surface. They form when acrylic paint dries and solidifies, creating a flexible, durable sheet of paint. These “skins” are then used to create the acrylic jewelry. The first class is on February 27th and is \$5.00 per person. The second class is on March 13th and is also \$5.00. If you are interested in making more than just one bracelet or one necklace, additional items can be purchased. To register for your spot, please call 989-348-7123.

The River Road Band February 27th, 2025, 5:30 pm Tickets are \$20 / \$25 out of county

River Road is a band based out of Indiana. They have built a reputation for keeping crowds on their feet dancing while covering multiple genres of music at each show. They began performing in 2002. Their original music encompasses elements of several music genres ranging from Rock, Country, and Blues. Come out and see these talented musicians play as a two-piece acoustic band and dance the night away. If you purchase tickets before February 13th, there is a \$10.00 discount available.

Classes that continue throughout the month of February include:

- **Cooking Matters** (Thursdays, 1:00 pm–3:00 pm) **No Longer Accepting New Participants**
- **Bingocize** (Tuesdays 2:30 pm—4:00 pm, and Thursdays, 10:30 am — 12:00 pm) **No Longer Accepting New Participants**
- **Walking Group** (Fridays, 10:00 am @Kirtland)
- **Bible Study** (Fridays, 10:30 am)

Continued: A Lifetime of Love

a cherished routine. Even after long workdays setting pins at a bowling alley,

Larry made time to see her. His devotion was unwavering, a trait that would define their marriage.

In September 1958, at the tender age of 16, Lois and Larry married. Their wedding day—a



13th—was no bad omen. Instead, it marked the beginning of a partnership built on respect, compromise, and an

unshakable commitment to each other. “You’ve got to respect each other,” Lois shared when asked about the secret to their lasting bond. “Don’t go to bed angry. That’s the worst thing you can do.”

Life was not without its challenges. Lois endured heartbreaking pregnancy complications early in their marriage. When a Navy doctor identified the issue and performed a corrective procedure, their prayers were answered. They welcomed three sons into their lives, each one a miracle and a testament to their resilience.



Through decades of joys and hardships, Lois and Larry’s love remained steadfast. When Larry served in the Navy, including a

deployment to Vietnam, they endured two years apart. Despite the distance, their connection never wavered. Letters and phone calls kept their bond strong, and their reunion was all the sweeter for the separation. Their journey brought them to Grayling, Michigan, where they built a life together. Larry’s tireless work ethic and Lois’s unwavering support formed the foundation of their family. Over the years, they navigated life’s changes with grace and humor. “We’ve been through a lot,” Lois reflects. “But we’ve

always had each other.” One other thing stood out as Lois talked about their relationship over the last 68 years: their reverence for each other. “Sure, all couples have problems, and Larry and I are no different,” Lois confessed, “but we always knew it would be us, together, through it all.” Lois’ nickname for Larry might express her reverence and devotion to him best. “When people have a hard time remembering my name I always tell them, ‘My name is Lois, and that (pointing to Larry) is my Superman,’” Lois said with a smile.

Their story is more than a testament to enduring love; it’s an inspiration for us all. As Valentine’s Day approaches, Lois and Larry’s journey offers timeless lessons:

Love is a Choice: From the moment Lois declared she would marry Larry, she chose him. Love is not just a feeling but a commitment to stand by someone through life’s twists and turns.

Respect and Compromise are Keys: Lois emphasizes the importance of mutual respect and compromise. A successful relationship isn’t about always getting your way; it’s about finding harmony together.

Cherish the Little Moments: From ice skating adventures to quiet evenings at home, it’s the small, shared experiences that create a lifetime of memories.

Persevere Through Challenges: Life will test every couple, but true love finds a way. Lois and Larry’s ability to overcome personal and professional hurdles demonstrates the power of perseverance.

Celebrate Each Other: Even after 66 years, Lois and Larry continue to find joy in each other’s company. Their laughter, shared stories, and photographs tell a story of a love that remains vibrant and full of life.

Lois and Larry’s story reminds us that love, at its best, is an enduring partnership rooted in kindness, patience, and an unyielding belief in each other. This Valentine’s Day, let their journey inspire you to nurture your relationships. Whether you’re



just beginning your love story or celebrating

decades together, remember that the essence of love lies in the everyday moments, the shared dreams, and the commitment to grow together.

Here’s to Lois and Larry—proof that true love not only exists but thrives.



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

When your friends & family visit your Facebook page, they will see our posts on your page feed.

facebook.com/CrawfordCOA/
Like, Love or Share
Please help us grow our Facebook!



Scan here to be Taken to our Facebook

EA
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989-348-6761
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201 Huron St. | Grayling, MI

LET'S GO VIKINGS

ADVANTAGE
AUDIOLOGY
& HEARING CENTER

Ryan T. Hamilton, Au.D.
Audiologist & Director
rhamiltonaud@gmail.com
www.advantagehearingonline.com

Gaylord Office 321 E. Main Street P: 989-448-2500
Grayling Office 306 State Street P: 989-745-6667

CRAWFORD COUNTY COMMISSION ON AGING

WANTED:
MEALS ON WHEELS DRIVERS

Contact Sarah or Kathy at 989-348-7123 for more information. Help us serve older adults in need in our community.



Meet the New Director Brian McLaughlin

We are thrilled to announce Brian as the new Director of the Crawford County Commission on Aging and Senior Center. A graduate of San Diego State University with a Bachelor's in Television Production with a Master's degree in Marketing from the University of St. Francis, Brian brings a wealth of experience and leadership to the role. As a two-time President of the Antwerp Chamber of Commerce and founder of the Christmas for Kids Charity Toy Drive, Brian has shown a deep commitment to community service. With 14 years of experience as an Administrator at Antwerp Manor Assisted Living, he is well-prepared to lead our organization in serving and supporting older adults in Crawford County.

Brian will begin on January 27th, 2025. We are excited to welcome him to the team.

Substance Abuse Prevention Table

Join Tabitha Scott, a Substance Abuse Prevention Specialist, for an information table event on Tuesday, February 6th, from 10:00 AM to 1:00 PM.

This event will offer free resources including access to Narcan kits, Deterra drug deactivation pouches, and medication lock boxes. You will also be able to learn about the "Monitor, Secure, and Dispose" process to manage prescription medications safely. Finally, you will have the opportunity to get involved in drug prevention efforts. Together, we can reduce substance misuse and make a positive impact. Stop by, and let's work toward a healthier future—one step at a time!



State of the Senior Center Address and Meet and Greet Event

Join us at the COA on February 20th, at 12:30 pm for a Meet and Greet with the new Director, Brian McLaughlin. There will be beverages and treats available along with good conversation about the current and future status of the Crawford County Commission on Aging and Senior. Outgoing Director, Alice Snyder, will be addressing where the COA stands now and Brian will be sharing his vision for the year ahead and beyond. This is your time to also chime in with what thoughts and dreams you have for our new Center. Get out of the house on a cold day and join us.



The Community is Invited to See Michigan's Funnyman on March 6th



The Crawford County Commission on Aging and Senior Center, in partnership with the Grayling Regional Chamber of Commerce and local businesses, is thrilled to announce an exciting fundraising event to support the Meals on Wheels program.



This highly anticipated evening will take place at the Senior Center and promises to bring the community together for a memorable time filled with food, fun, and entertainment.

From 4:30 p.m. to 5:30 p.m., guests are invited to indulge in "A Taste of Grayling," a delightful showcase of

local culinary talents. During this hour, community members will have the opportunity to sample delicious dishes from some of Grayling's finest eateries. This portion of the event highlights the creativity and flavors that make Grayling's restaurants unique. It's the perfect chance to connect with friends and neighbors while supporting a great cause. Please consider leaving a tip at the booths you visit.

The festivities continue from 5:30 p.m. to 7:00 p.m. with a high-energy performance by the one and only Joel Tacey, affectionately known as Michigan's Funnyman. Known for his electric, family-friendly comedy, Joel promises to deliver laughs and smiles to all attendees. His lively act is sure to be a hit with audiences of all ages, making this event a perfect outing for families, friends, and individuals looking for an evening of joy and community spirit.

Proceeds from this event will directly benefit the Meals on Wheels program, which

provides vital nutritional support and companionship to older adults in our community. By attending, guests will contribute to ensuring that older adults in Crawford County continue to receive the meals and support they need to thrive.

Tickets for this incredible event are available at the Crawford County Commission on Aging and Senior Center. The event will be held at the COA located at 4388 W. M-72 (East of town). The tickets are \$5.00 for those ages 2-17. For those 18+, tickets are \$15.00 per person. There will be an exclusive family package deal which is \$40.00 for two adults and up to three children.

Don't miss this opportunity to enjoy delicious food, laugh with Michigan's Funnyman, and make a meaningful difference in the lives of our older adults. Tickets are can be purchased at Tip'N the Mitten, Grayling Regional Chamber of Commerce, and the Commission on Aging.

Winter Safety at the Commission on Aging and Senior Center

As temperatures drop and snow begins to fall, slippery parking lots become a common hazard. To help reduce the risk of falls during these cold months, follow these simple safety guidelines when exiting your vehicle.

Exit from the Front of Your Vehicle.

Whenever possible, exit at the front of your vehicle rather than the rear. Walking to the middle of the parking aisle is the safest route. This area is a high priority for snow and ice removal, providing a more secure walking surface.

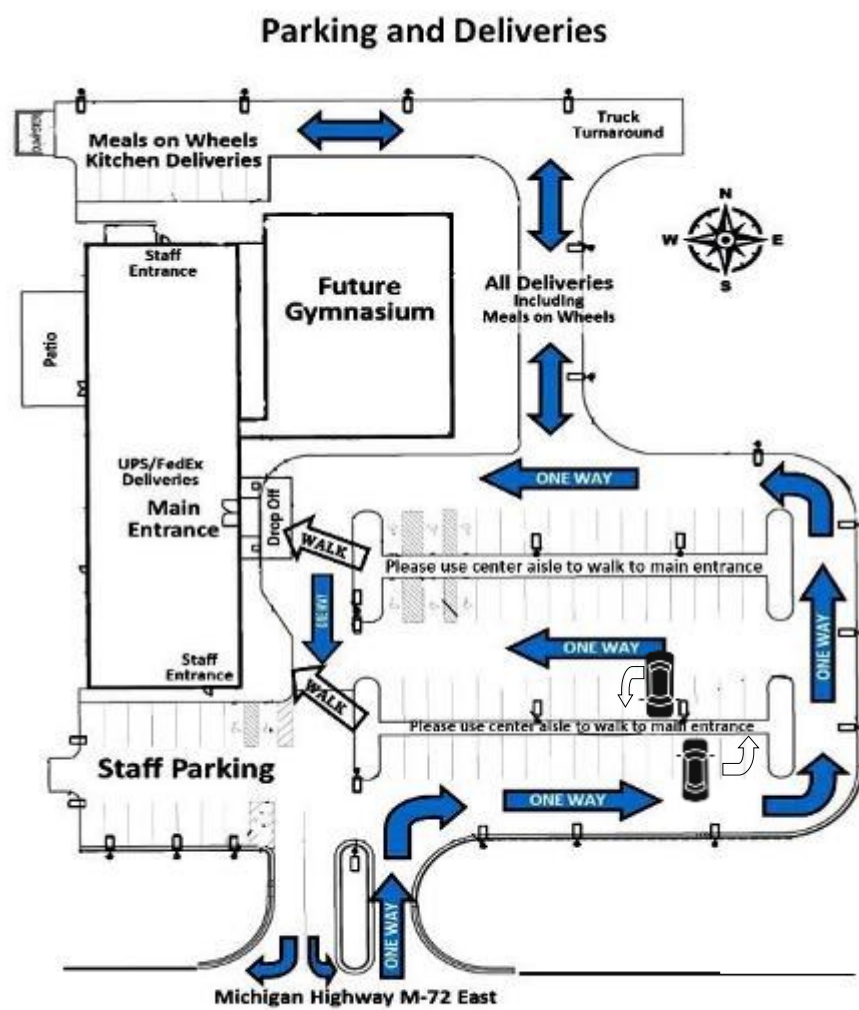
Avoid Exiting at the Rear of Your Vehicle.

Exiting at the rear of your vehicle can be risky. The area behind your car may not have been adequately cleared of snow or ice, increasing the chance of slipping or falling.

By staying in the cleared areas and exiting carefully, you can enjoy a safer winter season. Always take your time, wear appropriate footwear, and remain vigilant for icy patches. Stay safe out there!

Walk like a Penguin when it is Icy.

Walking like a penguin is a practical and effective way to stay balanced on slippery surfaces. The technique works because it shifts your center of gravity directly over your supporting foot, reducing the risk of slipping. Remember these four steps for staying safe on icy surfaces: take your hands out of your pockets and avoid carrying anything too heavy; lean slightly forward to reduce strain on your lower body; take short, flat-footed steps to lower the chance of losing traction; and do not lead with your heel. Use this map and these tips to stay safe all winter long during your visits to the COA.



The Scoop with Jan: How to Stay Safe this Winter

When entering your home, make sure you:

- Dry the wheels or tips of each walking aid before entering your home. If possible, it is advisable to have an “inside” walker or cane and an “outside” device. Walking devices are just like our shoes. If they’re wet they’re probably slippery on hard surface floors.
- Keep the entryway clear of clutter to avoid slipping or tripping.
- Keep a small table or shelf near the entry door to put items while unlocking the door.
- Keep a chair or have a bench inside the door to sit on while you remove your shoes or boots. Keep an “inside” pair of footwear at the entry door.
- If possible, use a different entrance if your home’s main entrance is often icy during winter. This might be coming in thru the garage entrance so you are on a dry surface. If possible, stay inside when the weather is bad. Consider delivery services for prescriptions, groceries and other necessities. Home delivered meals are available.

When outside your home, make sure you:

- Avoid shoveling snow yourself when possible. There is a risk of heart attack for older adults while shoveling snow. It is also a fall risk!
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear. Invest in a pair of foot ice grippers to put on your boots. This can prevent slips and falls on icy surfaces.

Ensure outdoor areas are well-lit.


Create a Winter Emergency Plan:

- Engage your support network if you need help clearing ice and snow from your property to keep outside walkways and steps clear of snow and ice.
- Have a family member or friend who will check in on you regularly either by phone or in person. This may be someone who lives a distance away from you. If they can’t reach you, have a plan of who they should call who lives nearby. OR have them call 911 for a well-being check.


- Make sure at least one person, nearby, has a key to your home or is aware of a key kept outside in case of emergencies. OR contact your local EMS service and let them know where you keep an emergency key.
- Keep an emergency file of important health information easily accessible in your home. Some local EMS provide “Vial of Life” or “File of Life” packets that would contain: emergency contact phone numbers, a list of medications, a list of current health conditions and a list of allergies. This file will assist all healthcare providers to expedite any care you might need.



February 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange	4 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	5 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots	6 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes	7 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
10 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi	11 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Due to the closure on 2/17, meals on wheels will be delivered today. </div>	12 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	13 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4-6p Mardi Gras Special Dinner Crab Cakes w/ Remoulade Sauce Maque Choux Cajun Rice, Bananas Foster and Vanilla Ice Cream	14 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
17 Center Closed: President's Day 	18 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange	19 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots	20 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes	21 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
24 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple	25 11:30a-12:30p Birthday Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange	26 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi	27 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	28 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
Light Bites Southwest Side Salad, Chicken Tortilla Soup, Kiwi	Light Bites Turkey Sub, Minestrone Soup, Grapes	Light Bites Side Chef Salad, Cheesy Potato Soup, Pear	Light Bites Won Ton Soup, Mandarin Salad, Kiwi	Light Bites Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple

February 2025 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10a Silver Sneakers 10:30a-3:30p Blood Drive 1-4p Chess Club 2-3p Diamond Art Club	4 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2:30p-3:30p Bingocize	5 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong	6 9a Zumba Gold A 10a Zumba Gold B 10a Substance Abuse Prevention 10:30a-12:00p Bingocize 12:30p Palentines Party 1p Penny Bingo 3p Medicine Shoppe Bingo 1p Cooking Matters with MSU-E	7 10a Walking Group at Kirtland CANCELLED 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
10 10 a Silver Sneakers 10a-3:00p Secretary of State Mobile Office 1-4p Chess Club 2-3p Diamond Art Club	11 9a Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 1p Heart Healthy Class with DHD #10 2:30p-3:30p Bingocize	12 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong	13 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:00p Bingocize 1p Penny Bingo 1p Cooking Matters with MSU-E 4p-6p Mardi Gras Special Dinner	14 10a Walking Group at Kirtland CANCELLED 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 1p Trivia with Clay Horton
17 Center Closed: President's Day 	18 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2:30p-3:30p Bingocize 4:30p COA Board Meeting	19 10a Silver Sneakers 11a Blood Pressure Checks 11a New to Medicare 11a Alzheimer's Support @ the Brook 12:30p Mahjong	20 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:00p Bingocize 12:30p State of the Senior Center/Meet and Greet New Director 1p Penny Bingo 1p Legal Assistance 1p Cooking Matters with MSU-E	21 10a Walking Group at Kirtland CANCELLED 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
24 10 a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	25 9a Zumba Gold A 10a Zumba Gold B 11a Birthday Lunch 12:30p Euchre 2:30p-3:30p Bingocize	26 10a Silver Sneakers 11a Blood Pressure Checks 12:30p Mahjong 2p-4p Commodities	27 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:00p Bingocize 10:30a Skins Painting Class with Clare Spaulding (\$5.00) 1p Penny Bingo 1p Cooking Matters with MSU-E 5:30p The River Road Band Concert	28 10a Walking Group at Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo

Assistance to Help You Maintain Your Independence

COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

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

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

Blood Pressure Checks - every Wednesday from 11:00 am to 1:00 pm.

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

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

Commodities Food Distribution:

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

Congregate Meal Program:

Lunches: Mon-Fri from 11:30am -12:30pm.
Dinners: Mon-Thurs from 4:30pm - 5:30pm.
Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00.

Home Delivered Meals: (Meals on Wheels)
Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh:

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

Resources

Information / Assistance: (989) 348-7123
Our COA staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

Legal Assistance:

by Jason R. Thompson, Law Office PLC
Free legal consultations available the 3rd Thursday of each month from 1-5pm

Housing Counseling

Get housing advice from Laurie Jamison from

Century 21 on the second Tuesday of each month from 9:00 am-2:00 pm.
Call 989-348-7123 for an appointment.

Medicaid/Medicare Assistance Program (MMAP)

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

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

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course:

Offered once each year.



Tai Chi: Helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls.

Walk with Ease: Learn to walk safely and comfortably. The class runs on Mondays through October. Helps people learn to walk comfortably.

Fitness Programs

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

Silver Sneakers: exercise program designed for older adults. Great workout and adaptable to you. Nation's leading fitness program for Seniors. Led by Volunteer: Rich Ferrigan.

Zumba Gold: a lower-intensity version of the typical Zumba dancing fitness class. It was

designed to meet the anatomical and physiological needs of older adults. Led by Volunteers: Nancy Lemmen, Meredith Anderson and Cindy Johnson.

Cost for Services

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



How We Served You in December 2024!

At the Senior Center

- We served **428** Congregate Meals

In-Home Services

- Delivered **3,286** home delivered meals.
- Provided **64.75** hours of respite care.
- We provided **268.25** hours of homemaker services.
- We provided **39.75** hours of bathing assistance services.

Important Phone Numbers:

Social Security

(800) 772-1213 or (866) 739-4802

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

Crawford County Commission On Aging & Senior Center (989) 348-7123

Telephone Reassurance Service

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

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation. This **free program** benefits so many and is easy to sign up for.



Contact In-Home Services, Kathy Meisner at (989) 348-7123

Listen online: Community Calendar for the COA Calendar of Events
aired daily by: **Blarney Stone Broadcasting Stations**
q100michigan.com upnorthsportsradio.com
to add events to calendar email: peyton@blarneystonebroadcasting.com



Upcoming Online Classes from the Area Agency on Aging

Upcoming Webinars
Powerful Tools for Caregivers (Virtual):
 February 3, 2025 - March 10, 2025
 from 1:30 pm - 3:00 pm
Diabetes PATH (Virtual):
 February 4, 2025 - March 11, 2025
 from 1:30 pm - 3:30pm
Caregiver Wellness Workshop (Virtual):
 February 6, 2025-February 27, 2025
 from 1:00pm-3:00pm
Relatives Raising Relatives
 Second Thursday of the month (February 13th)
 10:00am-11:00am or 5:00pm-6:00pm

Dementia Caregiving Series:
February 5, 2025: Otsego County Commission on Aging Caregiver Support Group meeting at Big Buck Brewery at 1:00pm
Dementia Information for Everyone:
 Friday, February 24, 2025
 from 2:00pm-4:00pm
Activities for Persons with Dementia:
 Friday, February 28, 2025
 from 2:00pm-4:00pm
Dementia Behaviors and Self-Care: Friday,
 March 7, 2025
 from 2:00pm-4:00pm

Resources for Caregivers
Healthy Living Webinar: Home Safety and Radon:
 February 13, 2025
Caregiver Webinar: Hiring In-Home Care:
 February 14, 2025
Caregiver Journal Club (Virtual):
 Second Friday of the month
 from 3:00 p.m. - 4:00 p.m.
Caregiver Conference (In Person)
 Friday, April 25th, 2025

Contact with Questions:
 Brooke Mainville
 Special Projects Coordinator
 (989) 358-4616 mainvilleb@nemcsa.org

See Page 9 for a full list of COA activities!

Coming Attractions: Save the Dates

Veteran's Coffee Hours
Dates for 2025

Dates:

Thursday, February 13th
 Thursday, March 13th
 Thursday, April 10th
 Thursday, May 8th
 Thursday, June 12th
 Thursday, July 10th
 Thursday, August 14th
 Thursday, September 11th
 Thursday, October 9th
 Thursday, November 13th
 Thursday, December 11th

Time:
 10:00-11:00 AM

At the American Legion Post #106
 More Info: (989) 344-3861

Versiti Blood Drives 2025

Monday, April 7th
 Monday, June 9th
 Monday, August 11th

Monday, October 13th
 Monday, December 8th

All blood drives run from 10:30 am—3:30 pm. Register to donate in advance by visiting: www.donateblood.versiti.org/donor/schedules/county/



Secretary of State Mobile Office April Date

The SOS Mobile Office will be at the Commission on Aging on April 14th from 10:30 am—3:00 pm

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

Crawford County Commission on Aging And District Health Department #10 Health Awareness Presentations



Kidney Health Class March 11th, 1:00pm-2:00pm	July 8th 1:00pm-2:00pm	2:00pm
Digestive Health Class April 8th, 1:00pm-2:00pm	Immunization Education Class August 12th 1:00pm-2:00pm	Fire Safety December 9th 1:00pm-2:00pm
Stress Health Class May 13th 1:00pm-2:00pm	Cholesterol Presentation September 1:00pm-2:00pm	Contact the Health Department directly at 989-348-7800 for more information on these classes.
Brain Health Class June 10th 1:00pm-2:00pm	Lung Health Class October 14th 1:00pm-2:00pm	
Blood Health Class	Diabetes Health Class November 10th 1:00pm-	

Crawford County Commission on Aging 2025 Concert Series Sneak Peak

Michigan's Family Funny Man Meals on Wheels Fundraiser March 6th, 2025, 5:30 pm	AuSable River Dixie Land Band May 6th 2025, 6:00 pm Tickets are \$5.00 / \$10.00 out of county
Pub Runners April 17th, 2025, 6:00 pm Tickets are \$20 / \$25 out of county	Straight Forward Blue Grass Band June 23rd, 2025, 6:00 pm Tickets are \$10 / \$15 out of county

Dates and times for events are subject to change due to weather, closure, and talent cancellation or rescheduling.

2025 Party Schedule

April 1st April Fool's Party	October 31st Halloween Party
June 19th Back Yard Party	November 20th Friends-Giving Party
July 3rd Fourth of July Party	December 30th Noon Years Eve
September 8th Grand Parent's Day	

February Volunteer Spotlight: Rich Ferrigan



Rich Ferrigan is a longtime Commission on Aging volunteer and is the activity leader for Silver Sneakers, a class held on

“I’ve lived here since 1973. I was born in Haslett, just outside of Lansing. I’ve lived here most of my life, except for 5 years when I lived in Florida. They didn’t have the change of seasons like we have, so it’s pretty important if you’ve been here all your life to get used to that.”

Question 4: What is something you are passionate about?

“Probably Halloween, most people would say. Everything about it. People think it has something to do with my birthday, which is Halloween, but it has nothing to do with that. I just like to create and put things together, and make it fun and spooky.”

Question 5: What do you enjoy most about volunteering with the COA?

“Pretty much everything. I think it’s good to see new people come in and see them overcome the restrictions they have. It’s good to see the people that are consistently here make gains. Gains like doing five more pounds than I normally do. Whether I shamed them into it, or they just got better at it, it doesn’t make any difference to me. I just like to see them get a little more weight in their hands. We have a rule, it’s got to be heavier than your purse to be exercise.”

Thank you to Rich for volunteering with us, and for being part of the COA family. Your hard work does not go unnoticed, and we are grateful for all that you do.

Mondays and Wednesdays at the COA. Rich is a self-proclaimed “Michigan Man,” who has been in the fitness industry for the entirety of his life. Rich Ferrigan is the owner of Grayling Fitness and has extensive first-hand knowledge of what it takes to lead a healthy lifestyle.

We asked Rich five questions during an interview last month, and here’s what he had to say:

Question 1: How would you describe yourself?

“You know, my outer appearance is a crabby little Irish leprechaun guy, but on the inside, I’m the kind of guy who likes to do whatever it takes to get the job done.”

Question 2: How do you spend most of your time?

“Most of my time is either spent exercising or thinking about how to exercise other people. It’s a pretty simple life. Just two things to do.”

Question 3: Are you a Grayling native? If not, where else have you lived?



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Portland • Rogers City • Roscommon • Standish
• West Branch

The Brook
Retirement Communities

Upcoming Online Classes - MSU Ext.

RELAX: Alternatives to Anger Weekly Feb 2025
February 3, 2025 – February 24, 2025 Online
Serving up Food Safety
February 3, 2025 Zoom Webinar
Powerful Tools for Caregivers February 3-
March 10, 1:30pm ET
February 3, 2025 1:30PM – 3:00PM Online
Thriving on a Fixed Income! (Webinar) - Feb.
04, 2025
February 4, 2025 12:00PM – 1:00PM Zoom
Diabetes PATH February 4-March 11, 1:30pm
ET
February 4, 2025 1:30PM – 3:30PM Online
Preserving MI Harvest- Planning for
Preservation
February 6, 2025 1-2 p.m. and 6-7 p.m. ET
Zoom Webinar
Chronic Pain PATH Toolkit
February 6, 2025 – March 13, 2025 Zoom
Mindful Self-care for Health and Well-being
Series - Begin with a Breath
February 6, 2025 12:00PM – 1:00PM Online via
Zoom
Mindfulness for Better SLEEP Feb/Mar Weekly
February 11, 2025 – March 18, 2025 Online via
Zoom
Preserving MI Harvest- Beans, Beans and More
Beans
February 13, 2025 1-2 p.m. and 6-7 p.m. ET
Zoom Webinar
Chronic Disease PATH Telephone Toolkit Feb
Mar 2025
February 18, 2025 – March 25, 2025 Telephone
Protecting Your Identity - February 18, 2025
February 18, 2025 12:00PM – 1:00PM Zoom
Webinar
Michigan Birding 101: Spring 2025
February 18, 2025 7:00PM – 8:00PM Zoom
Mindful Self-care for Health and Well-being
Series - Six Steps of Problem Solving
February 20, 2025 12:00PM – 1:00PM Online
via Zoom
Michigan Birding 101: Spring 2025
February 20, 2025 7:00PM – 8:00PM Zoom
Be Kind to Your Mind Monday Lunch & Learn
February 24, 2025 11:30AM – 12:30PM
SLEEP Basics One-time Coffee Hour 2.25 [
February 25, 2025 8:30AM – 9:30AM
Michigan Birding 101: Spring 2025
February 25, 2025 7:00PM – 8:00PM Zoom
Preserving MI Harvest- Soups and Chilis
February 27, 2025 1-2 p.m. and 6-7 p.m.
Zoom Webinar
Savvy Tips for Starting a Small Business -
February 27, 2025 - (Webinar)
February 27, 2025 6:00PM – 7:00PM Zoom
Laughter is the Best Medicine 2.28
February 28, 2025 1:30PM – 2:30PM 1:30 pm
webinar
To register for any event visit: <https://www.canr.msu.edu/rlr/> and click on the Events
tab

Food Commodities Income Guidelines 2025

Here are the new Income Guidelines

Household of 1: Annual income limit of \$22,590 or a monthly income limit of \$1,883

Household of 2: Annual income limit of \$30,660 or a monthly income limit of \$2,555

Household of 3: Annual income limit of \$38,730 or a monthly income limit of \$3,228

For each additional family member add:

\$8070 annually, or \$673 monthly

Please call Tammy Findlay @ 989-348-7123 if you feel you qualify for the new income guidelines.

Here's Your Sign...

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- Retirement Planning
- Portfolio Reviews



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New to



Medicare

Seminar

Are you turning age 65 in 2025? 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 on **Wednesday, February 19th, 2025 @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare. Tammy Findlay, advocacy coordinator, will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium. For more information, contact the Crawford County Commission on Aging and Senior Center at 989-348-7123.

Smoking Cessation:

Quit Today or Don't, but Think About It

Article provided by Shaun O'Connor

Every year, smoking claims the lives of nearly 1 in 5 people in the United States. It's a harsh reality, and while many understand the risks, quitting can feel overwhelming. If you're still smoking, know that you're not alone—but you also don't have to stay trapped in this cycle. The good news is that significant progress has been made in reducing tobacco use nationwide. Since 1965, cigarette smoking among U.S. adults has decreased by over 70%, from 42.4% to 11.5% in 2021.

If you or someone you know is ready to quit, support is available. Reach out to Shaun

O'Connor at District Health Department #10 for guidance and resources. You can contact Shaun by phone at 989-688-8622

or via email at soconnor@dhd10.org.

Together, we can take the first step toward a healthier future.



What is Tech Tuesday?

Discover how assistive technology can make computers, gaming systems, and even your home more accessible at Tech Tuesday: Assistive Technology for Access. This training will share information about a variety of access methods including: switch access, head tracking, stylus options, smart home controls, adaptive keyboards, alternative mice, adaptive gaming options, and more! Our Lunch and Learn about Assistive Technology for Access is February 11th from 12:00 p.m. - 1:30 p.m. This is a free event. Register on Eventbrite at this link: <https://ATforAccess.eventbrite.com>.

If you cannot make it the day of the event, it will be recorded. ASL interpretation and CART are provided.

This is not a Commission on Aging Event.

A Revolutionary Phone for the Hard of Hearing



FEEL your caller's voice - Patented DirectVibe pulsator delivers sound vibrations directly to the brain's speech recognition center, unlike amplified phones. Effective for a wide range of hearing impairments

SEE the phone ring - Visual Ringer flashes when there is an incoming call. SHARE with your family - Operates like a conventional phone.

The Crawford County Commission on Aging has one available along with other medical equipment for older adults 60 and over. Call Kathy at (989) 348-7123 for more information.



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Jennifer Malicowski, D.D.S.

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(989) 344-2525 Fax (989) 348-9629

February Word Search Puzzle

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

February Word Bank

- | | | |
|--------------|---------------|---------------|
| 1) Heart | 18) Bliss | 35) Desire |
| 2) Cupid | 19) Fancy | 36) Endear |
| 3) Roses | 20) Spark | 37) Longing |
| 4) Sweet | 21) Happy | 38) Embrace |
| 5) Romance | 22) Teddy | 39) Admirer |
| 6) Hugs | 23) Affinity | 40) Eternity |
| 7) Devotion | 24) Smile | 41) Infatuate |
| 8) Love | 25) Amour | 42) Sentiment |
| 9) Date | 26) Belle | 43) Euphoria |
| 10) Crush | 27) Valentine | 44) Devoted |
| 11) Cherish | 28) Scent | 45) Heartful |
| 12) Kiss | 29) Pink | 46) Smitten |
| 13) Charm | 30) Serenade | 47) Courtship |
| 14) Gifts | 31) Treat | 48) Redolent |
| 15) Adore | 32) Fling | 49) Bouquet |
| 16) Yearning | 33) Amethyst | 50) Passion |
| 17) Vow | 34) Keepsake | |

Kate's Kitchen Corner



Maque Chou (pronounced Mock Shoe)

This distinctly Cajun dish of sauteed corn and peppers has been part of Louisiana cuisine since the 1700s. There are many versions of this dish and just as many stories about its origin, although its generally agreed to have been adapted by early French settlers from a Native American dish that likely used bear grease and corn cob milk in place of today's more popular bacon and heavy cream. Maque Chou is thought to be the French spelling of how the settlers interpreted the Native American name of this dish. I hope you will join us for our Mardi Gras special dinner on February 13th to give it a try!

- ⇒ 1 medium green or red bell pepper (diced)
- ⇒ 1 celery rib (diced)
- ⇒ 1/2 medium sweet onion (diced)
- ⇒ 1 small jalapeño pepper (optional but diced if using)
- ⇒ 2 cloves garlic-finely chopped (or 1 1/2tsp powdered)
- ⇒ 2 cups fresh or unthawed frozen corn kernels (from about 4 ears fresh, or 1 (12-ounce) bag frozen corn kernels)
- ⇒ 3 slices bacon (about 3 ounces)
- ⇒ 2 teaspoons Creole or Cajun seasoning
- ⇒ 1/2 cup heavy cream
- If using fresh corn, remove the husks and cut the kernels from the cobs (about 2 cups) and place in a small bowl. Dice 3 bacon slices.
- Place the bacon in a large skillet and cook over medium-high heat until crisp and the fat renders out, 5 to 6 minutes. Transfer the bacon with a slotted spoon to a paper towel-lined plate.
- Pour off all but 2 tablespoons of the bacon fat. Add the onions, peppers, and celery mixture to the bacon fat in the skillet and cook over medium heat until softened, 4 to 5 minutes.
- Reduce heat to Medium, add the garlic and seasoning and cook for 30 seconds, stirring constantly.
- Add the corn and cook until tender and warmed through, 1 to 2 minutes. Add 1/2 cup heavy cream and cook until warmed through, 30 seconds to 1 minute, stirring often. Top with the bacon and serve warm.

We've Heard You! Responses to the Senior Center Suggestion Box

Over the past month, we've received some good feedback. Here are a few...

Suggestion: For Penny Bingo, 15 games + Coverall goes way too fast. Several regular players would like to play by time rather than per game. If we want to stay and eat it's a longer wait.

Response: No problem! We want to encourage you to stay and eat. The Office Manager will come in and discuss times with the players to see what we can set up.

Suggestion: Wifi

Response: We do have public WiFi in the Senior Center. The password is posted in the lobby by the TV. We are working on getting signs placed around the building as well. If you need help connecting, please see the Receptionist.

Suggestion: I would like it if there were a dance night here.

Response: Dances have been discussed and we know a great DJ. We'll work on getting one scheduled in the summer.

Suggestion: Next year have a Dial-A-Ride take us to see the Christmas lights. Many of us want to see them but can't drive at night. Hot Cocoa and cookies would be extra special.

Response: Thanks for the idea! Sounds like another great way to celebrate the holiday season. We'll add it to our list.

Please reach out to me via email at director@crawfordcoa.org or call me at (989) 348-7123 if you have additional suggestions or compliments.

Thank you for the suggestions.
Keep them coming!
Alice Snyder, Director



WOW! Check Out our Medicare Open Enrollment Results

2024 Medicare Open Enrollment ended on December 7th. Our Medicare counselors, Sandra Woods, Jan Williamson, and Tammy Findlay, navigated an unprecedented open enrollment season working at the COA office to assist 94 individuals. Some 120 hours were spent counseling older adults in Crawford County over the span of 7 weeks.

Altogether those people who chose to switch prescription drug plans are estimated to save \$95,553 in 2025. Their dedication and knowledge of the Medicare/Medicaid programs are key to making the Medicare/Medicaid Assistance Program work for Medicare recipients in Crawford County.

Thank you, Sandra, Jan, and Tammy, for all your hard work.

Fraud Factoids From Findlay

- Be aware of what information you disclose on the phone unless you can positively identify the caller.
- Request detailed bills for medical services and make sure they are accurate.
- Beware of healthcare scams. Never release information to any health service provider that you did not contact directly.
- Examine your mail – If the postmark is from outside the U.S. it is most likely mail fraud.

Grayling Save a lot

Grissom Salt Top Wheat Bread, 20 ounce loaf .99¢

Limit 2 w/ Coupon

PLEASE DO NOT DUPLICATE

Good From 2/1/25-2/28/25
One Coupon Per Family

Heat Assistance Available

Article provided by Tammy Findlay

Assistance can be acquired for deliverable fuels (natural gas, wood, wood pellets, and electricity). The maximum Service Cap benefit is \$500, and for propane, fuel oil, and coal is \$800. Single payment -SER requests for an energy-related service are subject to one payment for heat-related (natural gas, propane, wood, wood pellets, fuel oil, and coal) and one for non-heat electric. To receive a single payment, an individual or household must have a past due account or shut-off notice on an energy bill, or the propane tank is estimated to contain no more than 25% of its heating fuel capacity or has more than 25% and the tank has been locked by the provider.

All other SER eligibility requirements must be met. SER=State Emergency Relief.

For Crawford County residents 60+ needing assistance with these applications, call Tammy Findlay at (989) 348-7123 for an appointment.

Stay in the Know!

Sign up for **FREE** e-mail news about our activities.

Call: (989) 348-7123

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

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VIKING ATHLETIC PASS

Bring this pass into Grayling High School between 9:00am and 3:30pm during the week and receive a free Lifetime Athletic Pass for any high school or middle school home athletic events. One per person, passholders must be 62 years of age or older.

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Tax Preparation for 2025

Smith & Associates, CPA, P.C. —
 989-348-2811

www.smithassocmi.com

ATS Advisors—989-348-4055

www.atscpas.com

H & R Block—989-348-8978

www.hrblock.com

Coulters LLC—989-889-1555

www.coulterstaxservice.com

The COA will not be assisting with taxes this year.

Pet Program Information

The Crawford County Commission on Aging & Senior Center Pet Program can assist with preventative care which includes vaccines, nail trimming, dental care and medication. To qualify for the program you must be an older adult in Crawford County, 60 or older, and have income at or below 150% of the federal Poverty Level

2025 Monthly Income Eligibility Guidelines

Household of 1 - \$1,882

Household of 2 - \$2,555

Household of 3 - \$3,227

Please call Tammy Findlay at 989-348-7123 to see if your pet might qualify.



Come visit us!

- Independent Living
- Assisted Living
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A Non-Profit Faith-Based Organization

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

Thank You Mary Jo Buschbacher For Two Years of Dedicated Service



In February, we bid a heartfelt farewell to Mary Jo, whose remarkable service in the kitchen has left an indelible mark on our organization. As Nutrition Manager Kate Moshier shared, "Mary Jo's motto might as well have been 'I can do that.' She came in wanting to help in any capacity that she could, excelling in every position and quietly completing any task she saw undone." Her selfless dedication, cheerful spirit, and ability to anticipate needs transformed our kitchen into a more efficient and enjoyable place. We are profoundly grateful for the countless hours she devoted to serving our community. Enjoy your retirement.

Don't Wait: Open Enrollment Ends Soon

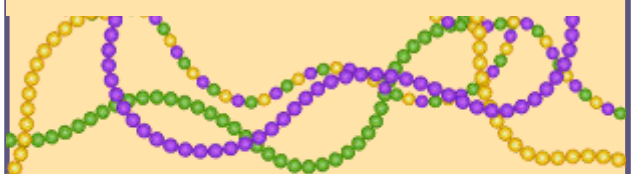
Did you know that if you are unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? The Medicare Advantage Open Enrollment period is from January 1st until March 31st. You can schedule an appointment to review options and get assistance during this period. Call Tammy Findlay for more information 989-348-7123.

Mardi Gras Special Dinner Preview

The menu for the Mardi Gras Special Dinner is Crab Cakes w/ Remoulade Sauce, Maque Choux (pronounced Mock Shoe), Cajun Rice, Bananas Foster and Vanilla Ice Cream. Please consider wearing the colors of Mardi Gras, purple, green, and yellow. Masks and beads are encouraged, but we ask that all guests remain fully dressed. If you would like a set of beads, all you have to do is show us your smile. This month's give away is a basket from Rolling Oak Brewing Company. There will also be a 50/50 drawing at the end of the event. For more information on the

Mardi Gras Special Dinner, call 989-348-7123.

Mardi Gras Special Dinner



February 13th

4:00 pm—6:00 pm

\$8.00 for those under 60, a recommended donation of \$4.00 for those over 60.

